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**Study Of The Factors Necessary For The  
Physical And Mental Fitness Of Human Being**  
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**Abstract: -**

Everyone who is born needs physical and mental fitness. Without physical and mental fitness, no organism will be able to live a balanced life. It was unbearable to live without any physical or mental deficiency. Physical fitness means speed, strength, endurance, flexibility, agility, cardio-vascular, fitness and coordinative ability. All of the above factors are essential for physical fitness. Even if one of these factors is deficient, there will be no physical fitness.<sup>4</sup> Mental fitness is needed along with physical fitness. Sound Mind in Sound Body, not everyone can live without a balance between the two. Even if one factor is low, there will be no balance. Essential elements for mental fitness. Concentration of mind, pranayama, yogic exercises, nutritious diet, stress free living. Incorporating olive oil in your diet greatly reduces diseases like depression, not increasing fat.

In fact, we discovered that this type of Heal their fast, together with olive oil are associated with a lower risk of suffering depression.<sup>5</sup>

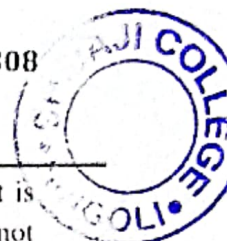
**Keyword :-**Physical, Mental, Fitness, Factor, Speed, Strength.

**Introduction: -**

Everyone in today's stress is like running, while running continuously working. Due to the growth of human beings, the lifestyle change does not have time to pay attention to health by his own body. Physical fitness and mental fitness is needed for everyone. There is some changes to themselves. There is more attention to habits, cafes, diet. The physical needs of humans are visible to these limitless growth. There was no time planning to meet those needs. Silence is not sleepy. A healthy and healthy diet is not followed. Mental fit on depending on physical fitness. If the body condition is good, the condition of the mind remains good. While living in life, men, women, children, girls, older than educating our body, money, addicted to fun and funs. But this is spoiling your health. But they are noticeable to be the same, but they are slaves of those situations. This is why the grain of all is granted to everyone. Extreme, the value, the reputation is hypocritical. Despite this, the body is not paid attention to the body. This makes the physical and mental health fascinated. To have a non-food and mental status, the fun food and drinking drink, have to be smoked. If the diet is necessary to take right and sacrifice, then physical fitness can remain. Proteins required, iron, calcium, Indians are very few more than a scale. This survey has been in front of which in the in-range of the 71% Indian's muscles are weaker. If the body has 68% of the protein lack. It requires Healthy Diet. Ayurveda said that when the hunger needs to be made, the meal should be done. If dinner is made, then it is easy to digest. To be good in mental health, every person who has to eat fresh food while eating meals, increases the good and memory of mental health. To make a cholesterol of the body, a apple juice should be taken daily.

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Exclusion is essential for physical fitness, but more execution if it is done, then it is worse on the brain. Over training syndrome occurs. The body needs no cholesterol and is not good but because there is better cholesterol and bad cholesterol. Some people do not eat at night to lose weight but starvation is dangerous for the body. The body loses energy, vitamin 'C' is measuring Metabolism. Women are weary more than weighing problems. For that, they need to study Yoga. Women with obese bodies need to include 30% complex carbine, 45% proteins and 25% good fats in their diet. Studying some components for physical fitness and mental fitness is needed.

1) How to create body composition for physical fitness is how to keep the body. 2) Exercise for physical fitness can be selected for its capacity of the heart. 3) How much is the flexibility of the body? The exercise is elected to the body is fresh. Body to be flexible for fitness. 4) To be patience in the cells. 5) Mass cells need to be strong. 6) Need the right diet. 7) It should be a good relief. The person needs a good physical health to suit daily needs. People who have physical health properties are better than weak people. And the people of the people are considered physically, mental ability to be better than weak people.<sup>1</sup>

Mental fitness requires that 1) Humans should not have any kind of physical disorder. 2) There should be no financial deprivation, financial scarcity, financial loss. 3) There should be no family problems. 4) Social problems should not be related to them. 5) There should be no genetic disorders. Where mental fitness can occur when the mind is not stressed for any reason.

