

Indian Institute of Technology Kanpur

National Programme on Technology Enhanced Learning (NPTEL)

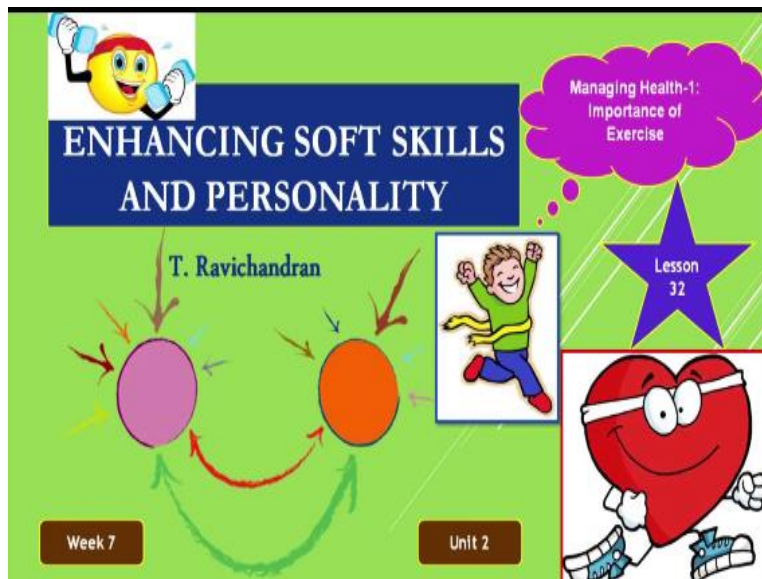
**Course Title
Enhancing Soft Skills And Personality**

**Lecture - 32
Managing Health -1: Importance of Exercise**

**by...
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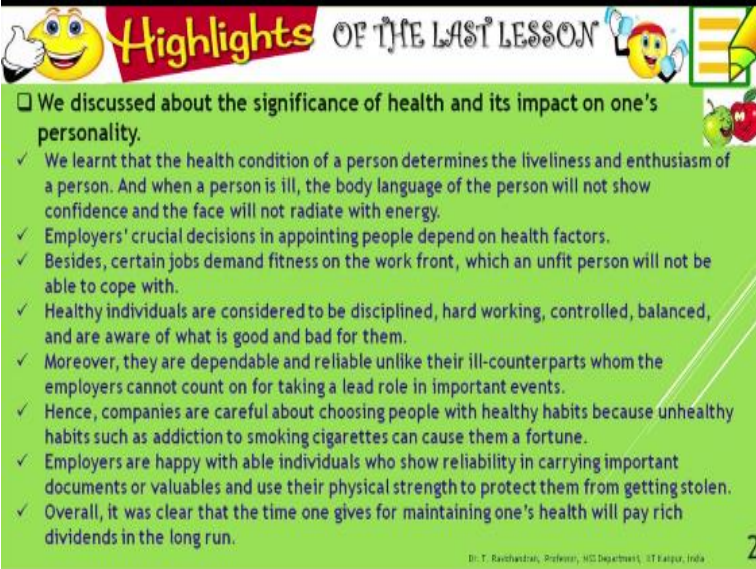
Hello hi welcome back to my course on enhancing soft skills and personality so we are on the module related to health and we started with the first unit on the importance of health.

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As well as the relationship between health and personality in the next two units that is unit 2 and unit 3 of week 7 will try to learn how to manage health and in this unit in particular let us look at the importance of exercise this is lesson number 32 and managing health one importance of exercise.

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Highlights OF THE LAST LESSON

- We discussed about the significance of health and its impact on one's personality.
- ✓ We learnt that the health condition of a person determines the liveliness and enthusiasm of a person. And when a person is ill, the body language of the person will not show confidence and the face will not radiate with energy.
- ✓ Employers' crucial decisions in appointing people depend on health factors.
- ✓ Besides, certain jobs demand fitness on the work front, which an unfit person will not be able to cope with.
- ✓ Healthy individuals are considered to be disciplined, hard working, controlled, balanced, and are aware of what is good and bad for them.
- ✓ Moreover, they are dependable and reliable unlike their ill-counterparts whom the employers cannot count on for taking a lead role in important events.
- ✓ Hence, companies are careful about choosing people with healthy habits because unhealthy habits such as addiction to smoking cigarettes can cause them a fortune.
- ✓ Employers are happy with able individuals who show reliability in carrying important documents or valuables and use their physical strength to protect them from getting stolen.
- ✓ Overall, it was clear that the time one gives for maintaining one's health will pay rich dividends in the long run.

