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Fitness and Wellness plan for Women

Dr. A.V. Thoke
Director of Physical Education,
S.V.K.T. Arts, Science and Commerce College,
Deolali Camp, Nashik 422401 (MS)

Introduction:

Sports play an important role in women's life. Actually sports in shaping all other qualities of women in her life, which make them successful among others. Women are now competing with men in every field. Women are channelizing their power in the field of sports. Sports not only give them physical fitness but also give them status in the society and above all it gives them a feeling of satisfaction.

Key of works:

Sports keep Women fit and make them self-dependent, confident, mentally and physically strong. Women are gaining interest in sports and heading towards it to take it up as a career.

Objectives of the study:

- To make it possible for women to engage in sports and physical exercise,
- To promote integration and good ethics and
- To help to arise a lifelong interest in physical exercise, thereby promoting good health for every Woman.
- To provide women opportunities to take part in physical exercise and sports in order to promote good public health,
- To support a free and independent sports movement, based on voluntary effort,
- To give women positive experiences of sports as entertainment.

Methods:

To find out the new methodology in Women sports for the development of human being, to remove the fear of Women sports, to update the knowledge & avoid the threats. To give scope to the inherent qualities & to increase the status of Women sports. To increase the curiosity & interest among the Women. Competitive preparation, physical fitness, happy human life. Self study physical fitness. Make Women aware of education sports & increase in the quality. Increase in scientific knowledge.

Majority of the Women would like to exercise but do not know how to go about it- what to do, how to do it, how often. Most of the exercise programmers call for the use of equipment and gymnasiums which are not always available. Most exercise programmers call for a great expenditure of time, which most Women cannot spare.

Due to that, this resolves these problems as required.

Observation, Analysis & Discussion:

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PRINCIPAL

Smt. Vimlaben Khimji Tejookaya,
Arts, Science & Commerce College,
Deolali Camp, Nashik.

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PRINCIPAL

Smt. Vimlaben Khimji Tejookaya, Arts,
Science & Commerce College
Deolali-Camp (Nashik)



These exercise programmers varies form different age groups.



Results and Discussion:

It has been suggested Extensive research taken into the problems of physical fitness for Women, the research having been conducted at S.V.K.T. college Deolali camp in the Dist-Nashik (M.S) about 100 Women of 19 years 22 years.

The first step in the project was administration of series of physical fitness tests. The tests included an examination of muscular strength and of fat level. From the result of these tests the physical fitness needs of Women were analyzed. Finally it leads effective to general fitness. These exercise programmers varied from different age group.

Moderate and consistent levels of physical activity and sport for women are essential to good health and well-being.

Connections between physical activity and academic achievement show there is a positive relationship between the two in women.

In physical activity, less access to sport and physical fitness programs, and suffer negative health consequences as a result. But did you know that by investing as little as 30 minutes a day in exercise for Yourself can help You live longer and healthier.

Strength training combined with aerobic exercise helps to:

- Stimulate feelings of euphoria.
- Reduce depression.
- Stall loss of muscle.
- Preserve the metabolism of youth.

From seventeen to seventy, slim to full-figured, newbie to seasoned athlete, my program can work for you. No matter your age or fitness level Fitness4Her will work for you. There are different intensities for each exercise so you can begin easy and then ramp up to a more challenging workout as you progress. Staying active with daily exercise has many health benefits. Exercise makes your heart stronger, gives you more energy and combined with a healthy diet, helps you lose weight and keep it off. You may even be able to delay or eliminate the threat of illnesses like diabetes and osteoporosis. So if you never want to worry about a lack of energy, illnesses directly related to obesity, or a weakening heart resulting from a sedentary lifestyle, then follow me as I lead you through my 30 Minutes to a New You exercise program.

As a personal trainer, I have found that the following ten basic exercise principles are the keys to a successful physical fitness program.

1. Daily activity is the key to overall health.
2. 30 minutes a day is all it takes to improve or maintain your physical health.

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PRINCIPAL
 Smt. Vimlaben Khimji Tejwani, Arts,
 Science & Commerce College
 Deolali-Camp (Nashik)

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3. Think it, believe it, and achieve it.
4. Resistance training will help your body work for you, instead of against you.
5. Aerobic activity is fun and essential.
6. Stretching keeps you flexible and safe from injury.
7. Your core is the center of your strength.
8. Sleep, rest and rejuvenation are crucial.
9. Look in the mirror, not at the scale muscle weighs more than fat.
10. Exercise empowers the beauty in you.

Conclusion

Regular physical activity is often reported to improve mood, reduce stress and increase energy levels, all of which are measurements of quality of life.

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PRINCIPAL
Smt. Vimlaben Khimji Tejookaya, Arts,
Science & Commerce College
Deolali-Camp (Nashik)