



## PERSUADE OF YOGA & DIET ON PHYSICAL FITNESS

**SHRI. KISHOR U. TAYADE**

Director of Physical Education & Sports

Amolakchand Mahavidyalaya,

Yavatmal-444501

### Abstract

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. Yoga is an ancient Indian system of knowledge which is one of the best conventional philosophies in India. Yoga teaches about how to discipline the body, the mind, how to overcome fears and earthly temptations to be free from the physical suffering. In 21st century the yoga system is spread on almost all continents. Thousands of people practice different types of yoga because it makes them feel healthy and manage to cope with stress in the surrounding environment. Yoga is one of the alternatives that attract the attention of a large number of people in the hope of positive changes in health. The purpose of this study is to assess the influence of diet and yoga exercises on the body mass and various functional parameters. This paper tells about persuade of Yoga and Diet on the Physical Fitness for maintaining a healthy weight.

**Keywords :** *diet, yoga, exercise, physical fitness, persuade, importance of exercise*

### INTRODUCTION

---

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. Many people practice different types of yoga because it makes them experience healthy and manage to deal with stress in the neighboring atmosphere. Physical fitness is one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior. Kumar (1) describes numerous scientific studies on the influence of yoga on the different aspects of human health. Streeter et al. (2) suggest that the healing effect lays in the nervous system response, in particular the regulation of the exciting nervous vagues processes. Yoga involves a certain way of eating, certain movements and postures, as well as certain behaviors. In the West zone, yoga philosophy is often associated with a vegetarian way of eating. This is actually very misunderstood, because for yoga, it is important whether the food is clean and freshly prepared, whether it satisfies your fleshly pleasures or, on the contrary, gives you strength and energy, prana, calms your mind. The main concept in modern nutrition science is the energy balance; the energy obtained from the food corresponds to the energy consumed by the body. Within the yoga philosophy, body energy is examined in a more subtle and difficult way of measuring, which affects the control of total energy intake and total energy expenditure. Yoga talks about bio energy which comes in three states: the common dormant, the aroused and the awakened states.

The benefits of yoga on the body condition, as well as its application for the prophylaxis of various diseases, are known (13). Yogi consumes little or no animal products, which strongly affected the protein and the fat intake. In the usual diet of yogi, the main source of energy from food was the carbohydrates, about 70%. In the control group, although carbohydrates delivered a large amount of the energy, it was lower, about 54%. While the protein and fat in group of yogi were almost equal 14 and 16%, respectively, in the control group, the proportion of energy gained from fats was significantly higher than that of proteins (27 and 19%, respectively). Only the awakened energy that gives stable transformations of consciousness and progressive realization (3). Yogi is not interested in developing physical strength or athletic abilities, at least not in the way they are presented in the West. The yogi is only fascinated in controlling their body for the development of Atman. To achieve this level of bio energy, the yogis combine yamas, purity, moderation and modesty in everyday life,

and even some dietary (4) and physical aspects (5, 6) rely on these principles. Nevertheless, some studies that use subjective methods to study the effect of hatha yoga on bio energy show that systematic practice improves yogi's vitality and perception of their own physical condition, social functioning and quality of life (7). Also, due to the nature of the physical exercises carried out in hatha yoga, there are often exceptional physical abilities in the yoga exercises, especially in muscular flexibility, strength (8) and stress control (9, 10).

In the hectic daily routine, various forms of physical exercises were constantly sought to improve the overall condition and maintain weight. Yoga is one of the modern health alternatives in recent decades. Considered the nutritional regime in relation to the mass, it was clear that a diet containing higher amounts of carbohydrates did not lead to weight gain; on the contrary, it is associated with lower body mass and, respectively, lowers BMI. In a number of studies (14), it was found that body weight was significantly lower in both men and women on a high carbohydrate diet compared to a diet with the same energy but a larger amount of fat. Such a trend is also observed in our investigation. Yoga does not include exercises that significantly burden the respiratory system, so the group of yogi was not expected to show exceptional values of this index. Aerobic exercise, which improves cardio respiratory fitness, involves movement that increases the heart rate to improve the body's oxygen consumption. This form of exercise is an important part of all training regiments ranging from professional athletes to the everyday person. Also, it helps increase stamina.

Playing sports such as basketball is a common way to maintain/improve physical fitness examples are:

- Jogging – Running at a steady and gentle pace. This form of exercise is great for maintaining weight and building a cardiovascular base to later perform more intense exercises.
- Elliptical training – This is a stationary exercise machine used to perform walking, or running without causing excessive stress on the joints. This form of exercise is perfect for people with achy hips, knees, and ankles.
- Walking – Moving at a fairly regular pace for a short, medium or long distance.
- Treadmill training – Many treadmills have programs set up that offer numerous different workout plans. One effective cardiovascular activity would be to switch

between running and walking. Typically warm up first by walking and then switch off between walking for three minutes and running for three minutes.

- Swimming – Using the arms and legs to keep oneself afloat and moving either forwards or backward. This is a good full-body exercise for those who are looking to strengthen their core while improving cardiovascular endurance.
- Cycling – Riding a bicycle typically involves longer distances than walking or jogging. This is another low-impact exercise on the joints and is great for improving leg strength.