Dr. T. Ravichandran, Professor, HCI Department, IIT Kharagpur, India

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Before we actually go to the lesson let us take a quick look of the highlights of the last lesson in the last lesson we discussed about the significance of health and its impact on one's personality we learned that the health condition of a person determines the liveliness and enthusiasm of a person and when a person is easy the body language of the person will not show confidence and the face will not radiate with energy employers crucial decisions.

In appointing people depend on various high factors besides certain jobs demand thickness on the work front which an unfit person will not be able to cope with healthy individuals are considered to be disciplined hard-working controlled balanced under ever of what is good and bad for them moreover they are dependable unreliable unlike their encounter pots whom the employers cannot count on for taking a lead role in important events .

So I give you examples such as at the last moment a person in terms of ill health cannot be relied upon because at the last moment something can come some kind of disease and the person has to be her in a hospital so the even manager fines et a major problem in running that event so these are reasons why employers generally try to avoid people who do not have sound health and they try to take loose from your body language the way you perform yourself in the interview and all


that, so companies are careful about choosing people with healthy habits because unhealthy habits such as addiction to smoking cigarettes can cause them a fortune employers are happy with able individuals who show reliability in carrying important documents or valuables and use their physical strength to protect them from getting stolen overall it was clear that the time one gives for maintaining one's health will pay rich dividends in the long run.

So that is what we learned in the last lesson and in this lesson we will try to know and understand how we can manage health and to start with as I said we will try to understand the importance of exercise and how you can make that as a routine and make it part and parcel of your life and internalized exercise as such if you look at health as such some people have a wrong impression that health is something to do with just body but if you go to the actual definition given by.

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MANAGING HEALTH

- WHO defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."
- In huge pursuits of mental activities, often people take for granted their health and fail to manage their bodies.
- Timely upkeep of body is required for preventing it from untimely malfunctioning.
- Any amount of stress can be withstood if the body is maintained in a healthy manner.
- Today, even people without any bad habits succumb to terminal diseases owing to pollution in the environment and pesticides used in food products. This only makes it imperative that we should take extreme care of our body.



Dr. T. Ravikiran, Professor, HOD Department, JG College, JG

An international organization like the World Health Organization who it defines health as a state of complete physical mental and social well-being and not merely the absence of disease or infirmity so the common misperception about health is that it is something to do with the body only physical and the other thing is health means absence of disease or absence of some kind of infirmity health is not only that or not just that it is a state of complete physical mental and social

well-being so physically you have to of course do exercise mental you can regulate interms of your mental stress by using yoga or meditation social well-being automatically comes when your emotional well-being is boosted up in terms of your physical and mental well-being in huge pursuit of mental activities these this often people take for granted their health and fail to manage their bodies so timely upkeep of body is required for preventing it from untimely malfunctioning.

So the body is also like a machine and if you do not take care of it regularly and then if you push it too much beyond the point so suddenly it will start malfunctioning and you will not be able to recover it so easily because you had actually exhausted it beyond the point, however any amount of stress can be withstood if the body is maintained in a healthy manner so the body breaks down collapses due to excessive stressor due to excessive pressure exerted on it physically.

Usually it is sent in the form of stress but any amount of stress can be bit stood if the body is maintained in a healthy manner if you maintain it in a healthy manner so suddenly when the stress comes so you will be able to protect yourself from stress so today surprisingly even people without any bad habits succumb to terminal diseases such as cancer for example, so you hear of cases where suddenly people report to you with this alarming news that they were detected for cancer.




And unfortunately these are those people who are like teetotalers and they never had any bad habits and they were eating only good vegetables and fruits doing regular exercise and then what went wrong no it was found that mostly it is going to pollution which is affecting their lungs and then other body parts and pesticides which are used in food products preservatives which are using food products so they are also responsible.

Now this only makes it imperative that we should take extreme care of our body because even when you take care of it you're helpless before an environment that is highly polluted and a food that you take there is no guarantee that it is free from pesticides which is likely to give you any kind of terminal diseases so when that is the case you need to build up your immunity you need to develop strength and stamina so that is why it is important to manage your health by regular exercise.

