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# Total Fitness

**Anil Kisan Bade**

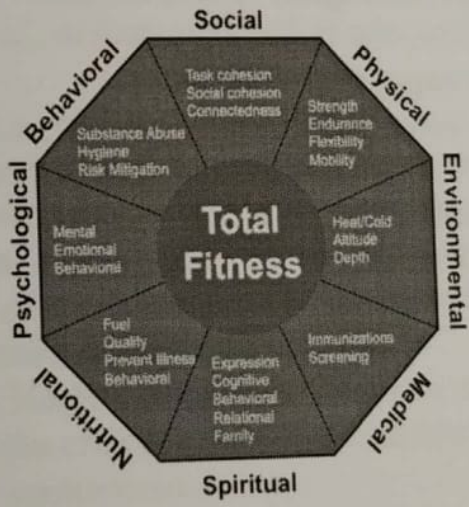
*College Director of Physical Education,  
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## Introduction

What you carry into war is not all on your back. It is in your mind, your spirit, and in your family. The challenges of our current daily rutting are tremendous and on-going. We are going to have to attend to the capability gaps – to build both our internal and external capacities. Even the toughest are affected. You can't put armor around the psyche or the heart. You have to build its resilience. That requires a total approach to the whole person and community. Total Fitness should measure positive as well as negative outcomes. Just as health is much more than absence of disease, Total Fitness extends beyond the mere absence of physical, mental, or spiritual injury to include factors such as physical well being, diet, spirituality, friendships, acclimation to environment, etc. – all factors that promote optimal performance and resilience before, during, and after deployment.

## DEFINITION OF TOTAL FITNESS

A state in which the individual, family and organization can sustain optimal well-being and performance under all conditions.  
Total Fitness is manifest by three characteristics: health, resilience and optimal performance.



### Health is defined as:

A state of complete physical, mental, social, and spiritual well-being and not merely absence of disease or infirmity.

### Resilience is defined as:

The resources to withstand recover and /or grow in the face of stressors and changing demands.

### Human Performance Optimization (HPO) is defined as:

The process of applying knowledge, skills and emerging technologies to improve preserve the capabilities of military members, families and organizations to execute essential task

The domains of Total Fitness are physical fitness, psychological fitness, behavioral fitness, medical fitness, environmental fitness, nutritional fitness, spiritual fitness, and social fitness.



**FITNESS DOMAINS****Physical Fitness**Definition:

Physical fitness is the ability to physically accomplish all aspects of the mission while remaining healthy and uninjured.

The components of physical fitness are Strength and Power. Strength is the ability to create force and power is the ability to generate force quickly over distance.

Endurance is the body's ability to accomplish a task over and over again.

Mobility is the ability to move the body in space with the precision and speed necessary to negotiate an obstacle

Flexibility is the capacity of a muscle or joint to achieve optimal range of motion.

**Psychological Fitness**Definition

Psychological fitness is the integration and optimization of mental, emotional, and behavioral abilities along with capacities to enhance performance and resilience.

The components of psychological fitness are Mental – the way people think and process information (e.g. flexibility, attention control, self-efficacy, self-confidence, mastery, engagement, cognitive agility),

Emotional – the way people feel about themselves, others and their environment (e.g. composure, optimism, sense of humor, hope, love, perseverance, self-regulation), and Behavioral – the way people act in response to their thoughts and emotions (e.g. coping, positive emotions, mastery, behavioral regulation, altruism, knowledge, humor, mental processes and agility).

Outcomes and benefits of psychological fitness include:

- Knowledge
- Connectedness and engagement
- Self-regulation and composure
- Coping
- Positive emotions and humor
- Mental processes and agility
- Mastery
- Confidence

**Behavioral Fitness**Definition

Behavioral fitness is *The relationship between one's behavior and their positive and negative outcomes.*

The components of the behavioral domain are:

- Substance abuse Tobacco, Alcohol
- Prescription and OTC meds misuse; illicit drug use
- Risk mitigation Seat belts, Helmet use Driving/road rage, Cell phone use texting/talking.
- Recreational activities and sports safety, Hearing conservation, Safety glasses
- Hygiene – field and personal, Field hygiene, Hand washing, Cough etiquette, Sexual hygiene,
- Sleep hygiene – e.g., 7-9 hours, sleep required for peak performance

The outcomes and benefits of behavioral fitness include improved performance as well as the reduction of healthcare costs and lost duty time due to injury or infection.



