

Physical health mental health and fitness for women

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Abstract

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Fitness implies the ability of each person to live most effectively and function more effectively. An active lifestyle can help every woman. Being physically active can provide these benefits, Reduces your risk of dying from heart disease or stroke, Lowers your risk of getting heart disease, stroke, high blood pressure, colon cancer, and diabetes, Helps keep your bones, muscles, and joints healthy, Lowers high blood pressure, Reduces anxiety and depression and improves your mood, Helps you handle stress and Helps control your weight According to a 1998 FBI crime victimization survey, 81% of women who tried to run away from an attacker escaped and 68% of women who used some type of physical force when confronted also were able to get away from their attackers.

Keywords: Physical Health, Mental Health and Fitness.

Introduction

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Fitness implies the ability of each person to live most effectively and function more effectively.

Fitness and Health

Don't smoke, Drink more water, eat a variety of food, Relax for 20 min a day, Drink more tea than coffee, Get active, Get more sleep, Eat more protein

Physical Activity Improve Health for Women

- An active lifestyle can help every woman. Being physically active can provide these benefits:
- Reduces your risk of dying from heart disease or stroke
- Lowers your risk of getting heart disease, stroke, high blood pressure, colon cancer, and diabetes
- Helps keep your bones, muscles, and joints healthy
- Lowers high blood pressure
- Reduces anxiety and depression and improves your mood
- Helps you handle stress
- Helps control your weight

Results

The results are clear: a much lower percentage of the women who took the self-defense class reported incidents of unwanted sexual contact than the women who did not take the class It shows the percentage of female college students from two groups-those who completed a thirty-hour self-defense class (blue) and those who did not (red)-reporting different types of unwanted sexual contact over a one-year period.

Conclusions

- A significantly lower percentage of those who received self-defense training reported incidents of any

kind. None of the women who took the training reported a rape (versus 3 percent from the other group).

- Overall, 12 percent of the women in the self-defense group reported some form of sexual intrusion during the follow-up period, versus 30 percent in the control group. This latter figure (nearly one in three) is consistent with the rate of sexual victimization of female college students nationwide.
- According to a 1998 FBI crime victimization survey, 81% of women who tried to run away from an attacker escaped and 68% of women who used some type of physical force when confronted also were able to get away from their attackers.

References

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