
HEALTH IS WEALTH FITNESS FOR ALL GENERATION

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Article Info	ABSTRACT
<p>Article History: Received: 17th January 2026 Accepted: 22nd January 2026 Published: 02nd February 2026</p>	<p>Physical fitness is not only the important key to a healthy body, but also is a basic of dynamic and creative activity. Fitness is active not passive, it is because from birth to death individual is an active organism. One point of consensus is that physical fitness is a desirable quality which cannot be neglected. Physical fitness is the ability to carry out daily tasks with vigor and alertness without undue fatigue and with ample energy to enjoy leisure time, pursuit and to meet unusual situation and unforeseen emergencies. In the context of physical fitness, exercise refers to any activity involving a fairly high degree of physical movement that makes one breathless and sweaty if it is done vigorously. During physical exercise one has to breathe more deeply to get more oxygen into the lungs and the heart must beat harder and faster to pump blood to the muscles. The physical benefits of exercise are unarguable but there are physiological benefits also many people have sound sleep this can be experienced after exercise, walk up more refreshed, more alert and before able to concentrate than when they are unfit. Exercise make one feel live longer.</p>
<p>Keywords: <i>Physical Education,</i></p>	

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INTRODUCTION:

Physical fitness is not only the important key to a healthy body, but also is a basic of dynamic and creative activity. Fitness is active not passive, it is because from birth to death individual is an active organism. One point of consensus is that physical fitness is a desirable quality which cannot be neglected. Physical fitness is the ability to carry out daily tasks with vigor and alertness without undue fatigue and with ample energy to enjoy leisure time, pursuit and to meet unusual situation and unforeseen emergencies. In the context of physical fitness, exercise refers to any activity involving a fairly high degree of physical movement that makes one breathless and sweaty if it is done vigorously. During physical exercise one has to breathe more deeply to get more oxygen into the lungs and the heart must beat harder and faster to pump blood to the muscles. The physical benefits of exercise are unarguable but there are physiological benefits also many people have sound sleep this can be experienced after exercise, walk up more refreshed, more alert and before able to concentrate than when they are unfit. Exercise make one feel live longer.

Physical fitness comprises of several components and muscular strength endurance resistance to diseases like cardiovascular, respiratory endurance, muscular power, flexibility, speed agility, co-ordination, balance and accuracy.

Health is wealth there have never been two views on it. The personality of an individual cannot blossom in full unless be in health. Similarly the strength and personality of nature depends on the well-being of the people.

Fitness is mainly divided into two physical fitness and mental fitness. That is why we should have sound body with sound mind. Today physical fitness is speed, endurance, agility, flexibility and so on.

DEFINITION OF FITNESS:

Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us for better look, pleasure feel and do our best. More specifically, it is "The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure time activity and meeting emergency demand. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances. An unfit person cannot continue, and is a major basic for good health and well-being,"

"Physical fitness refers to the organic capacity of the individual to perform the normal task of daily living without undue tiredness or fatigue having reserves of strength and energy available to meet satisfactorily any emergency demand suddenly placed upon him." by Nixon

MEANING OF FITNESS:

Physical fitness involves the performance of the hearts and lungs, and the muscles of the body. And since what we do with our bodies also affect what we can do with our bodies also affects what we can do with our mind, fitness influences to some degree qualities such as mental alertness and emotional stability.

As you undertake your fitness program, it important to remember that fitness is individual qualities that differ from person to person. It is influenced by age, sex, heredity, personal habits, diet, attitude towards life, anxiety, tension and stress, values of physical fitness, institutional curricular and states policy. You can do anything about the first three factors. However, it is within your power to change and improve the other where needed.

PROGRAMME:

By improving the basic components physical fitness such as endurance, strength, flexibility, speed and

agility [co-coordinative ability] one can develop physical fitness. These elements can be developing through different means methods of training. Beforehand, one must know about warming and cooling down and it's important. For to remain physical fit one must do any activity according his like and capacity as given below.

Aerobic Dance	Stair Climbing	Weight training	Circuit training
Walkingfor fitness	Swimming	Conditioning exercise	Dumbbell exercise
Rope Skipping	Cycling	Medicineball exercise	Hill running
Running	Cross country	Polymeric exercise	Stretching

CONCLUSION:

Health, vitality and long life are desirable goals for everyone, but they are not achieved without effort. As many of the habits of modern life diminishes health.

If you are resolved to take a positive attitude toward our health and well-being. We must prevent problem by simply treating them as and when they occur.

There are many advantages, of being fit which camas helping you to control your weight to giving you a better night sleep. There is impressive evidence that people, who exercise frequently, are less prone to heart attacks, strokes and other life-threatening conditions, they also live longer than people whose existence is sedentary. You cannot, however, build up a store of fitness that will last for life, and should exercise more, not less, as you get older.

Exercise help you look and feel you best. Few adults who have taken the trouble to get fit will ever allow themselves to become inactive again. Having the support and encouragement of those around us will make us get and stay fit. It is thus more enjoyable to achieve a healthier and more productive in life.