**Objective:** - To study what factors can lead to increased physical and mental fitness.

**Hypothesis:** - 1) What are the essential elements for physical and mental fitness?  
2) To study the factors that affect physical and mental fitness.

**Research Methods:** - The study is based on secondary sources of information. Information-Gathered from reliable sources like newspapers, articles and web.

**Importance of the subject:** - Every man thinks that we should be fit. You should have no ailments, no ailments. There should be no physical illness or mental illness. If this is the case then maybe there are some things to look for.

1) **Healthy diet:** - If the amount of red blood cells in the body decreases then the amount of hemoglobin decreases which means less blood. Decreased hemoglobin levels reduce the oxygen supply and thus increase the heart rate. It causes dizziness, pneumonia, TB. Many such diseases occur. To prevent this, you need to eat foods that increase the amount of iron in the body. For example- meat, eggs, fruits, green leafy vegetables etc.

1) **Diet according to Ayurveda:** - This is a way of living a healthy life. Ayurveda says, what to eat and when to eat. Meals should be taken only when there is a good appetite. Eating foods that are forbidden should be avoided. Meal times should be fixed. Eating only when you are hungry increases the levels of happy hormones and helps in better digestion of food. It boosts the immune system, makes the body look shapely, makes the face look beautiful and maintains good mental health. If we eat fresh food at the right intervals three times a day, it has a positive effect on our mental health. Memory stays good, anxiety, nervousness, restlessness stays, so mental health stays good.

2) **Exercise:** - Exercise is necessary for physical and mental health. Exercise as much as the body needs. But some people do extreme forms like exercising more than necessary, sweating, taking supplements to make the body look attractive, six pack. They are harmful to



the body. Some people say that exercising means sweating from the body, clothes should get wet with sweat but it is wrong. Because when you do normal exercise, you will sweat less. And if you do heavy exercise, running, cardio exercise, you will sweat more. It should be learned that exercise is not about sweating but exercising to the best of one's ability. Excessive exercise has a detrimental effect on the brain. Research has shown that over-exercising syndrome can lead to mental health problems if you exercise too much.<sup>2</sup>

**3) Hot water and physical fitness:** - Hot water is just as important as other factors for physical fitness. Hot water keeps the digestion balanced, food is digested quickly and easily, body weight is controlled, longevity is increased. Drinking hot water in the morning reduces flatulence, bile and phlegm. Drinking hot water reduces vitiligo problems.

**4) Running:** - Running is the panacea for good health but there are some limits to how much you can run every day. According to research conducted in 2015, running for five to ten minutes every day increases the efficiency of the heart. Running has resulted in a 28% reduction in heart attack mortality. How much research should be done? One study said that four to five hours a week, 40 to 60 minutes a day in another research.<sup>3</sup> Regular running improves 1) Improves intellectual health 2) Relieves stress 3) Improves mood 4) Improves sleep.

Headaches can be fatal for good mental health. Headaches can be a symptom of some serious illness. In it 1) Blood clot: - If blood clot is not treated in time then it turns into stroke. 2) Optic neuritis: - This disease occurs in the back of the eye. It needs to be treated immediately or it can cause vision loss. 3) Migraine: - It is a disease in which there is constant headache. If it is not treated early, the nervous system can deteriorate. This means that headaches have a huge impact on mental health. It requires care without taking the headache easily. Due to changing lifestyles, today's youth are falling prey to diseases at an early age. Lifestyle, food, and workload put a strain on them at an early age. Boys and girls are going into depression because of many problems. This does not keep them physically and mentally fit.

**Conclusion:** - From all the above points, it is clear from the factors that proper diet, sleep, behavior, exercise is necessary for physical and mental fitness. Lifestyle, habits, unrealistic needs, addictions, lust should be avoided. Physical and mental balance, health can be maintained if limited needs, greed, temptation can be avoided.

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