

Women Fitness – By Own Efforts

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Abstract

It In this modern time most of women wants to look slim, healthy, fit and smart or zero figure. If they involve her in some physical activity, they look smart and healthy. But in the present time most of women have no time involve her self in some physical activity due to their busy schedule. Those who get time they try to involve her in some activity some of them join the gymnasium or appoint a physical trainer or going to park for walking or jogging, but it is not possible for every woman to do so because park for women, physical trainer and gymnasium is not available everywhere specially in small city or town and some women can't afford it. If they change and improve their daily routine work and follow the principles for fitness, they no need to join gymnasium and appoint a physical trainer.

Keywords: Physical Trainer, Gymnasium, Fitness, daily routine work

Introduction

It is the ambition of everyone either man or women that they look slim, trim, healthy and zero figure. As we know that absence of disease in the body is known as health or health is well state of body without any disease where as a fitness is a ability to do your work without getting tired for a long time and recover from fatigue as soon as possible. A physically fit and healthy person can enjoy their leisure time and easily complete their assigned tasks. For good health and fitness, it is necessary to do some work out or exercise or involve herself in some physical activity. For achieving this task some women spend lot of time in gym, aerobic classes or appoint physical trainer for her fitness or going to park for walking or jogging, but it is not possible for every woman to do so because park for women, physical trainer and gymnasium is not available everywhere specially in small city or town and some women can't afford it. In this present scenario It is difficult for a woman either house wife or doing job to take 1 hour off from their schedule for exercising or fitness program and difficult to make balance between home and job work.

I prepare this paper specially for these women and suggest her to make some changes in their busy schedule and also modify their way of working then they have no need join aerobic classes or gym for burn out the extra calories or fat. If they follow these suggestions and also follow the basic principal of fitness then they develop their fitness by own and no need to pay the extra attention for their fitness no need to spend time and money in joining different fitness program.

Common tips for developing fitness

Split Your Time

60 min work out in a day is sufficient for general fitness and burning of extra calories. If you do not have time to do work out continuously for 60 min. On the basis of availability and requirement split the whole time into small blocks of time from 15 to 20 min for simple workout throughout the day. Do some exercise when you get the time in your busy schedule because nothing is better than something?

Selection of Activity

When you are trying to improve fitness, first of all you select such activities in which you like, perform easily and you enjoy in doing that activity. There are various type of activity in the fitness program that can be performed in little space and few minutes like walking, jogging, spot running, skipping, cycling, dancing, stretching exercise, yogasana and etc. these are such activity in which you don't required many people you perform it individually or with your any partner.

Skipping

It is a fun type of activity and it can be done alone or with a partner and also it can be performed in a little space. In this activity we use own body weight, which help to improve the blood circulation, leg strength also develops your capacity for working in standing position. This activity is



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also improving your coordination of hands and leg. Slowly start the jumping and gradually increase the speed and duration or timing of jumping.

Spot Running

You can perform this activity either in the morning or in the evening. This activity is very useful whenever you are unable to go outside for walking/running/jogging. When you get the time, you can do it anywhere in your lawn, in your rooftop or in your room it required very less space, in this activity you may run/ jog at the spot and get the same benefit of running and jogging. In this activity you lift your thigh up to the level of waist or you kick your booty/ hips. This activity also improves the blood circulation; leg strength also develops your endurance capacity. Slowly start running and gradually increase the speed and duration or time.

Cycling

Cycling is also a best exercise to improve fitness and leg strength. In bicycling you use your own body weight as a resistance. If you are unable to drive bicycle, use stationary bicycling it has less chance of falling and it might be done in the room also. The benefits of both type of bicycling are same.

Walking/ Jogging

45 min walking or 30 min Jogging in a day is the best activity for physical fitness you may walk or jog either in the evening or morning. Brisk walking is more effective than the slow walking. It is not necessary to walk on road or park, wherever you get space you may walk, it may be inside your house, on rooftop, back yard or in the lawn. As a busy house wife and working women can do a lot of walking throughout the day. It is more beneficial if you turn that walking into brisk walking or slow walking into fast walking. It will help you to burn more calories. Here are few tips which may increase the opportunity to walk more-

1. Try to park your vehicle at next block to maximize the walking distance.
2. If you take public transport, try to get off one stop before your destination point.
3. During lunch time or coffee break don't opt for delivery, walk down to the food stall and get what you need.
4. Go to the hall and say hello to everyone this may strengthen your friendship also.
5. Do your work nearby, could you walk to work instead of using vehicle.
6. Instead of asking the office peon to fetch you a glass of water, get up and get it yourself
7. Instead of sending the message or call, deliver your message in person to a work colleague.

Shopping in Supermarket

If you are not shopping for heavy items, carry a basket instead of using a trolley at the supermarket. You can use the shopping basket as dumbbells. During shopping you select the different products and put on the basket and you are lifting the basket up & down and this may help to strengthen your upper arms muscles. When you are done shopping you can do standing calf raises while waiting at the checkout counter. In this exercise you lift your body by raising

your heels off the floor and lower them back down. This may help to strengthen your leg muscles.