**Medical Fitness**Definition

Medical fitness is a condition of mental and physical well-being as determined by medical metrics, that establishes prerequisites for individual mission accomplishment and worldwide deployability.

There are two components of Medical Fitness:

Medical Readiness

Physiological Readiness

**Environmental Fitness**Definition

Environmental fitness is:

The ability of our warriors to perform their duties well in any environment, and, withstand the multiple stressors of deployment and war.

There are three adaptations that can be considered under environmental fitness. They are **acclimatization** to a particular temperature, altitude, etc., **acquired tolerance** that builds up while the person is exposed to a certain environmental stress, and **cross-tolerance** – that is, when adaptation can be induced without prior exposure to the environmental stress of concern.

**Nutritional Fitness**Definition

Nutritional fitness is:

Appropriate nutrient intake to fuel immediate bioenergetics needs, support adaptation and healing processes, and protect against disease.

The components of nutritional fitness are:

• **Dietary quality**

Nutrition composition of foods – e.g., dietary standard of adequate micro- and macro-nutrients

Food preparation impact

Soldier/consumer acceptability – e.g., presentation and variety

Minimize barriers to successful fueling, such as time requirements

Appropriate for the operational environment – e.g., can you consume it in a moving vehicle?

**Specific nutritional requirements** – Daily fluid and energy requirements depend on an individual warrior's body mass, the amount of work performed, load-bearing requirements, distance traveled and the environment in which the work is performed.

• **Healthy choices for fueling** – Healthy food (fuel) choices reflect individual dietary practices, personal nutrition knowledge, and the effectiveness of educational materials and/or programs that are designed to sustain and protect the sportsperson.

**Spiritual Fitness**Definition

Spiritual fitness is:

The development of positive and helpful beliefs, practices and connecting expressions of the human spirit.

“Human spirit” refers to the essential core of the individual, the deepest part of the self, and includes the essential capacities for autonomy, self-awareness, and creativity, as well as the ability to love and be loved and to appreciate beauty and language.

The components of spirituality are:

**Cognitive beliefs and thoughts** – e.g. forgiveness, mercy, and thankfulness

**Behavioral actions and practices** – e.g. prayer and meditation, worship, study of inspirational writings, charity, altruism, and service



**Relational connection to others and to the transcendent** – e.g. divinity, humanity, self, service, branch, and unit

### Social Fitness

Social fitness is:

The existence of healthy social networks in the unit, family, and society that support optimal performance and well-being.

There are two identified components of social fitness for the sportsperson:

**Task cohesion** – the shared commitment among members to achieving a goal that requires the collective efforts of the group – e.g., clearly stated goals, sense of purpose, reaffirmation, feedback and synchronization

**Social cohesion** – the nature and quality of the emotional bonds of friendship, liking, caring, and closeness among group members – e.g., morale, interpersonal attraction, social interactions, community connectivity

### How to gain total fitness

Set a goal for developing a Total Fitness Assessment (TFA) of individual and family fitness that provides feedback or a plan for the service member, their family and contributes to a dashboard that gives the unit commander an accurate picture of his unit's Total Fitness. Specifically:

Within 12 months, replace PHA, PPHA, and PDHRA.

Within 24 months, develop a individual and leader's dashboard – a total fitness index.

Within 36 months, develop an integrated structure for delivering individual, family and unit fitness plans.

- Establish a Total Fitness Program and Outcome Evaluation Center or process that can evaluate fitness programs across the DoD, and provide rapid feedback to commanders on their safety, effectiveness and comparative value.
- Develop a fully integrated a model of psychological strengths in which the unique strengths of each person can be recognized and developed, including the barrel-chested athletes who take the hill and the thick-glassed geeks who drive UAVS and track budgets.
- Recognize the linkages between the different domains. For example, rather than placing sleep in one box, recognize that it belongs in several domains and should be approached on that basis.
- Total Fitness must be multi-disciplinary and reach across silos.
- Create a Total Fitness Command that is a Joint command. This Total Fitness Command would keep resources and initiatives current and would ensure that best practices are disseminated out to the field. In the interim, someone will need to drive the effort forward.
- Ensure that Total Fitness focuses on performance and readiness, not just health.

