Health

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Health

The following paper aims to discuss the basic concepts about health, and this paper will emphasize the importance of health studies and its different dimensions mainly including mental, social, emotional, and physical health. Furthermore, this paper will discuss the main part of health that is exercise considering its importance. Exercise is important for the maintenance of human health that is why it is also important to shed light on the schedule for exercises in a week. Lastly. Following the exercise, this paper will be discussing FITT

# Health

The definitions of health are not limited to only one, however, according to the classical medical researches’ health is defined as the nonappearance of any diseases. The world health organization has portrayed a positive concept regarding health. Based on the recent studies in the medical fields, health is defined as an individual’s capacity to acclimatize according to the external and internal environment to which an individual is being exposed. In this global era, health is twisted as “Global Health” but again this is linked with the notions of diseases. Health in Oxford Dictionary is defined as the state when an organism, more specifically is free from any kind of disease or any infection (Karimi & Brazier, 2016). Following the patterns of language, health and wellness are used to portray the same meaning. However, the preferred meaning for health is described as the adapting capacity of individuals in any exposed environment. Studies have been conducted to study the concepts of health, moreover, conducting studies on the importance o health are also emphasized.

# Importance of Health Studies

Having a clear understanding of the basic concepts of health, there also has to be an understanding of the importance of studying health. Moreover, being concerned with health studies it is important to have an understanding of why to study health. Studying health will help individuals to develop an understanding, create knowledge, positive behaviors, and skills about health. Making healthy choices must be an integral part of individuals, more importantly students studying health and providing services in the health sector. Studying the importance of health promotes the motivation of diseases and infection prevention. The importance of health cannot be limited to individuals or students, this is also important for overall society as well as the federal regulations (Karimi & Brazier, 2016).

Studying health will allow and enable individuals to acquire information about the trending diseases, and hazardous factors. Moreover, this will lead individuals to live a healthy lifestyle by enabling them to know about the preventions from infections and diseases. It is a well-known fact that health is the main source for the proper functioning of human bodies, therefore health study is critical to address the coping strategies regarding diseases and preventions. Furthermore, this emphasizes on the wellness of people living in societies and communities.

# Health Dimensions and Importance

the main dimensions of health include mental, emotional, physical, and social health; however, these dimensions cannot be limited to a few. It is important to focus on all dimensions in health, but this paper will be emphasizing on mentioned dimensions.

## Physical Health

The dimension of physical health is important, whereas, this refers to the corporeal aspects of humans. This relates to the traditional definitions of health; absence of infections and diseases. Emphasizing on physical health is important to understand the body mechanisms and body functions(Perez-Sousa et al., 2018). It is also important to prevent fatal diseases including cancer, cardiovascular, and diabetes etcetera. Physical health is indirectly linked with the other health dimensions, whereas, any decline in physical health will result in other health dimensions. Physical health includes maintenance of human physical well-being. This will be helpful in the proper functioning of body mechanizing.

## Mental Health

Human cognitive behavior is understood as mental health. Sometimes mental health is confused with emotional health whereas both are different. Mental health is more concerned with the functioning of the brain, while emotional health is linked with the moods that are linked with hormonal functioning. Mental health further includes the linked diseases and issues that include Alzheimer's and Dementia. However, the increased mental health of an individual will boost in improved health that can be also linked with other dimensions for an active routine mental health is important. However, it is not easier to identify the mental health problems very easily but with the advancements in the technology, identification of mental health issues has been made possible. Focusing on mental health will improve living patterns, adaptations to adversities, and achieve potentials (Perez-Sousa et al., 2018). Moreover, this is important to boost individuals’ performances and self-esteem.

## Emotional Health

The emotional health of an individual is more concerned with the moods and overall emotional conditions of an individual. It can be linked with the human emotions and feelings that can be expressed adequately, whereas, this also includes the recognition and identification of different emotional states of individuals. This dimension of health is connected with the individualistic ability to control over human emotions and feelings that maybe later acted either in a defensive way of the other way. Emphasizing this dimension will help make clear understandings regarding various emotional conditions and states. While, this is a very well-known fact that human emotions keep on changing, therefore it is important to know this dimension of health. Emotional health is important to be focused because this makes huge impacts on mental and physical health adversely. Focusing on this dimension is critical for quick decision making under unfavorable situations and sometimes in normal situations.

## Social Health

Social health dimensions links with the ability of humans to maintain social relations with good terms. It is important to focus on this dimension to maintain social standards that are socially acceptable and maintaining healthy relationships with the other members of society. A depraved relation with the other societal members will result in isolation and an unhealthy mind. Social relations are important to living a healthy life because individuals get support from each other and they give emotional support in their difficult times.

# Physical Health and Exercises

Exercises are considered to be a major part of the physical health of individuals, therefore it is important to shed light on the importance of exercises. Exercises can also be linked with the physical activities of individuals that can be helpful in the reduction of health-related risks and this can contribute to making improvements in good health. Lack of exercise or physical activities may also lead to diseases including, heart problems, obesity, diabetes, and also mental health problems. One of the noted benefits of the exercise is the improvement in the blood circulations.

Maintaining a schedule for exercises in this era where individuals are only limited to technological use. However, an individual is also able to maintain a schedule for exercise during the week. The exercise which is done early in the morning has many benefits in the improvement of human health. Early in the morning we should go for morning walks on a daily basis, this will help individuals to regulate their mental activities and this helps individuals to remain active for the rest of the day. A slighter exercise before sleeping can be also done because this helps to improve the sleeping patterns, whereas, a proper sleeping pattern is important for the mental or brain functioning of individuals. twenty-four hours of exercise is not necessary rather it should be done only on a particular day timing, especially in the morning.

# FITT Principle

Physical activities or exercises are an important part of our daily life and it is also important to monition our physical activities ka(Katsukawa, 2016)t. For this purpose, Frequency, Intensity, Time, and Type (FITT) principle is helpful to keep a record and information to monitor our physical activity program. These components of this principle are interlinked and the FITT principle depicts the effective ways to monitor the physical activities. Sometimes it becomes difficult to differentiate between different diet patterns, therefore, this principle may be helpful to prepare an appropriate diet that is healthy for us. FITT principle is another way to maintain fitness planning which will work to maintain weight {Citation}. This is the principle that helps us to keep and maintain our dietary plans properly that will enable us to reach our fitness goals. Moreover, being fit means that there is no impact on disease.

# Conclusion

# It is to be concluded that, health is considered to be nonappearance of infections and diseases, whereas health studies are important to have an understanding, information, and skills to prevent such diseases. The dimensions in health help us to know about the interlinks and consequences relating to the overall health of individuals. The mental, physical, emotional, and social health are important to maintain a good lifestyle. Moreover, physical activities are helpful in making improvements in overall health and it helps individuals to prevent different diseases that may be fatal. Physical activities should be done on a daily basis, while the FITT principle may be helpful in keeping a record regarding the fitness plans.

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