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MANAGING HEALTH: EXERCISE

- ❖ **Regular Exercise:** The body is the only place where the life-essence/the soul rests. To retain life-energy and to make full use of it, one should keep the body fit by regular exercise.
- ❖ Exercise is any activity that involves exerting your muscles in various ways to keep yourself fit. It can be any form of physical activity like walking, jogging, cycling, swimming, playing (any outdoor games), but, it has to be consistent.
- ❖ **Exercise Plus Yoga:** Adding Yoga and Meditation will help you to safeguard yourself from stress that attacks you at unprepared moments.



Dr. T. Anandakrishnan, Professor, HCC Department, Sri Karim, India

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Now look at the body the body is the only place where the life essence or the soul or whatever form of life dress so only in the body whatever you call as life can rest now once the body gets deceased contaminated polluted or affected by some disease and then slowly let us say the body starts getting decorated and gets finally affected by any kind of disease so then the life-form leaves the body we call that as death but that is the physical death of the body the machine has just stopped.

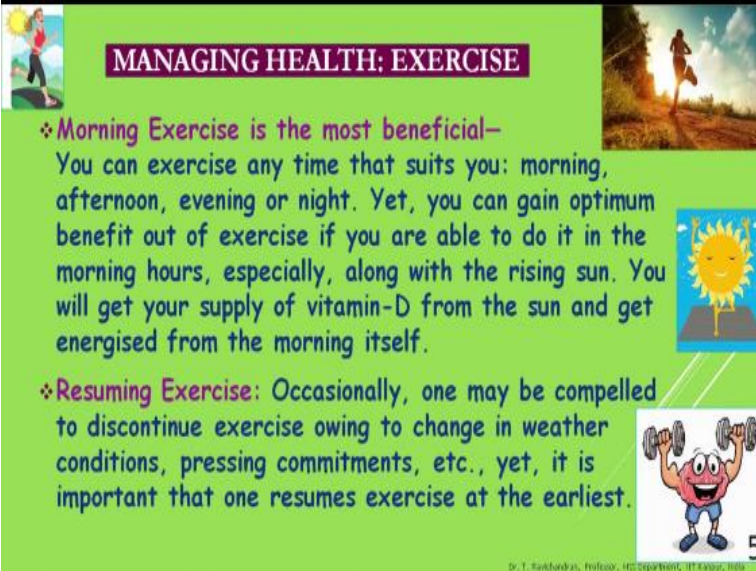
And from malfunctioning it has just stopped functioning so to retain life energy in the body and to make full use of it one should keep the body fit by regular exercise what is exercise exercises any activity that involves inserting your muscles in various ways to keep yourself fit otherwise muscle will reach a condition called muscle atrophy that is it becomes very stable and fix it and it will lose its flexible nature.

It will not have resilience and then when it is losing its resilience and flexibility you will get muscle pull you will get paying you will get spasms and so on so it can be any form of physical activity like the basic walking slightly activated jogging or cycling swimming playing any outdoor games not the indoor court games or carom which consume very less energy and

calories but any outdoor games that you pursue actively so that comes under exercise but the most important point is that it has to be consistent so you cannot start something and leave it so if you do that consistently so then it will help you to maintain your health in a very good condition if you can add exercise with something else like yoga and meditation it will help you to safeguard yourself from stress that attacks you attend prepared moments because exercise is usually for the body also it gives energy to the mind.

But combined with exercise if you can add yoga and supplement that with meditation your mind also remains calm and peaceful and safeguarded from any attack from stress so regular exercise and add that with yoga and meditation and then the next question is that.

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MANAGING HEALTH: EXERCISE

- ❖ **Morning Exercise is the most beneficial—**
You can exercise any time that suits you: morning, afternoon, evening or night. Yet, you can gain optimum benefit out of exercise if you are able to do it in the morning hours, especially, along with the rising sun. You will get your supply of vitamin-D from the sun and get energised from the morning itself.
- ❖ **Resuming Exercise:** Occasionally, one may be compelled to discontinue exercise owing to change in weather conditions, pressing commitments, etc., yet, it is important that one resumes exercise at the earliest.

Dr. T. Parthasarathy, Professor, IISc Bangalore, IIT Kharagpur, IISc

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What time you have to do the exercise to make it beneficial now exercise as such doing it any time is beneficial whether it is morning afternoon evening night so when you exercise it is beneficial in fact you will hear about famous personalities who develop their physique who have developed let us say a six pack body and all that so they are known for exercising all the time even while let us say watching TV.