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## TOP 6 FITNESS MYTHS

**Anil Kisan Bade**

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If you asked a hundred people at a gym what information sources influenced their current fitness routine, you'd likely get a broad mix of good conversations and blank stares. Some people do a version of what they see other people doing. Some do what they read about in a magazine or what they were told to do in gym class many years (or decades) ago. Still others choose a blend of guidance from a trainer and ideas they gather from their favorite fitness websites.

What nearly all of these people would agree on, however, is the importance of efficiency. No one wants to spin their wheels during their workout time. They want results! This said not all fitness routines will get you there in the fastest (or safest) way with the best outcomes. Think about your own fitness program for a minute. Are you following the latest exercise science and personalized programming? Or might you be working from an outdated, erroneous or inefficient model? Check out these six common fitness misconceptions – and see how they might reflect your past (or present) routine.

Myth: Training for a marathon is a great weight loss strategy.

### **Fact -**

Running many miles hours each week isn't the foolproof plan many believe it is for fat loss.

Striving for athletic achievement is great, and it's generally far healthier than spending time at the bar, but the process of training for a marathon (or other 3+ hour intensive event) is arduous. It requires large amounts of calories burned - obsessively at times. It might surprise you that just as many people gain weight while training for a marathon as those who lose weight.

Think about it.... The average 12-16 week marathon training program increases in both mileage and intensity nearly every week. While this may be a positive thing for muscular and aerobic fitness, it also comes at quite a cost: appetite increase.

That's right. Training for an endurance event often results in such an increase in appetite that it's more than enough to offset the amount of energy burned in the low to moderate intensity miles. The net effect of refueling with frequent helpings of sugary or refined carbohydrate "running fuel" is equal parts glycogen restoration and fat tissue maintenance.

Instead, I'd advise those looking to get fitter or leaner to seek out monthly 5k's, run a few interval sessions each week, and walk or lightly jog frequently between weight training sessions.

Do this while eating unprocessed food consisting of mostly vegetables, lean proteins, and healthy fats. Your waistline will shrink while your fitness level grows – without the arduous output.

Myth: Working out for an hour is a proven benchmark for weight loss, and shorter workouts just aren't worth it.

### **Fact -**

A short workout is better than no workout.

What if you kept all other factors as equal as possible and compared groups of people on the same exact eating program while having one group exercise twice as long as the other? Well, the results of one such study actually showed a slight weight loss and fat loss advantage to the "lazier" group who exercised half as much.



You read correctly. Subjects exercising about 30 minutes six times per week vs. about 60 minutes six times per week lost approximately the same amount of weight (but slightly more fat) over the course of 12 weeks.

Exercise is merely a stimulus on the body – a trigger for change, whether it's a change in neuromuscular coordination, aerobic capacity, strength, speed or power. The actual change occurs between sessions and not during the session.

Some people, especially those new to structured exercise or those who are de-conditioned, may not have the ability to adapt to physical training that leaves them worn out. In other words, workouts that are shorter but allow for more complete recovery time may be a more effective “dose” for many people.

It's also well understood that challenging workout programs may actually cause a reduction in normal non-exercise daily activity in the majority of the population. That's right. If you exercise hard for an hour before work, researchers often find you'll subconsciously reduce activity you'd normally do in your day as a compensatory measure. You might also eat more without realizing it.

**Tip:** explore what your minimum effective dose is for strenuous exercise. Do it consistently, and keep active as much as possible outside your sessions (e.g. take the stairs, park farther away, or walk 5 minutes of every hour you're awake)

**Myth:** Women (or men) should lift light weights for high reps to work on muscle “tone.”

#### **Fact -**

Light resistance and high reps are appropriate for a few weeks when first starting formal resistance training in de-conditioned adults – but only to challenge muscular endurance (tolerance) for the exercise and not for building tone.

