

Definitions of Physical Wellness:

Maintaining an optimal body structures and functions at genetic and cellular levels through healthy food intake, physical activity and exercise, sleep health, drinking water, being able to perform well for daily living courses.

The ability of body to maintain a healthy quality of life that helps us to perform our day to day activities without fatigue, illness, or risk of injury. Physical wellness depends on healthy habits which help to keep body in salubrious state such as

- Balanced diet
- Exercise and physical activity
- Good sleep and rest
- Recreation and leisure
- Safe and responsible sex
- Immunization
- Regular medical examination
- Avoiding detrimental habits like smoking, drinking drugs.
- Self-management, temperance, attitude and skills toward achieving one's personal fitness and healthy goals.
- Physically well individuals have the ability to apply their knowledge, motivations, commitments, and values into their relationships in a healthy manner.
- Physical wellness means taking care of yourself and maintaining good health with regular-based physical activity practice and assessment or checkups.
- Physical wellness includes engaging in balanced physical activities and knowing your limits to prevent physical injury.

Benefits Of Physical Wellness

- Enhance self-esteem, self-control, determination and sense of right and wrong,
- Body remains active, healthy and free from various diseases.
- Healthy body will lead to healthy mind, prosperity and optimistic mood towards life.
- Increase chances of live longer and increases zeal toward life.
- Reduce the risk of many types of cancer.
- Strengthen bones and muscles and reduces the risk of fall and injury in old age.
- Reduce the risk of various chronic diseases like diabetes, hypertension, and heart disease.
- Physically well person can handle better ups and downs of life than unhealthy person.
- It enhances immune system of the body

Physical Wellness Lifestyle Guidelines

- Eat anti-oxidant, anti-inflammatory, low fat, low sugar, low glycemic, low-spicy, high fiber, rich physio-chemical foods daily
- Eat balanced diet containing 6 categories of nutrients daily including high quality with less wasteful products and side effects of macro nutrients such as complex carbohydrate (60-65%), proteins (10-12%), and lipid (20-25%) and micro nutrients such as vitamins, minerals, and water
- Eat plant-based foods as often as possible especially including various whole grains, various beans, 3-5 different fresh fruits and vegetables daily. Avoid eating junk and processed foods
- Get a diet chart from dietician and follow it.
- Drink plenty of water which will help keep you hydrated, result in weight loss and helps in removing unhealthy fluids from body.
- Green tea is healthier and alternative way of antioxidants. It will help to reduce body weight and remove toxin products from body.
- Do physical exercise on regular basis at least for half an hour daily or a total of 150 minutes per week.
- Attend physical activity session and weight loss programs and self-care.
- Find self-motivation and support until exercise becomes a habit.
- Do an occasional set of pushups, sit ups, star jumps, etc. about every two or three hours.
- Exercise and physical activity prevents heart disease and stroke by strengthening heart muscles, lowering blood pressure, raising high density lipoproteins (HDL- good cholesterol), lowering low density lipoproteins (LDL- bad cholesterol), enhances blood flow and increasing heart capacity, reduces blood pressure and helps in controlling diabetes.
- Maintain optimal body weight, keeping optimal lean-to-fat ratio: for man 85 to 82% of muscle and 15 to 18% fat; for women, 78 % to 75% of muscle and 22 to 25%.
- Physical activities help in muscle strength, endurance, improving flexibility and posture, improves bone formation, prevent bone loss associated with aging and also help in preventing back pain.
- According to researchers it helps to reduce depression and anxiety and help to manage stress. Physical activity also improves mood and way you think about yourself.
- Attend seminars or sessions on alcohol, smoking, tobacco awareness and abstain from their use and other drugs.
- Practice good hygiene wash your hands properly, brush your teeth twice a day, take bath daily and be aware of chronic and contagious diseases and how to avoid these.
- Take public transportation and bicycle while travelling. Avoid using personal vehicles when public transportation is available Use seat belts, helmets and other protective gears.
- Practice safe and responsible sex by using condoms to prevent various sexually transmitted diseases.
- Join community activities for enhancing and promoting salubrious activities and habits which promotes healthy habits like doing exercise daily, keeping care of hygiene.
- Get screening for HIV/AIDS and PAP smears, HPV and flu vaccinations.