So they may be having a kind of exercise that is kept at home some kind of equipment that can be used for cycling okay or any active form is pursued instead of just literally lying on the couch so they do not waste a single moment for exerting themselves in terms of exercise so on the one hand when I say that you can exercise anytime because exercise itself is important but on the other hand there are many studies the research and then factors to prove that morning exercise is the most beneficial one or at least more beneficial than other exercises.

So as I said also you can go for exercise as per a convenient time you will gain optimum benefit out of exercise if you are able to do it in the morning hours so some people will say that oh it is very difficult because I have to leave as early as 7'o clock to my office the point is try to get up slightly early then the time you get up normally and keep at least often over 45 minutes for exercise and reduce the time that you go to bed.

That is the time before you go to bed so that will help you to balance your normal active time instead of making awake late at night for one more hour so you can sleep early and then at the time in the morning hours and use it for exercise so you will be able to gain optimum benefit for one more reason It is not just like getting up and then energizing you in the morning when you go out and then rise along with the Rising Sun.

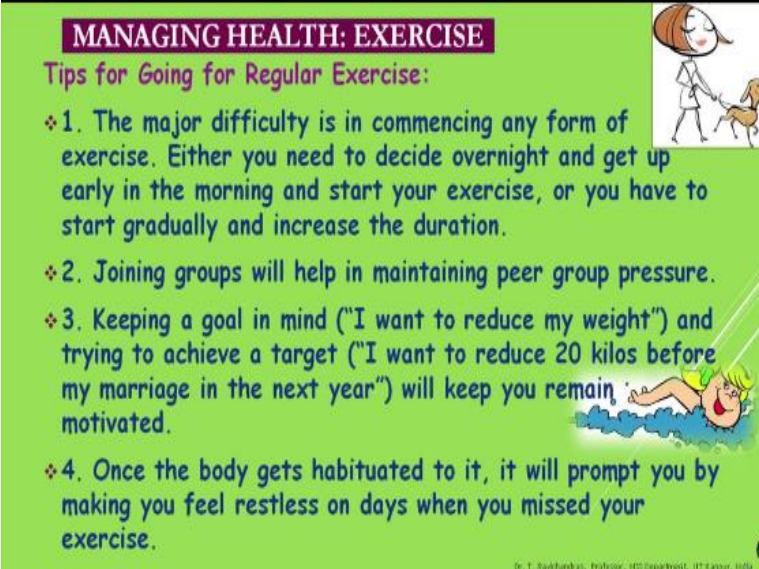
So you get your supply of vitamin D from the Sun and then get energized from the morning itself so it is being told especially people who are living in cold countries or people who are spending most of the time in cold weather even in India and if they are not exposed to sunlight at all the time they are in dark spaces and then with dimly lit light and then when they go out it is on car covered.

So they are never exposed to Sun so they can confront this problem of vitamin D deficiency so in order to avoid that it is suggested that at least 20 minutes you should expose especially in the early morning hours so that you fill your quota of vitamin D so that is really good if you can even just walk around the nearby vicinity and then exposing yourself to the Sun even for 20 to 30 minutes it is going to be very beneficial in the long run.

But having said this so some of you may start and then again occasionally you may discontinue exercise and then you prolong resuming that so when you start it resuming exercise is again very important okay one may be compelled to discontinue exercise going to change in weather conditions such as sudden heavy rain stormy weather so it is not safe to go out and walk in the open air so you would like to be inside or some pressing commitments so you have to feel from important painting activities you have to finish it and then you have to stretch your working hours so you are not able to get a purely in the morning.

So you are not able to do that is fine so occasionally if it happens it is okay but you should not make that form as a bad habit and then you just stop exercising at all so it is important that one resumes exercise at the earliest the earlier the better so I will come to this point again mean why those who feel that it is very difficult to start exercising at all.

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MANAGING HEALTH: EXERCISE

Tips for Going for Regular Exercise:

- ❖ 1. The major difficulty is in commencing any form of exercise. Either you need to decide overnight and get up early in the morning and start your exercise, or you have to start gradually and increase the duration.
- ❖ 2. Joining groups will help in maintaining peer group pressure.
- ❖ 3. Keeping a goal in mind ("I want to reduce my weight") and trying to achieve a target ("I want to reduce 20 kilos before my marriage in the next year") will keep you remain motivated.
- ❖ 4. Once the body gets habituated to it, it will prompt you by making you feel restless on days when you missed your exercise.