Going from no weight training to 3-5 sets of 12-20 reps may be necessary for establishing proper form, posture, muscle recruitment, and coordination. To look leaner or stronger, however, you will eventually need to push your muscles to failure under heavier loads.

Don't get me wrong: most people need a few weeks of higher repetitions to establish excellent range of motion, safe control of their bodies and movement patterns, and connective tissue elasticity (which also relies on quality dietary fats and abundant minerals).

When it comes to muscle maintenance or building during a weight loss program (i.e. when someone may be consciously trying to create a calorie deficit either through increased activity or dietary restriction), heavier resistance training along the “5-10 reps for 5-10 sets” model shows better muscle stimulus than lighter training.

Studies of weight loss programs frequently conclude that groups that follow the heaviest resistance training protocols combined with highest protein and vegetable intakes preserve the most strength and lean tissue and suffer fewer injuries. Without stimulating lean tissue growth through heavier training, it seems most weight loss programs fail to help participants appear more toned at a lighter weight. They may look more slender and be lighter, but it's actually rather difficult to appear stronger without lifting heavy things as part of the program.

If you don't feel safe enough trying your hand at heavier weights just yet, ask a fitness professional about joining small group training, or consider hiring a fitness pro at least on a monthly basis to guide your program through proper phases.

**Myth:** The highest rate of fat burn occurs at very low intensities.

#### **Fact -**

Increasing fat metabolism and fitness, thus making fat loss more likely, requires exercise across all spectrums of intensities.

High intensity exercise costs more calories, but most of those calories will come from stored glycogen or glucose (carbs), while low intensity exercise allows for easier fat oxidation. So, the highest *percentage* of fat utilization occurs at relatively low intensity exercise, but the highest absolute fat oxidation usually occurs somewhere between "easy" work and top-end effort.

Confused? In your lower exercise zones, you may notice a higher *percentage* of fat metabolisms than you do in higher zones, but somewhere in the middle is where the *rate* of fat utilization may be greatest.

If you've done an Active Metabolic Assessment, you probably know these secrets about how to coax the most fat burn out of your system. If you haven't, don't worry! There's still time to zero in.

Here's a hint: you can elevate your fat metabolism even more if you warm up properly and if you go into workouts with very stable blood sugar control (and sometimes even slight carbohydrate restriction).

Myth: Machines are a more effective place to start resistance training because they keep your form safe.

**Fact:**

Walking into most fitness facilities might lead you to believe machines are the bee's knees, but you may notice your nearest Life Time is actually slowly creating more space for natural movement – empty floors that allow us to move our bodies without the constraints of machines.

Resistance training machines do offer some safer alternatives for doing weighted exercises without a spotter, but they can also limit our performance potential. Nothing accelerates neuromuscular coordination and muscle fiber recruitment more than proprioceptive movement through natural and full ranges of motion like those performed strictly under body weight, free-space activity.

Read another way, learning to move through space in multiple planes of motion – bending, twisting, reaching, pulling and pressing – while consciously focusing on staying upright is a much better way to establish a fitness foundation or increase your fitness potential.

Once you've learned to move more freely and completely within your own body (and it no longer hurts), you'll be ready to benefit from external loads (e.g. free weights or machines).

Myth: A great workout can be judged by how much your towel weighs afterward.

**Fact:**

No pain, no gain, right? Sweating may be a great way to help your body detoxify, but there are also great workouts that produce amazing results with little sweat produced. Many of us still hear the "gym teacher voice" in the back of our minds telling us to "go hard or go home," but that's often the mentality that increases physical strain and potential for injury, induces blood sugar roller coasters and wild appetites, or even more pain than gain.

A great workout should be judged based on how much better you did today than last week or last month, how much more energized and motivated you feel, and how much better your body is moving at the end of the workout than it was at the beginning.

