



ISSN: 2249-7315

Vol. 11, Issue 9, September 2021

SJIF –Impact Factor = 8.037 (2021)

DOI: 10.5958/2249-7315.2021.00043.5

---

**ASSORTED PARAMETERS WITH ELEVATION OF PERFORMANCE  
AND PHYSICAL FITNESS AND EDURANCE WITH EXERCISE**

**Dr. Anjana Lohan\***

\*Associate Professor,  
Head, Deptt. of Physical Education  
S.D. Mahila Mahavidyalaya Narwana,  
Jind, Haryana, INDIA

---

**ABSTRACT**

*Exercise is one way to get fitter, but there are others as well. Photo depicts four-time "Fittest Man on Earth" winner Rich Froning Jr. In the context of health and well-being, physical fitness refers to the capacity to engage in sports, professions, and everyday life tasks without injury. Nutrition, moderate-vigorous physical activity, and enough rest are the most common ways to become in shape. Before the Industrial Revolution, fitness was understood to be the ability to do one's daily tasks without becoming fatigued or lethargic. Physical fitness is currently seen as a measure of the body's capacity to operate efficiently and effectively in work and leisure activities, to be healthy, to fight hypokinetic illnesses, and to face emergency circumstances due to automation and changes in way of life..*

**KEYWORDS:** *Physical Fitness, Exercise, Endurance Elevation*

---

**REFERENCES**

1. Tremblay MS, Colley RC, Saunders TJ, Healy GN, Owen N (December 2010). "Physiological and health implications of a sedentary lifestyle". *Applied Physiology, Nutrition, and Metabolism*. **35** (6): 725–40. doi:10.1139/H10-079. PMID 21164543.
2. de Groot GC, Fagerström L (June 2011). "Older adults' motivating factors and barriers to exercise to prevent falls". *Scandinavian Journal of Occupational Therapy*. **18** (2): 153–60. doi:10.3109/11038128.2010.487113. PMID 20545467. S2CID 41105819.
3. Malina R (2010). *Physical activity and health of youth*. Constanta: Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health.
4. "President's Council on Physical Fitness and Sports Definitions for Health, Fitness, and Physical Activity". fitness.gov. Archived from the original on 12 July 2012.
5. "Definition of FITNESS". www.merriam-webster.com. 19 September 2021.
6. "Google Books Ngram Viewer". books.google.com. 19 September 2021.
7. Colfer GR (19 January 2004). "Skill-related physical fitness essential for sports success". tradoc.army.mil. Archived from the original on June 2011.

8. Nied RJ, Franklin B (February 2002). "Promoting and prescribing exercise for the elderly". *American Family Physician*. **65** (3): 419–26. PMID 11858624.
9. "Exercise for Your Bone Health | NIH Osteoporosis and Related Bone Diseases National Resource Center". [www.bones.nih.gov](http://www.bones.nih.gov). 19 September 2021.
10. "Participation in Sport and Physical Recreation, Australia". Australian Bureau of Statistics. 18 February 2015.
11. "Physical Activity Fundamental To Preventing Disease". U.S. Department of Health & Human Services. 20 June 2002. Archived from the original on 11 November 2014.
12. "How much physical activity do adults need?". Centers for Disease Control and Prevention. 1 December 2011. 29 April 2013.
13. Pedersen BK, Febbraio MA (April 2012). "Muscles, exercise, and obesity: skeletal muscle as a secretory organ". *Nature Reviews. Endocrinology*. **8** (8): 457–65. doi:10.1038/nrendo.2012.49. PMID 22473333. S2CID 205480628.
14. "Physical Activity Guidelines for Americans 2nd edition" (PDF). U.S. Department of Health and Human Services. 2018.
15. "Exercise". [nhs.uk](http://nhs.uk). 26 April 2018. 19 September 2021.
16. Haskell WL, Troiano RP, Hammond JA, Phillips MJ, Strader LC, Marquez DX, Grant SF, Ramos E (May 2012). "Physical activity and physical fitness: standardizing assessment with the PhenX Toolkit". *American Journal of Preventive Medicine*. **42** (5): 486–92. doi:10.1016/j.amepre.2011.11.017. PMC 3331998. PMID 22516489.
17. Chakraverty B, Parkavi K, Coumary SA, Felix AJ (April 2012). "Antepartum cardiorespiratory fitness (CRF) quantification by estimation of maximal oxygen consumption (Vo2 max) in pregnant South Indian women". *Journal of the Indian Medical Association*. **110** (4): 214–7. PMID 23025219.
18. Osawa Y, Azuma K, Tabata S, Katsukawa F, Ishida H, Oguma Y, Kawai T, Itoh H, Okuda S, Matsumoto H (2014). "Effects of 16-week high-intensity interval training using upper and lower body ergometers on aerobic fitness and morphological changes in healthy men: a preliminary study". *Open Access Journal of Sports Medicine*. **5**: 257–65. doi:10.2147/OAJSM.S68932. PMC 4226445. PMID 25395872