Use of Stairs

Use of stairs help to burn a lot of calories and improves fitness. In your living place and working place to use stairs instead of using elevator or lift. It helps to improve your fitness and very useful for you when lift is not working due to failure of electricity supply. In supermarket, try to use stairs in place of elevator and lift. If your living room or office was on the top floor, you climb the stairs up to some floor and then use lift or elevator. Whenever you get a few minutes off from your work, you can start going up and down the stairs.

Dance on Music

When you are free, don't be shy! Turn up your favorite music and dance. You may dance alone or with partner or with your child. Dancing is not only fun but it is also a terrific exercise to burn calories. Dancing help to improve the fitness, your balance, posture, rhythm and increase flexibility.

Traveling by Private Transport

If you travelled by private transport for a short distance. You travel by standing instead of sitting. An average person burns around 140 calories an hour while standing as opposed to 100 calories an hour while sitting. This difference was very less but in long time this difference was increased. This is very helpful if you are in a sedentary job and have been seated all day.

Walk When You Talk

In the present time most of women use mobile phone and cordless phone. Whenever you talk on mobile or cordless phone you can walk instead of sitting on the chair. Every day we talk on mobile whenever you think that this call is continue for more than 15 minutes after receiving the call and start walking in your room and talk and remember one thing never doing this practice on road because this is very dangerous for you.

Company Your Child

If you are the mother of child and when you take them to the park or playground for playing. Do not sit on the bench join them in playing. This help you in improving the fitness and strengthen the bond with your child.

Stretching Exercise

Put your both hands high up in the air and hold the position for few seconds. Slowly bend your upper body backward, sideward & then forward and try to touch your toes without bending your knees. It might be difficult in the beginning but gradually your body will grow more flexible and you will be able to do this with easy. There is lot of stretching exercise; these are very effective for maintaining the flexibility.

Domestic Works

In the present time many women use machines and appoint a servant for their domestic works. Do the domestic work by self; definitely it will improve the fitness. There are few example which shows how these domestic works are helpful for us –

1. Washing of light cloth is an excellent for finger joints and hand muscles.

2. Instead of asking the other for some work it is better to get up and do it yourself.
3. Sweep the floor in quadruped position instead of biped position. It improves the flexibility of back muscles and reduces the abdominal fat.
4. Grinding of spice by hand instead of using the grinder. It improves the strength of hands.
5. While you are waiting for boiling milk or something else, do some stretching exercise, wall pushups, spot running and other exercise to improve your fitness.
6. Preparation and cooking of food in the kitchen will also help to improve the fitness. During preparation and cooking you stand regular for some time which burns more calories. Some time you move and come on toes to pick some items which help to improve the leg strength. During these activities you pick some heavy items and place it again and do some other works. These activities strengthen your hand muscles also.

General Principle for Developing Fitness

Continuous Process

Most important point in fitness development program is continuity in program. Discontinuity in the program may break the rhythm for developing the fitness. Break of 2 to 5 days is considerable but break of many days may affect your fitness level. A long break in your program may reduce your fitness to the initial level and you need more effort to achieve your previous level.

Sufficient Rest

While planning for your fitness program you need sufficient rest for recovery from fatigue. In between the two activities you need sufficient rest and sufficient rest was also needed at the end of activity, so you feel freshness for next day activities. You planed your fitness program for maximum 6 days in a week. One day in a week is reserved for full rest. This rest helps you to recover your health and also recover from your fatigue. One day complete rest is also needed for adaptation of load and prepares himself for next load.

Variety in activity

Don't prefer single activity for your fitness program because single type of activity effects same group of muscles or organ and other are remain ineffective. After some time, your body is adapting this exercise or load and the effect of this activity is neutral so there is no improvement in your fitness. To avoid this condition always use different type of activity. If you prefer walking some time you do jogging, running, skipping, cycling, stairs climbing and more.

Increase your Load

After some time slowly slowly increase your activity load in term of timing, repetition or duration. Increase on load help you to improve your fitness. If you can't increase the load your fitness is remain constant it can't be improved. After some time, your body is adapting this load and there is no improvement on your fitness. That time you need to increase the load according to your capacity.

Control in your Diet

When you plan for your fitness and consumption of extra fat you need to pay more attention to your diet. Your diet is balanced and also according to your need. If you take less food it will cause weakness and finally you will be suffering from any problem and if you take excess food it reduced the rate of consumption of extra fat or calories in that case you need more activity. So you must take proper and sufficient food neither more food nor less food.

No activity in illness

Whenever you are suffering from any disease nevr doing any activity. Take full rest and when you are completely recovered from this illness then participate in any activity. If you doing exercise in illness it causes complication in your disease. So it is advised don't do any exercise in illness.

Avoiding Injury

When you want to improve your fitness, always avoid the injuries because injuries break your rhythm. Whenever you feel pain during any activity, stop it immediately and consult to your doctor. If his advice to start than you may continue the activity otherwise stop the activity and select some other activity.

Conclusion

In the present time it is not a difficult task for women to improve their fitness. If they make some adjustment in their working schedule and fallow the general rules, they no need to join the gym for their fitness and may not be depend on other. For her fitness they select the activity by own choice, interest, and also according to their capability.

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