**Summary**

Thanks for reading, everyone. Are you interested in support for assessing your exercise program? This article is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. Use of recommendations in this is at the choice and risk of the reader



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# Sportsmanship

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## ABSTRACT

Sports also provide an opportunity to develop moral values and positive behaviour. Sport activities allow participants to demonstrate values such as working hard, playing fair, playing by the rules of the game, and appropriate behaviour towards others such as good sportsmanship. However, whilst the opportunity to develop moral values does exist through sport participation, it should be noted that participation in sport can also undermine the moral development of youth if it solely focuses on physical activity. That is moral behaviour can be learnt from engaging with others or by one being taught ethical behaviour.

**Keywords:** Sportsmanship, Sportsman, Behaviour, Moral, Values, Sports

## INTRODUCTION:

Sports also provide an opportunity to develop moral values and positive behaviour. Sport activities allow participants to demonstrate values such as working hard, playing fair, playing by the rules of the game, and appropriate behaviour towards others such as good sportsmanship. However, whilst the opportunity to develop moral values does exist through sport participation, it should be noted that participation in sport can also undermine the moral development of youth if it solely focuses on physical activity. That is moral behaviour can be learnt from engaging with others or by one being taught ethical behaviour. Yoga is a sport that emphasizes physical skills alongside the philosophy of the sport which includes reflection and meditation and in one particular study youths involved in the sport experienced lower levels of anxiety and aggression, increased self esteem and improved social skills in comparison to those students who were trained only in self defence physical skills.

1. **'Sportsmanship'** is an aspiration or ethos that a sport or activity will be enjoyed for its own sake, with proper consideration for fairness, ethics, respect, and a sense of fellowship with one's competitors. A sore loser refers to one who does not take defeat well, whereas a good sport means being a "good winner" as well as being a "good loser".

2. Sportsmanship can be conceptualized as an enduring and relatively stable characteristic or disposition such that individuals differ in the way they are generally expected to behave in sport situations. In general, sportsmanship refers to virtues such as fairness, self-control, courage, and persistence, and has been associated with interpersonal concepts of treating others and being treated fairly, maintaining self-control if dealing with others, and respect for both authority and opponents. Sportsmanship is also looked at as being the way one reacts to a sport/game/player.

3. The four elements of sportsmanship are often shown being good form, the will to win, willing to lose equity and fairness. All four elements are critical and a balance must be found amongst all four for true sportsmanship to be illustrated. These elements may also cause conflict, as a person may desire to win more than play in equity and fairness and thus resulting in a clash within the aspects of sportsmanship. This will cause problems as the person believes they are being a good sportsman, but they are defeating the purpose of this idea as they are ignoring two key components of being sportsman like. When athletes become too self-centered, the idea of sportsmanship unfortunately is dismissed.

4. Today's sporting culture, in particular the base of elite sport, places great importance on the idea of competition and winning and thus sportsmanship takes a back seat as a result. In most, if not all sports, athletes at the elite level makes the standards on sportsmanship and no matter if they like it or not, they are seen as leaders and role models in society.



5. Since every sport is rule driven, the most common offence of bad sportsmanship is the act of cheating or breaking the rules to gain an unfair advantage. A competitor who exhibits poor sportsmanship after losing a game or contest is often called a "sore loser" (those who show poor sportsmanship after winning are typically called "bad champs"). Sore loser behavior includes blaming others for the loss, not accepting responsibility for personal actions that contributed to the defeat, reacting to the loss in an immature or improper fashion, making excuses for the defeat, and citing unfavorable conditions or other petty issues as reasons for the defeat. A bad winner acts in a shallow fashion after his or her victory, such as by gloating about his or her win, rubbing the win in the face(s) of the opponent(s), and lowering the opponent(s)'s self-esteem by constantly reminding the opponent(s) of "poor" performance in comparison (even if the opponent(s) competed well). Not showing respect to the other team is considered to be a bad sportsman and could lead to demoralizing affects as Leslie Howe describes if a pitcher in baseball decides to pitch not to his maximum ability suggest that the batter is not at an adequate level and could lead to the batter to have low self-confidence or worth.

### HOW TO AVOID NEGATIVE SPORTS ENVIRONMENTS:

Sports environments can also very quickly lead to young adolescents making incorrect assessments of their abilities and by observing peers making social comparisons, which threaten their self esteem. (Festinger, 1954). With those who have their self esteem at stake, downward social comparisons to protect against negative self evaluation can result in lost interest in the sport. The early involvement of coaches and parents is therefore imperative for the development of accurate assessments of abilities and competence.

