



YOGA AND SPORTS ACTIVITIES: STRESS MANAGEMENT AND WELLNESS

Dr. JAIKUMAR G. KSHIRSAGAR
ASST. PROF. OF PHYSICAL EDUCATION
ARTS COLLEGE, SIHORA TUMSAR, DIST. BHANDARA

Abstract

Physical fitness is usually achieved through proper nutrition, moderately vigorous physical activity, exercise and adequate rest. Before the Industrial Revolution, fitness was defined as the ability to perform daily tasks without excessive fatigue. However, due to automation and lifestyle changes, physical fitness is now considered a measure of the body's ability to function effectively and efficiently in work and leisure activities, to be healthy, to tolerate hypokinetic disorders, and to respond to emergencies. Regular exercise, yoga and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers. Healthy amount of manageable stress can lead to increased brain functioning, a boosted immune system and better preparation for future stressful situations, which can positively affect emotional health with your work and home life.

Keywords: Physical fitness, health, regular exercise, yoga

Introduction

Yoga is a philosophy originally developed in India, where physical exercises and meditation are believed to help people calm down and unite in spirit with God. Yoga is an exercise where you move your body into different positions to improve or become more flexible, improve your breathing and relax your mind. Today's definition of fitness describes either the ability of a person or a machine to perform a specific task, or a holistic definition of a person's ability to adapt to different situations. This led to a correlation between a person's fitness and attractiveness, which started the global fitness and exercise equipment industry. For a given function, fitness is calculated for workers with significant aerobic or anaerobic capabilities, e.g. strength or endurance. In CrossFit Magazine, Greg Glassman describes the holistic definition of fitness as increased work capacity over a wide range of time and modalities; mastery of multiple fitness attributes such as strength, endurance, power, speed, balance and coordination and the ability to improve performance in any of these areas over time. A complete training program improves a person in all parts of the exercise, not just one, like just cardio/respiratory endurance or just strength training. Exercising

regularly is one of the best things you can do for your health. It has many benefits, including improving overall health and fitness and reducing the risk of many chronic diseases. There are many different exercises; it is important to choose the types that suit you. Most people benefit from a combination of:

- Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Examples include brisk walking, jogging, swimming, and biking.
- Strength, or resistance training, exercises make your muscles stronger. Some examples are lifting weights and using a resistance band.
- Balance exercises can make it easier to walk on uneven surfaces and help prevent falls. To improve your balance, try tai chi or exercises like standing on one leg.
- Flexibility exercises stretch your muscles and can help your body stay limber. Yoga and doing various stretches can make you more flexible.

Fitting regular exercise into your daily schedule may seem difficult at first. But you can start slowly, and break your exercise time into chunks. Even doing ten minutes at a time is fine. You can work your way up to doing the recommended amount of exercise. How much exercise you need depends on your age and health.

Physical fitness and wellness

Improving your physical fitness can help you improve your overall health and feel more confident. First, assess your level of physical fitness. Then, depending on how physically fit you are, improving your physical fitness level may be as simple as starting an exercise program or you may be looking to achieve some specific fitness goals. No matter your fitness level, there are some strategies that you can use to achieve your goals. Set goals. Having a fitness goal or a series of little goals that you are working towards will help you to stay focused and may even help to keep you motivated. Make sure that you set goals that are SMART (specific, measurable, action-oriented, realistic, and time-based).

Add strength training. Strength training is also essential for physical fitness, but you only need to do two strength training workouts each week. Make sure that these two workouts target all of your major muscle groups, including your abs, arms, back, chest, hips, legs, and shoulders. Both workout groups don't have to focus on all muscle groups at once. For example, one workout can focus on your arms, back, chest, and shoulders. The other workout can focus on your abs, hips, and legs.

Stress

Stress is the way people react, both physically and mentally, to changes, events and situations in their lives. People experience stress in different ways and for different reasons. Reaction is based on the perception of an event or situation. If you view the situation negatively, you are likely to feel anxious—*anxious, stressed,*

or out of control. Anxiety is the most familiar form of stress. Another form, eustress, is the result of a "positive" view of an event or situation, which is why it is also called "good stress".

Stress is a fact of life wherever you are and whatever you do. You can't avoid stress, but you can learn to manage it so it doesn't control you. Changes in our lives - such as going to university, getting married, changing jobs or getting sick - are often sources of stress. Remember that stressful changes can also benefit you. For example, moving away from home to study creates opportunities for personal development - new challenges, friends and living arrangements. That's why it's important to know yourself and think carefully about the causes of stress.

Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. In this context, the term 'stress' refers only to a stress with significant negative consequences, or distress in the terminology advocated by Hans Selye, rather than what he calls eustress, a stress whose consequences are helpful or otherwise.

Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society.^[1] Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being.

Review of Literature

Gharote, 1976; Gharote, Ganguly and Moorthy, 1976; Moorthy, 1982), adaptability (Moorthy, 1982; Govindarajulu, Gannadeepam and Bera, 2003), expanding engine control and execution (Telles et al 1994, Sahu RJ and Bhole MV, 1983b), change digestion and autonomic capacity (Telles et al 1994) and work on ventilatory elements of the lungs including a prolongation of breath holding time. Studies on training of single asanas have displayed to increment diastolic pressing factor, beat pressure following 5 minutes practice of sarvangasana, matsyasana and shirasaasana (Kualayananda, Swami 1926, Bhole MV and Lobo 1981). The acts of specific asanas are likewise displayed to increment intra-gastric pressing factor which helps in further developing the blood flow (Bhole MV, Karambelkar 1969).

Yoga to cope with stress

Yoga is a philosophy originally developed in India, where physical exercises and meditation are believed to help people calm down and unite in spirit with God. Yoga is an exercise where you move your body into different positions to improve or become more flexible, improve your breathing and relax your mind. The Power of the Creative Mind Creativity and control are two parts of the brain that support this end of character development. Innovation is widely understood as the center of art and technology. Yoga practices have been found to improve a person's ability to innovate. So many performers, artists, filmmakers, pundits

and technicians have turned to yoga. Solution is the basic requirement of all people to do any work, whether the task is trivial or incredible. Through the controlled and conscious interaction of silencing the brain, yoga removes the deficit in the psyche and creates a solution for it. In such a brain, every obstacle is considered a test and it awakens enormous energy to fight against the circumstances. Valance becomes part of the character. Such a deeply fearless person very calmly takes the difficulties of life and transforms them into promising circumstances to achieve his main goals. Several studies have also shown that yoga produces strong physiological changes (Madanmohan et al. 1983, 1992, 2003, 2004, Telles et al. 1994, Telles et al. 2000, Udupa et al. 2003) and further promotes true well-being. performance development. Bera and Rajapurkar (1993) reported that preparation for yoga significantly improves cardiovascular endurance and anaerobic power. This is reliable based on the results of Muralidhara and Ranganathan (1982).

Methods of managing stress

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn and practice relaxation techniques; try meditation, yoga, or tai-chi for stress management.
- Exercise regularly. Your body can fight stress better when it is fit.
- Eat healthy, well-balanced meals.
- Learn to manage your time more effectively.
- Set limits appropriately and learn to say no to requests that would create excessive stress in your life.
- Make time for hobbies, interests, and relaxation.
- Get enough rest and sleep. Your body needs time to recover from stressful events.

Conclusion

Healthy amount of manageable stress can lead to increased brain functioning, a boosted immune system and better preparation for future stressful situations, which can positively affect emotional health with your work and home life.

Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers.

References

1. Shiraev T, Barclay G (December 2012). "Evidence based exercise - clinical benefits of high intensity interval training". Australian Family Physician. 41 (12): 960–2. PMID 23210120.
2. Whitehurst M (2012). "High-intensity interval training: An alternative for older adults". American Journal of Lifestyle Medicine. 6 (5): 382–386. doi:10.1177/1559827612450262.
3. "Exercise: A Drug-free Approach to Lowering High Blood Pressure". mayoclinic.org.
4. "Blood Pressure : Exercise & Activity Lower Blood Pressure". bloodpressureuk.org.
5. Jump up to:^a ^b Alberts, David S. and Hess, Lisa M. (2005). Fundamentals of Cancer Prevention. Berlin: Springer, ISBN 364238983X.
6. U.S. Department of Health and Human Services. Physical Activity and Health: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996.
7. Colbert LH, Visser M, Simonsick EM, Tracy RP, Newman AB, Kritchevsky SB, Pahor M, Taaffe DR, Brach J, Rubin S, Harris TB (July 2004). "Physical activity, exercise, and inflammatory markers in older adults: findings from the Health, Aging and Body Composition Study". Journal of the American Geriatrics Society. 52 (7): 1098–104. doi:10.1111/j.1532-5415.2004.52307.x. PMID 15209647.
8. Kasapis C, Thompson PD (May 2005). "The effects of physical activity on serum C-reactive protein and inflammatory markers: a systematic review". Journal of the American College of Cardiology. 45 (10): 1563–9. doi:10.1016/j.jacc.2004.12.077. PMID 15893167.

