

# Physical Activity in Health and Fitness: Present and Futurer

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## Abstract

Health is crucial for all. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Fitness is ability to execute daily functional activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior. However, in the contemporary era with the advent in technology, lifestyle of society has changed drastically. Hood of luxurious lifestyle and competition in the education and work culture has deviated people to put their health secondary to luxuries. In 2016, across the globe, the prevalence of physical inactivity was put at 27.5 %, in adult people. To support further, in June 2018, WHO reported, one in five adults, and four out of five adolescents (11-17 years), do not engage in enough of physical activities. To make it worst, the current pandemic, COVID-19 made society to suffer a lot, due to mental sufferings like depression, anxiety, economic loss and lack of social interactions prevailed in the society, a leading contributor for the lack of physical activity. As per WHO guidelines an individual should be indulged in any kind of moderate intensity exercise at least 150-300 minutes per week. Looking at the minutes, it sounds fairly high, however if we divide the same into days, it would be only 30-60 minutes a day/5 day per week. It is important to outline, encouraging and emerging steps should be taken across the globe for promoting the physical activity in the society. Few of them include: informational sharing using community-wide and mass media campaigns, social support enhancing physical activity at community level and work places, physical education, classroom physical activities, after-school sports and active transport to school for school going children are few steps to improve the health of the society.

## Biography

Gaurav Kapoor is a cardiopulmonary physiotherapist by profession and works with one of the private University in India. He holds a Master of Physiotherapy in Cardiopulmonary rehabilitation and currently pursuing a Doctoral of Philosophy degree in Physiotherapy at the Department of Physiotherapy, Jayoti Vidyapeeth Women's University. Gaurav has 11.8 years of experience and almost 6 years of teaching as a Assistant Professor.

He has presented abstracts on "Yoga and arterial stiffness" and "Role of Physical Activity in Prevention and Treatment of Non specific low back Pain arising due to prolonged sitting" in the Jayoti Vidyapeeth Women's University at the Annual conferences in India. He was invited speaker for "Comprehensive Management of Cardiovascular Disease", Max Hospital, Mohali, India.