Although there is an argument for moral development through sports, there has also been evidence to suggest that sports can increase the risk of opportunities for unstructured social activities, substance abuse and not violent behaviour. Therefore, it is essential that coaches and administrators consider the following factors that foster moral values, build self esteem, develop social connectedness, as well as develop emotional, intellectual and physical growth.

1. Scaffolding through coach and peer relationships to allow for skill building
2. Positive re-enforcement and appropriate constructive learning
3. Empowering adolescents to be a part of the decision making process
4. Fostering inclusion rather than an exclusive dynamic
5. Fostering self improvement rather than self comparison
6. Provide community serving opportunities
7. Allowing each youth to have an important role and voice
8. Encourage social development alongside physical development
9. Relating to the youth how the skills and efforts acquired in such environments are transferred to other domains.

### CONCLUSION:

In developing self esteem, coaches who engage positive reinforcement, frequent encouragement and corrective feedback can improve on a youths self esteem . The coach's involvement is critical to the development of self esteem as their level of competence can be assessed more accurately. The appropriateness of coach's feedback is also critical in that it may not be appropriate to reward a child whose effort was lacking by giving positive feedback. Instead, by giving constructive criticism with positive reinforcement in response to performance errors, a player's perception of competence can be built. When it comes to morality, developing programs which are led by coaches and parents that promote fair play focus on personal improvement such as working hard, co-operating with others and becoming good citizens will develop athletes who display good sportsmanship in contrast to those more concerned with beating others at all costs. Coaches can teach their youth appropriate behaviours when certain situations arise in games and practice, and by displaying moral behaviours as instructors.



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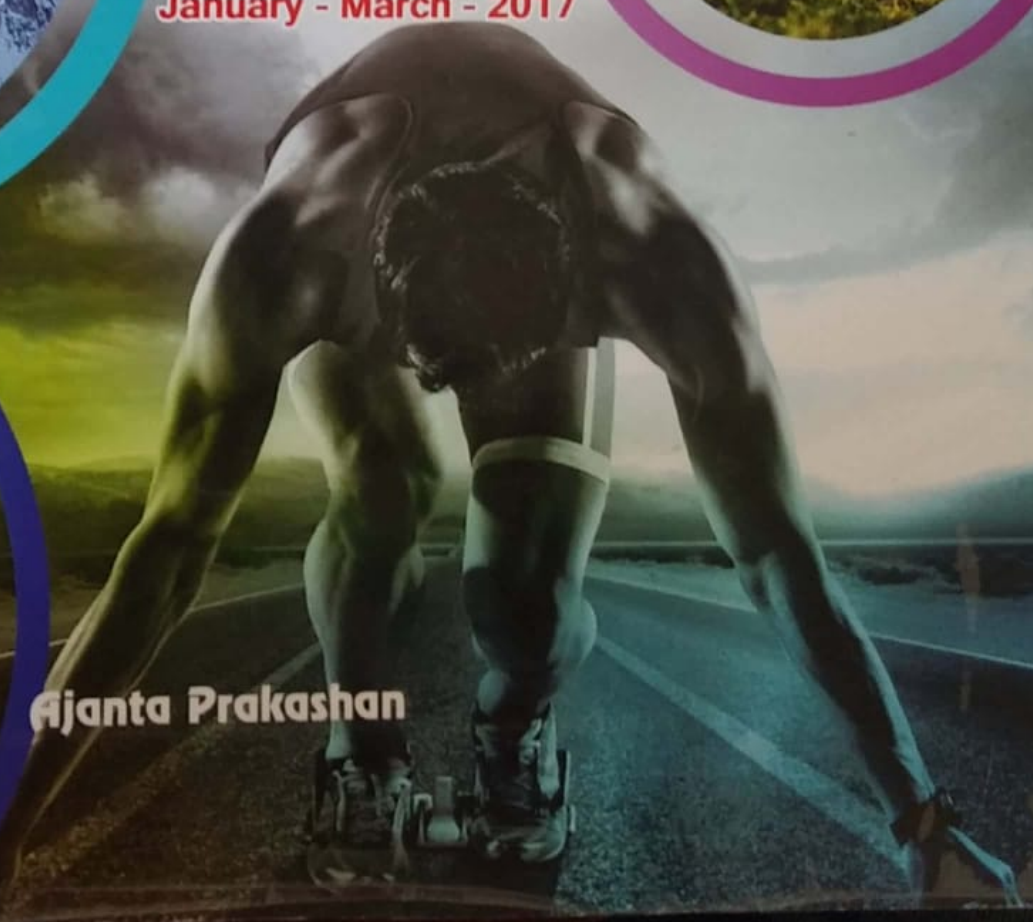
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## 22. Mental Health Problem Symptoms, Causes and Healthy Lifestyle

