Physical Fitness and Mental Health

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ABSTRACT

Psychical & mental health is most significant for balanced life or like a both sides of one coin. That most important for our physical fitness. Fitness is the ability to live a full and balanced life. The totally fit person has a healthy and happy outlook towards life. Fitness is the young man's absolute necessity. It breeds self- reliance and keeps man mentally alert. Physical fitness is essential for human beings to adjust well with his environment as his mind and body are in complete harmony. Fitness does not only refer to being physically fit, but also refers to a person's mental state as well. If a person is physically fit, but mentally unwell or troubled, he or she will not be able to function optimally. Mental fitness can only be achieved if your body is functioning well. You can help relax your own mind and eliminate stresses by exercising regularly and eating right. Mental health is the level of psychological well-being or an absence of mental illness. It is the state of someone who is "functioning at a satisfactory level of emotional and behavioural adjustment". Mental health *includes our emotional,* psychological, *and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.* Mental health *is important at every stage of life, from childhood and adolescence through adulthood. Mental health is a vital concern for healthcare professionals. Most people know the signs and symptoms of physical illnesses, like a heart attack or stroke. But, they may not be able to pinpoint the physical effects of anxiety, PTSD, or panic. Awareness campaigns are designed to help people understand these common signs and symptoms.*

KEY WORDS

Muscular, fitness, endurance, psychotherapy, treatment.