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Dr. T. Radhakrishna, Professor, IIT Department, IIT Kanpur, India

So I would like to give some tips for going for regular exercise first understand that the major difficulty is in commencing any form of exercise either you need to decide overnight and then just at that fit of the moment you have to decide tomorrow morning at five thirty I will get up and I will go to the ground I am a jogging I will do cycling I will do yoga whatever it is or I will play

some games but then I will just go out and then start it so that moment you decide keep the alarm and then get up and then go so that is one quick and efficient way of starting the exercise in some case you may not be decide that quitting especially let us say if you are getting up at 9'o clock 10 o'clock so slowly then you have to advance you're getting up time so 9 o'clock has to become 8'o clock it has to become 7: 30 then 7:00.

Then 6:30 , 6:00 so for some people the graduate of decrease in time so that can help them to slowly manage any form of exercise however you should understand that the difficulty is all in terms of starting it is all said that it is even till reaching the place where you want to exercise so it may be a ground it maybe a stadium it may be a park it may be a gym or it may be just going to the nearest river lake or the seashore or mountainous area it's just still reaching that spot you need will and determination.

Once you reach automatically the surrounding the fresh air and then the birds chirping and then the scenery that you see around that will motivate you to do something so the trick is to just make you get up and start and then reach that spot where you want to commence your exercise some of you have to push yourself up to that point the rest will be taken care of automatically now in case you find it very difficult to handle it at individual level the next suggestion is to join groups.

At least you have one friend at least you have one colleague or even your business partner or your spouse or your brother or sister it is somebody and or a group you maintain and then you decide that you will go to the gym or go for working at this particular time and then you call each other meet at a point so one day even if you miss or you feel like missing the peer group pressure will work on you so the other friend will say no come let us instead of walking for 45 minutes let us walk for 30 minutes.

So you will be feeling somewhat embarrassed to say no and that will put pressure on you to maintain consistency so joining groups is good for motivating you in case you do self-motivation and a third tip is that keeping a goal in mind such as if you are planning to thing down if you are planning to reduce your weight planning that I am going to do exercise particularly because I

want to reduce my weight or let us say you have diabetes and doctor has suggested that you should walk at least this 10,000 steps each day so I want to keep my diabetes in control so keeping a goal in mind on trying to achieve a target so in terms of reducing weight you can say that I want to reduce 20 kilos before my marriage in the next year so one year time I have so I start reducing at least through two three kilos each month and then let me see that whether I am able to reduce more towards the end and somehow I should reduce 20 close within this year.

So keeping this goal and setting a target for achieving this goal in terms of the limit of your exercise in terms of the time in which you want to achieve the target that will help you remain motivated but the other interesting point you should know is once your body gets average weighted to it and once your mind internalizes it and once your circadian rhythm is reset and adjusted let us say you were all the time sleeping till you 8' o clock and then slowly you change this habit and started getting up at five and then having a coffee and then refreshing yourself and reaching the venue at 5:30 for your exercise.

Now in about one month and one and half months this habit will be internalized and even if you want to give it up this will give you prompting by making you feel restless they you miss reaching the venue and doing some exercise so the trick again is to get this internalized get this as a spontaneous activity so that even if you leave it your own body should be telling you oh! you skipped it I am feeling Restless I am NOT happy with what you have done today.

So tomorrow take me again and slightly do more so that I am happy so if that inner Drive is triggered automatically and if you help to do that so that nobody can stop you from doing exercise.

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MANAGING HEALTH: EXERCISE

❖ **Supplement Exercise:** On days when you miss your exercise, supplement it by other alternatives: Walking or cycling to the office. Climbing stairs instead of using lift. If you enjoy your supplemented physical activities, you can also make them regular.

❖ **Make it Attractive:**

1. Use the latest gadgets to monitor your health. Simple apps on your mobile can track your steps and ensure your minimum 10,000 step for a day.
2. Promise yourself new running shoes or sports wear if you start exercising regularly.
3. Participate in local competitions (walking, cycling, marathon) and feel encouraged by small victories.

The slide features several illustrations: a person cycling, a person running, and a group of people playing sports. There are also circular icons with the word 'Exercise' and a leaf symbol.