**Anil Kisan Bade**

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Mental health is more than just the absence of mental illness. It includes how you feel about yourself and how you adjust to life events. However, the National Mental Health Association lists 10 characteristics of people who are mentally healthy.

1. They feel good about themselves.
2. They do not become overwhelmed by emotions, such as fear, anger, love, jealousy, guilt, or anxiety.
3. They have lasting and satisfying personal relationships.
4. They feel comfortable with other people.
5. They can laugh at themselves and with others.
6. They have respect for themselves and for others even if there are differences.
7. They are able to accept life's disappointments.
8. They can meet life's demands and handle their problems when they arise.
9. They make their own decisions.
10. They shape their environment whenever possible and adjust to it when necessary.

Mental health problems can cover a broad range of disorders, but the common characteristic is that, they all affect the affected person's personality, thought processes or social interactions. They can be difficult to clearly diagnose, unlike physical illnesses. According to data from SAMHSA, 20 percent of people in America suffer from a form of mental disorder, and 5 percent suffer from a disorder severe enough to affect school, work, or other aspects of daily life.

### **What Are the Types of Mental Health Disorders?**

Mental health disorders occur in a variety of forms, and symptoms can overlap, making disorders hard to diagnose. However, there are some common disorders that affect people of all ages.

### **Attention Deficit Hyperactivity Disorder (ADHD)**

Attention Deficit Hyperactivity Disorder is characterized by an inability to remain focused on task, impulsive behavior, and excessive activity or an inability to sit still. Although this disorder is most commonly diagnosed in children, it can occur in adults as well.

### **Anxiety/Panic Disorder**

Anxiety disorder is defined by intermittent and repeated attacks of intense fear of something bad happening or a sense of impending doom.

### **Bipolar Disorder**

Bipolar disorder causes a periodic cycling of emotional state between manic and depressive phases. Manic phases contain periods of extreme activity and heightened emotions.

### **Depression**

Depression covers a wide range of conditions, typically defined by a persistent bad mood and lack of interest in pursuing daily life, as well as bouts of lethargy and fatigue. Dysthymia is a milder but longer-lasting form of depression.

### **Schizophrenia**

Schizophrenia is not, as commonly thought, solely about hearing voices or having multiple personalities. Instead, it is defined by a lack of ability to distinguish reality. Schizophrenia can cause paranoia and belief in elaborate conspiracies.

### **What Causes a Mental Health Disorder?**

There is no single cause for mental health disorders; instead, they can be caused by a mixture of biological, psychological and environmental factors. People who have a family history of mental health disorders may be more prone to developing one at some point. Changes in brain chemistry from substance abuse or changes in diet can also cause mental disorders. Psychological factors and environmental factors such as upbringing and social exposure can form the foundations for harmful thought patterns associated with mental disorders. Only a certified mental health professional can provide an accurate diagnosis of the causes of a given disorder.

### **What Are the Signs of a Mental Health Disorder?**

Mental health disorders exist in broad categories: anxiety disorders, mood disorders, psychotic disorders, personality disorders and impulse control disorders. If someone you know experiences erratic thought patterns, unexplained changes in mood, lack of interest in socializing, lack of empathy, inability to tell the difference between reality and fantasy, or a seeming lack of control, that person may have a mental health disorder. This is, by no means, a complete list of symptoms.



