



## Appearance Fitness A Step Towards Healthy Life

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### ARTICLE INFO

### ABSTRACT

All dimensions of people's daily lives have undoubtedly changed significantly. Everything has become faster in modern life, including food, communication, production, and education. With our changing lifestyles, the world has changed quickly. Fast is good, but it won't help you live a healthy life if you're always fast. Actual health is more than just eating well and exercising; it also involves getting adequate sleep, meditating, managing stress, maintaining physical and mental fitness, interacting with others, and more. As we know fitness is related to our physical body and appearance is how our body looks. Appearance fitness is the term which describes our Physical outlook concerning Physical fitness. It is a great need to carry yourself efficiently in society as one should appear fit at first instance. *Conclusion:* Appearance fitness is not only carrying yourself effectively but also can motivate many to follow a healthy and fit lifestyle. You can reflect your physical appearance in various ways like performing regular exercise, following routine hygiene, inculcating a required and proper Nutrition and maintaining a suitable Posture throughout the way.

**Keywords:** Appearance, Fitness, Health, Life

### Introduction

In today's world fitness has been given less importance and this is mainly due to mechanise lifestyle which we all live. People are looking for easy ways to do their routine activities and the effect we can see on our bodies. Also, People turned to have a sedentary lifestyle and body movements came down over the years. This has also affected our physical appearance, and slowly our structure has changed; there is a question when we stand in front of the mirror, Do We look like humans? Along with Physical fitness, there is also a need for appearance fitness to overcome these problems that occur due to lifestyle changes.

Being physically and mentally fit and in good health is called fitness. It's the ability to get things done daily with vigour and alertness, without getting too tired, and still have enough energy to enjoy life. Fitness also affects mental alertness and emotional stability because what we do with our bodies also affects what we can do with our minds. One of the most important things you can do for your health is to engage in regular physical activity. Being physically active can help you manage your weight, improve your brain health, lower your risk of disease, strengthen your bones and muscles, and make it easier to do things you usually do.

The term "physical appearance" refers to a person's outward appearance in terms of weight, height, facial features, hairstyle, beard, attire, and other physical characteristics, regardless of their sex. A study of 37 stable and changeable physical features yielded the following factors: Masculinity (strength, larger body and chest, broader chin), Femininity (longer hair, make-up, more significant and rounder eyes), Self-care (overall grooming, shapely figure, flat stomach, erect posture, fitted clothes), Pleasantness (friendly, happy, babyish face), and Ethnicity. A quick and effective way to boost self-confidence and alleviate anxiety about ability or acceptance is to improve one's appearance. You feel more at ease, confident, capable, cooperative, and productive when you appear attractively dressed and groomed, authentic, and appropriate for the occasion. Character is less critical than appearance; This does not mean that personality does not matter; rather, attractive people typically have more advantages, such as employment or business opportunities, and are more socially acceptable in the community. Additionally, they are more optimistic and self-assured.

'Appearance fitness' is person's outward appearance considering the physical & mental health of a person. Improving your overall appearance is of utmost importance, and we can very well do that by working on some critical areas discussed below. This can give a proper direction to people to work towards a healthy lifestyle and follow a suitable routine.

### **Appearance through exercise**

- Increased Endurance And Energy.
- Increased Muscle Strength, And Body Tone.
- Increased Flexibility.
- Increased Blood Circulation And Toning Of The Cardiovascular System.

It Is Essential To engage in all four types of exercise, according to research: flexibility, balance, endurance, and strength There are different advantages to each. The exercise of the body's muscles, heart, and lungs is necessary for physical fitness. Exercise tightens the skin, increases blood flow and oxygenation, and gives it a healthy glow. Wrinkles, fine lines, and sagging skin are significantly reduced by exercise. Exercise encourages the production of collagen, a protein that makes up our skin's support structure. The tiniest arteries in your skin expand when you exercise, allowing more blood to reach the skin's surface and deliver nutrients that repair damage caused by the sun and environmental pollutants. Additionally, these nutrients increase collagen production in the skin, which prevents wrinkles.

### **Appearance through Hygiene**

- Wearing neat and clean clothing
- Get your hair done
- Get your nails done
- ENT care

To maintain excellent health and prevent disease, one must practise good hygiene. As a result, it primarily entails cleanliness, safe drinking water supply, and proper sewage disposal. In other words, it covers all of the things that are done to preserve and improve good health. The danger of medical disorders brought on by poor self-care is decreased by maintaining cleanliness routines. Additionally, it boosts self-esteem and has a good influence on interpersonal interactions.

### **Appearance through Posture**

- Upright walking style (Toes forward)
- Standing still on both feet
- Siting straight with an Erect spine

One of the simplest and most effective ways to maintain a healthy spine is through good posture. While it might require some effort and concentration, using good posture will provide your back with the support it needs. This is crucial if you spend most of the day standing or sitting in an office chair. Aligning yourself properly while sitting and standing increases blood flow, supports your muscles, ligaments, and tendons, and aids in maintaining the health of your blood vessels and nerves. Correct posture should be practised regularly to reduce the risk of back and neck problems.

### **Appearance through Nutrition**

- Following a balanced diet
- Controlling Overeating
- Diet as per the structure
- Control Junk foods
- Hydrate to glow

A healthy diet is necessary for optimal health. A portion of the food we consume helps to keep our bodies warm. While another component produces the meat that contributes to providing strength. The ideal diet for a human body is thought to be varied. It should contain the correct number of calories, vitamins, and minerals our body needs to function. Pure water is one of the main components of excellent health and cleanliness. Water is one of the components of our body, even though it appears commonplace.

### **Appearance through Communication**

- Confidence while communicating
- Use of the Right tone for proper communication
- Loud & clear throw of voice
- Eye-to-eye contact during communication

All your judgements on a particular person appearing before you can corner immediately if you are not communicating rightly. This comes up with solid confidence, use of proper words, loud & clear throw of voice and eye contact while communicating with anyone. A person should have a good appearance in all round including voice.

### Conclusion

To overcome the problems arising due to a sedentary lifestyle and mechanised way of living it's a need to follow a healthy lifestyle which will project yourself as a role model of fitness. Appearance fitness is a must as it reflects your first image to society and people in and around you. Appearance fitness will not only carry yourself effectively but also this can motivate many to follow a healthy and fit lifestyle. You can reflect your physical appearance in various ways like performing regular exercise, following routine hygiene, inculcating a required and proper Nutrition, and maintaining a suitable Posture and communication. A confident physical appearance is a quick, efficient technique to increase self-confidence and eliminate acceptance or ability concerns. You feel more at ease, confident, capable, cooperative, and productive when you are well-groomed, appropriately attired for the setting, personally authentic and fit.

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