## CONCLUSION

Before the built-up revolution, *fitness* was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyles *physical fitness* is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations. In conclusion, yoga could significantly improve the general condition of a person, with the main benefits of maintaining a healthy weight. For substantial health benefits, adults should perform at least 150 to 300 minutes of moderate-intensity, or 75 to 150 minutes per week of vigorous-intensity aerobic physical activity, or an equivalent combination of both spread throughout the week. The recommendation for physical activity to occur in bouts of at least 10 minutes has been eliminated as new research suggests that bouts of any length contribute to the health benefits linked to the accumulated volume of physical activity. The intensity at which we exercise is key, and light activity such as strolling and housework is unlikely to have much positive impact on the health of most people. For aerobic exercise to be beneficial, it must raise the heart rate and cause perspiration. Everyone should do a minimum of 150 minutes a week of moderate-intensity aerobic exercise, but that really is the minimum for health benefits.

## REFERENCES

- 1) Kumar K. Scientific basis of Yoga. C M E Program on Yoga: Art of Healthy Living at King George Medical University. Lucknowon International Yoga Day, 21st June 2007

- 2) Streeter CC, Gerbarg PL, Saper RB, Ciraulo DA, Brown, RP. Effects of yoga on the autonomic nervous system, gamma-amino butyric-acid, and allostasis in epilepsy, depression, and posttraumatic stress disorder. *Medical Hypotheses* 2010; 78: 571-579.
- 3) Ramos-Jimenes A, Wall-Medrano A, CoronaHernandez RI, Hernandez-Torres RP. Yoga, bioenergetics and eating behaviors: A conceptual review. *International Journal of Yoga* 2008; 8: 89-95.
- 4) Askegaard S, Eckhardt GM. Global yoga: Reappropriation in the Indian consumption scape. *Mark Theory* 2008; 12: 45-60.
- 5) Smith C, Hancock H, Blake-Mortimer J, Eckert K. A randomised comparative trial of yoga and relaxation to reduce stress and anxiety. *Complementary Therapies in Medicine* 2007; 15: 77-83.
- 6) Kirkova M, Markov A, Dzimbova T. Development and validation of a new simple food frequency questionnaire for bulgarians. *Socio Brains* 2010; 58: 54-7.
- 7) Revenko EM, Zelova TF, Krivoshtekova ON. Evaluation of physical development and functional fitness of a person. Omsk: SADI, 2008 (in Russian).
- 8) Gupta N, Khera S, Vempati RP, Sharma R, Bijani RL. Effect of yoga based lifestyle intervention on state and trait anxiety. *Indian Journal of Physiology and Pharmacology* 2006; 50: 41-7.
- 9) Gaesser GA. Carbohydrate quantity and quality in relation to body mass index. *Journal of the American Dental Association* 2007; 107: 1768-80.
- 10) Layman DK, Boileau RA, Erickson DJ, Painter JE, Shiue HS, Sather C et al. A reduced ratio of dietary carbohydrate to protein improves body composition and blood lipid profiles during weight loss in adult women. *Journal of Nutrition* 2003; 133: 411-17.
- 11) Parkes MJ. Breath-holding and its breakpoint. *Experimental Physiology* 2006; 91: 1-15.
- 12) Schagatay E, van Kampen M, Emanuelsson, S, Holm B. Effects of physical and apnea training on apneic time and the diving response in humans. *European Journal of Applied Physiology* 2000; 82: 161-9.
- 13) Chistikina T, Prokoniev N, Marinskih S. *Dermatoglyphics in athletes*. Saarbrücken: LAP LAMBERT Academic Publishing, 2009 (in Russian).
- 14) Apanasenko G, Popova L. *Medicinal valeology*. Rostov na Don: Fenix, 2000 (in Russian).

- 15) Bayevski R. Prediction of states on the verge of norm and pathology. Moscow: Medicine, 1979 (in Russian)
- 16) Tremblay MS, Colley RC, Saunders TJ, Healy GN, Owen N (December 2010). "Physiological and health implications of a sedentary lifestyle". *Applied Physiology, Nutrition, and Metabolism*. 35 (6): 725–40. doi:10.1139/H10-079. PMID
- 17) Groot GC, Fagerström L (June 2010). "Older adults' motivating factors and barriers to exercise to prevent falls".
- 18) Malina R (2010). Physical activity and health of youth. Constanta: Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health.
- 19) "President's Council on Physical Fitness and Sports Definitions for Health, Fitness, and Physical Activity". fitness.gov. Archived from the original on 12 July 2010.
- 20) Colfer GR (19 January 2004). "Skill-related physical fitness essential for sports success". tradoc.army.mil. Archived from the original on June 2011.
- 21) Nied RJ, Franklin B (February 2004). "Promoting and prescribing exercise for the elderly". *American Family Physician*. 65 (3): 419–26. PMID 11858624.
- 22) Pedersen BK, Febbraio MA (April 2008). "Muscles, exercise, and obesity: skeletal muscle as a secretory organ". *Nature Reviews. Endocrinology*.
- 23) Ramos E (May 2010). "Physical activity and physical fitness: standardizing assessment with the PhenX Toolkit". *American Journal of Preventive Medicine*.
- 24) Osawa Y, Azuma K, Tabata S, Katsukawa F, Ishida H, Oguma Y, Kawai T, Itoh H, Okuda S, Matsumoto H (2009). "Effects of 16-week high-intensity interval training using upper and lower body ergometers on aerobic fitness and morphological changes in healthy men: a preliminary study".