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Physical fitness and work efficiency: An interrelated approach

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Abstract

Today, there is a growing emphasis on looking good, feeling good and living longer. Increasingly, scientific evidence tells us that one of the keys to achieving these ideals is fitness and exercises. Getting moving is a challenge because today physical activity is less a part of our daily lives. There are fewer jobs that require physical exertion. We have become a mechanically mobile society, relying on machines rather than muscles to get around. In addition, we have become a nation of observers with more people spending their leisure time pursuing just that – leisure.

Keywords: Physical fitness, work efficiency, physical activity, mechanically mobile society

Introduction

Physical fitness is to be 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, pleasant 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 activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where and unfit person could not continue, and is a major basis for good health and well-being.”

Work efficiency is defined as the ratio of mechanical work to the increase in energy expenditure caused by physical activity. Thus, an improvement in work efficiency could be caused by an increase in mechanical work, a decrease in, or both. Managing a heavy workload requires an efficient work style. It is sometimes very hard to see as solution to the problem when a feeling of overwhelm abounds.

To assess the level of efficiency, try to take a step back and look at work style to see where things could be improved. If you feel too engaged in the work, try asking someone who has seen your work style in action to offer their perspective.

Physical fitness

“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 demands suddenly placed upon him.”

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

The components of physical fitness are

Strength: the extent to which muscles can exert force by contracting against resistance.

Power: the ability to exert maximum muscular contraction instantly in an explosive burst or movements.

Speed: the quickness of movement of limb, whether this is the leg of a runner or the arm of the shot putter.

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Agility: the ability to perform a series of explosive power movements in rapid succession in opposing directions.

Flexibility: the ability to move the joints or any group of joints through an entire, normal range of motion.

Balance: the ability to control the body's position, either stationary.

We all know that being physically fit is good for us, but exactly why is physical fitness and work efficiency important?

Here are some benefits of physical fitness

Improved Health

- a) Increased efficiency of heart and lungs
- b) Reduced cholesterol levels
- c) Increased muscle strength
- d) Reduced blood pressure
- e) Reduced risk of major illness such as diabetes and heart disease
- f) Weight loss

Improved Sense of Well-Being

- a) More energy
- b) Less stress
- c) Improved quality of sleep
- d) Improved ability to cope with stress
- e) Increased mental sharpness

Improved Appearance

- a) Weight loss
- b) Toned muscles
- c) Improved posture

Enhanced Social Life

- a) Improved self-image
- b) Increased opportunities to make new friends
- c) Increased opportunities to share an activity with friends or family members

Increased Stamina

- a) Increased productivity
- b) Increased physical capabilities
- c) Less frequent injuries
- d) Improved immunity to minor illness

Factors affecting physical fitness and work efficiency

1. Regular exercise: if the regular exercises are performed, the physical fitness and work efficiency can be improved. If the exercises are not performed daily, the level of physical fitness and work efficiency will decline.
2. Standard of living: it has been observed that the people, who have low standard of living, are likely to have less physical fitness and work efficiency.
3. Amount of training: if the amount of training is not up to desirable level, the physical fitness and work efficiency is not improved.
4. Heredity: heredity also plays a vital role in affecting the physical fitness and work efficiency. Heredity decides the structure of the person.
5. Rest and relaxation: if proper rest and relaxation are done, there will be positive effect on the physical fitness and work efficiency.

6. Balance diet: balance diet is not only helpful but also improves the level of physical fitness and work efficiency.
7. Good posture: good posture enhances the physical fitness and work efficiency. The person who does not have good posture tends to have lower level of physical fitness and work efficiency.

Conclusion

A recent American study found that children who participate in vigorous physical activity tend to have higher academic grades than children who are less active. Researchers expected that midday exercise would enhance mood. But the boosts in productivity surprised them, providing that workplace exercise programs benefit more than just the workers they give companies more efficient employees who exercise regularly at work, resulting in fewer sick days, better attendance and more cooperation between co-workers. After all taking time to exercise could translate into higher pay in job performance improves as a result.

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