### **Emotional Symptoms of Mental Health Problems**

Mental health problems can cause a wide variety of emotional symptoms, some of which include:

- Changes in mood
- Erratic thinking
- Chronic anxiety
- Exaggerated sense of self-worth
- Impulsive actions

### **Physical Symptoms of Mental Health Problems**

Mental health problems typically do not cause physical symptoms in and of themselves. Depression, however, can indirectly cause weight loss, fatigue and loss of libido, among others. Eating disorders, a separate class of mental health disorders, can cause malnutrition, weight loss, amenorrhea in women, or electrolyte imbalances caused by self-induced vomiting. This makes eating disorders among the most deadly of mental health disorders.

### **Short-Term and Long-Term Effects of Mental Health Instability**

In the short-term, mental health problems can cause people to be alienated from their peers because of perceived unattractive personality traits or behaviors. They can also cause anger, fear, sadness and feelings of helplessness if the person does not know or understand what is happening. In the long-term, mental health disorders can drive a person to commit suicide. According to the National Institute for Mental Health, over 90 percent of suicides have depression or another mental disorder as factors.

### **Depression and Mental Health**

Depression often coexists with other mental disorders, or certain disorders may have caused depression in the first place. For example, 40 percent of people with post-traumatic stress disorder also have depression.

### **Getting Help for a Mental Health Issue**

It's important that you or your loved one should seek help to treat mental health issue. First, a physical checkup can rule out physical illnesses. An appointment with a mental health professional will usually include an interview and subsequent evaluation to determine the most obvious symptoms and to ascertain the type and severity of mental disorder. In certain cases, an intervention may be required from family and friends

## Healthy Lifestyle

The simple innocent choice of not exercising has shown, in studies, to promote 10 serious health conditions you don't ever want to develop. The bottom line is physical inactivity has a lot of unhealthy implications even at our bodies cellular level. At the cellular level, inactivity decreases the ability to transfer oxygen from your blood stream to your cells, and also decreases the number of power activating mitochondria. However, the worst cost of not exercising or being physically active can result in the following 10 devastating conditions:

1. **CANCER** - Studies have shown that fitness enthusiastic men and women who are physically active have a 30 to 40 percent lower risk of colon cancer compared to individuals who are inactive.
2. **DIABETES** - Studies show lack of regular physical exercise increases insulin sensitivity. Diabetes is considered the "sedentary disease" which is striking people at an alarming rate. If it is not controlled, it can destroy the body's organs.
3. **HEART** - Lack of consistent physical activity, over time, decreases the function of the heart muscle, affects the blood vessels, including the large aortic artery to the veins and small capillaries. According to many studies, scientists have good reason to believe that regular exercise protects the heart.
4. **STROKE** - Regular exercisers are 25% less likely to have a stroke than their sedentary counterparts. Being fit lowers blood pressure, raises HDL cholesterol, and reduces the risk of blood clots.
5. **BRAIN** - People, who are physically active, according to solid evidence, are at lower risk for cognitive decline and dementia.
6. **MUSCLES** - If you don't exercise on a regular basis, you are at risk of losing some 6 percent of your muscles mass every decade of life from the age of 30 on. This also translates into a 10 - 15 percent loss of strength per decade. Once again, if you don't use the muscle, you will lose the muscle quickly.
7. **OSTEOPOROSIS** - Fragile bones cause more than 1.5 million fractures each year in the U.S. Bone is like muscle, if you stress it, it responds. If you don't, you gradually lose its strength, and increase your chances of breaking them. Regular weekly strength training can help prevent osteoporosis, and decrease your chances of breaking a bone.
8. **MENTAL HEALTH** - People who don't exercise on a regular basis are more prone to develop depression. According to a recent study, people who were more active were nearly 20 percent less likely to be diagnosed with depression over the next five years than less active people. Fitness



conscious individuals also generally display an improved self esteem, or self image.

9. **WEIGHT** - If you are inactive, year in and year out, you will eventually gain weight and lose fitness which increases the chance of a heart attacks, and diabetes.

10. **IMMUNE SYSTEM** - Moderate amounts of exercise reduces the risk of upper respiratory infection. Regular exercise may boost immune function.

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