Now on days when you cannot again do really exercise because of some work pressure because of an important event or as I said any kind of disastrous situation that forced you to exert more time on work and minimize your regular exercise now on those days when you miss your exercise supplement it by other alternatives so instead of going by car or bike to your work what you can do is you can just walk you can walk to your office if it is walkable or you can cycle.

If you can go by a cycle slightly go let us say 15 minutes or 20 minutes in advance and then when your each the office instead of going by lift you can climb stairs and sooner or later what will happen when you start doing these supplemented activities sometimes you may enjoy your supplemented activities so eventually you can make them regular also this I am saying apart from your regular exercise you may resume your regular exercise.

But still you feel that apart from going to gym and then jogging on the treadmill so I also feel that I should walk to the office or cycle to the office okay and I should instead of just having bath at my bathroom I should also go to the swimming pool and enjoy taking a swim and then having another bath in the evening or so these supplemented activities will also add up to give you that extra boost in managing your height.

Now if all these things are not working out try to make it attractive try to make exercise a fun today there are so many electronic gadgets and use the latest gadgets to monitor your health so today you can use your mobile there are very good apps I do not want to advertise apps you yourself can explore so many apps we can use them on your mobile you can use them on your watch these days the electronic gears have come by which you can connect your mobile with the watch and then track your steps basically at least the 10,000 for a day count.

You can check your heart rate you can check your pulse rate and then you can even set alerts which will tell you that oh you are sitting for a long time we do not you take a quick walk so that will keep you motivated and at the same time if you walk your 10,000 steps for that day you will get a icon so that comes as if a person rewarding you so it will show you a cup and it will say that you have achieved your target so that will again motivate you in a very funny manner.

Or in case you are interested in your looks and appearance and then you are interested in shopping and all that then you should promise yourself new running shoes or sportswear provided you start exercising regularly you can tell yourself that ok if I complete atleast 45 days so then I will go for better shoes and something that is costly if I go for six months okay so you tell yourself promise yourself and then treat yourself with this kind of costumes.

The other interesting way by which you can make it attractive is by participating in local competitions so people organize local competitions even for walking, cycling and then there are marathons and then occasionally you may win also so you will feel increased by small victories if you are able to participate in local competitions but the most important point is that once you have formed gained a kind of rhythm by your continuous.



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MANAGING HEALTH: EXERCISE

Avoid Breaking the Rhythm:

- ❖ Once you develop a rhythm, avoid breaking it for minor reasons such as a slight cold, light fever/headache, etc.
- ❖ In fact, all minor ailments will disappear with persistent exercise. Of course, you can minimise the intensity if you really feel less energetic on those days.

Never breathe through your mouth: Whether you are jogging on the treadmill or on the ground, when you find it difficult to exhale/inhale through your nostrils, do not use your mouth. Keep your mouth shut and use only nostrils for breathing—that's the key to reducing weight and building stamina.



Dr. T. Raghav, Professor, HD Department, IIT Kharagpur

Then consistent efforts you should avoid breaking the return you should avoid breaking it especially for very minor reasons particularly a slight cold light fever slight headache I am sneezing now these are sometimes convincing excuses for giving up exercise for some time some days but then you should not eat to this kind of convincing excuses in fact they are lame excuses if you really want to make yourself stronger you should ignore this slight ones of course if your fever is very high and then even you feel very weak so it is not advisable to go to the gym and then excerpt yourself.

But you should realize that all minor ailments will disappear with persistent exercise okay of course you can minimize the intensity if you really feel less energetic on those days so let us say if you walk for 45 minutes at least 15 to 20 minutes you should take a quick walk so that the rhythm is not broken and just before concluding I would like to give you one more tip so when you exhaust yourself let us say interms of jogging particularly and then if you are let us say if you are taking rounds on some stadium and then first day you take two rounds second day 34.

And then slowly you reach up to 10 rounds you will find that you will start type it a ting and then you will feel tempted to open your mouth and then use the mouth for breathing now you should

not inhale or exhale using the mouth so this is very important because even when you find it difficult to exhale inhale through your nostrils you should avoid using your mouth you should keep your mouth shut and use only the nostrils for breathing and that is the key to reducing bit because when you open it and inhale as well as exhale using your mouth especially while inhaling you are inhaling lot of year.

Then that is not going to help you to reduce your weight but you may reduce or note but then you avoid taking so much of here by opening your mouth but that will also help you to build your stamina so with this node.

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Think it over . . .

**"Your body is the baggage you must carry through life.
The more excess the baggage, the shorter the trip."**



~ Arnold H. Glasgow

"We never repent of having eaten too little."

~ Thomas Jefferson

"The rest of the world lives to eat, while I eat to live."

~ Socrates



Dr. T. Ravichandran, Professor, HSG Department, IIT Kanpur, India

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Let me conclude with some thoughts for you to think it over further from very good philosophers and eminent people the first one is from Arnold Glasgow he says that your body is the baggage you must carry through life so your body is the baggage you must carry through life the more excess the baggage the shorter the trip so the more excess particularly in terms of weight so gaining weight becoming obese gaining fat getting cholesterol then added with cholesterol you get blood pressure and then along with blood pressure diabetes joint.

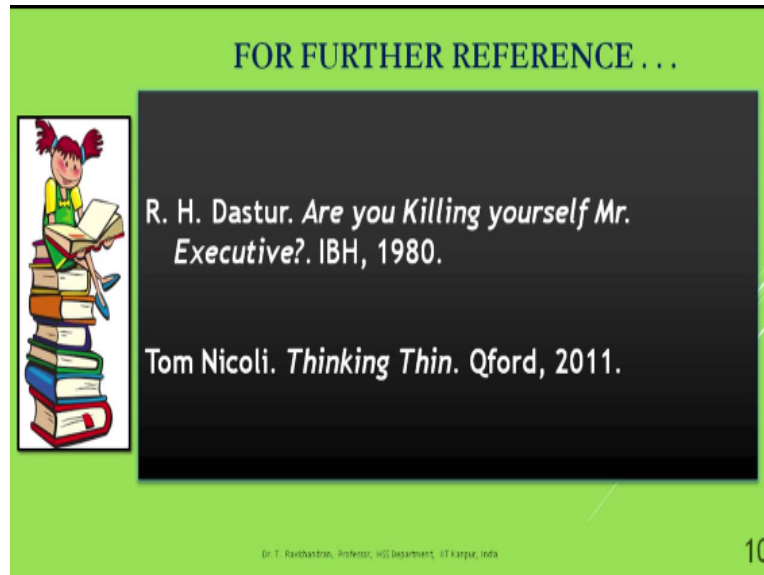
So the more accessible gauge the shorter the trip and look at the next famous quote from Thomas Jefferson he says we never repent of having eaten too little in fact this is given as a tip for those people who have stomach related problems those who get stomach upset very easily so it suggested that they should slightly eat less instead of stuffing the stomach with the food items so instead of feeling it or instead of overfilling the stomach instead of overeating because as it is said we never repent of having eaten too little.

But we always repent of having eaten too more too much than what is required and the last one from the famous philosopher Socrates he says that the rest of the world lives to eat while I eat to live and it is a question that you need to ask whether you like the rest of the people you live to eat that means you keep on eating there are people like they always keep something in their hand so some kind of chocolates or some kind of cookies in their hand and some food item in the car some items for munching in the office.

So wherever they go the fridge is stuffed with lot of food items and any slight opportunity they keep eating so they say that they enjoy eating but then it looks like as if their entire life is dependent on eating only Paris you should ask yourself whether you would like to be like Socrates who says that I eat to live which means for him eating is only it need a basic requirement and that has to be fulfilled so that you live your life satisfactorily so do not make that as a predominating one.

So that it destroys the comfort and happiness of your life itself so with this thought let me just tell you to go through these two reference books.

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One is are you killing yourself Mr. executive and the other one especially if you want to reduce your weight thinking thing is the book that I already explained in the previous one, so thank you for watching this video I will come back to you with one more talk on managing height and in the next video so let us focus on how you can manage your diet as well as how you can manage your sleep so till then have a good sleep eat well it is sufficiently well and then stay happy stay healthy thank you.

Acknowledgement

Ministry of Human Resource & Development

Prof. Satyaki Roy

Co-ordinator, NPTEL IIT Kanpur

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Sanjay Pal

Ashish Singh

Badal Pradhan

Tapobrata Das
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Manoj Shrivastava
Padam Shukla
Sanjay Mishra
Shubham Rawat
Shikha Gupta
K. K. Mishra
Aradhana Singh
Sweta
Ashutosh Gairola
Dilip Katiyar
Sharwan
Hari Ram
Bhadra Rao
Puneet Kumar Bajpai
Lalty Dutta
Ajay Kanaujia
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