Exercise and Healthy Eating Practices of an individual

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Abstract

Background: The main idea behind this study was to understand what happens when we exercise and maintain a healthy eating practice. When taking proper food, it offers one of the best and least expensive approaches to reduce various illnesses and their related hazard factors, including heaviness. An individual who takes a proper diet has a possibility of longer life and people who do not maintain it leads to obesity. Great eating habits is key for better wellbeing. Access to a maintainable and sound eating habit is a key prerequisite over the existing course. The connection between food, nutrition, and health, is complex, dynamic, and multi-faceted and profoundly influenced by natural just as ecological, financial, social, and other factors.

Methods: The data for the completion of the project was taken through questionnaires, articles, and research papers. All the responses were recorded and analysed in order to know the value and the effect of healthy eating practices in individual’s life.

Conclusion: The paper gives you a complete study of various implications of diet in the study it was identified that nowadays people are very much concerned about their health but somewhere are lacking in the knowledge of nutrition if told them properly will be facing less health problems.

Keywords: Food and nutrition, Health, Eating habits, wellbeing

How to cite this article: Piyush N, Nimkar N (2020): Exercises and healthy eating practices of an individual, Ann Trop Med & Public Health; 23(S17): SP231733. DOI: http://doi.org/10.36295/ASRO.2020.231733

1. Introduction:
A proper diet can be identified with the improved baby, child and maternal wellbeing, more grounded resistant frameworks, more secure pregnancy, and labour, a lower danger of non-transferable infections, (for example, diabetes and cardiovascular illness), and life span. Individuals with good nutrition habits are progressively beneficial and can make changes to continuously break the patterns of destitution and appetite. Nutrition focuses on how individuals can use their dietary decisions to reduce the danger of illness. Proteins, starches, fat, nutrients, minerals, fibre, and water are generally supplementing. Individuals don’t have the correct parity of supplements in their eating routine, their danger of building up certain wellbeing conditions increases. Not having a good diet and not performing any exercise results in various health problems choosing what is good for you will lead to a better health. Diet is one of the most important components for healthy living and prevention from illness but limiting your calories intake for weight control, exercising regularly and not smoking is also some factors along with diet that should be considered. When we do regular exercise and free us from inactivity like watching television could be a good factor for healthy weight control and to be fit. Great nutrition can help maternal wellbeing all through pregnancy, lessen the danger of birth defects, advance ideal fetal development and improvement, and forestall ceaseless medical issues in the development of child. There are many reasons behind winning any game and the diet with rich nutrients or supplements plays an important role in it. The individual dietary necessities rely on which sport he plays which condition he is in and his viable according to him taking carbs before exercise helps us in keeping sugar levels stable and helps in improving muscle glycogen which helps us in working...
more and reduce the effect of hypoglycaemia which has a beneficial outcome on our focal sensory system. Intake of protein is the most common thing among the person who are training a competitor ought to have appropriate hydration and ought to keep up liquid misfortunes to not over 2 percent of their body weight\(^{(5)}\).

During the previous 20 years there have been extraordinary advancements in the logical comprehension of the job of nutrition in wellbeing and physical execution. Epidemiological and physiological examinations have given proof that specific types of dietary conduct might relate to an expanded danger of creating issues, for example, hypertension, coronary conduit illness, and a few diseases. Different parts of the physical requests of athletic exercise are stresses that initiate explicit biochemical, and henceforth nourishing strains in the competitor\(^{(6)}\). Nutrition focuses on how individuals can use their dietary decisions to reduce the danger of illness, what occurs if an individual has too much or too little of a nutrient, and tells us how do allergies work\(^{(2)}\). In considering nutrition for maximal sports performance a carbohydrate-rich eating routine ought to be allowed before and in between the competition it may be important to expand the glycogen store in muscle bunch playing out the heaviest work this is accomplished by first draining muscles of glycogen through exercise and from there on taking an eating routine rich in carbs\(^{(7)}\). For the development more energy is required by the body, wellbeing, weight support, day by day physical action, and preparing. Ceaseless insufficient energy admission.

May bring about short height, Puberty would be coming late, and high risk of energies\(^{(8)}\). A dietary appraisal is the foundation part of the sustenance appraisal process, it ought to be performed inside the setting of a total evaluation that incorporates assortment/assessment of anthropometric, biochemical, clinical, and natural information. The appraisal procedure can enable the competitor to comprehend that supplement admission can’t compensate for poor food decisions and a deficient eating regimen, while a sound eating routine guarantees maximal profit by supplementation\(^{(9)}\). Other healthful inadequacies that can influence your platelets to incorporate low degrees of vitamin B12, folate, or vitamin C. Vitamin D inadequacy may influence the wellbeing of your bones, making it hard for you to retain and utilize calcium eating a decent eating regimen can help forestall numerous infections Vitamin enhancements might be essential for specific individuals, for example, pregnant or nursing moms and individuals with intestinal conditions\(^{(10)}\).

Carbohydrates- One of the best sources of energy for competitors since they provide glucose which is used for energy. Around a gram of carbs contains around four kilocalories of energy\(^{(11)}\). Carbs can join to shape polymers or chains. These polymers can work as: long haul food stockpiling particles, defensive layers for life forms and cells, and the principle basic help for plants the most natural issue on earth is comprised of carbohydrates. They are associated with numerous parts of life\(^{(12)}\).

Protein- It helps in development and building of muscles. For mellow exercise and exercise of brief length, proteins don’t go about as an essential wellspring of energy. In a study it was found that about the crucial impact of having low protein (1 gram per kg daily) as correlation with high protein i.e. (2.3 g/kg every day) on slender weight over a transient caloric shortfall. By and large, the low protein bunch lost about 1.6 kilograms (3.5 pounds) of muscle mass while the high protein bunch just lost 0.3 kg (0.66 pounds) of muscle mass\(^{(13)}\).

Fats- Fat is important to ingest fat-solvent nutrients (A, D, E, K), to give basic unsaturated fats, secure essential organs, and give protection. Fat additionally gives a sentiment of satiety. Fats ought to contain 25% to 35% of all out-vitality consumption for four-to 18-year-olds. Immersed fats ought to contain close to 10% of complete vitality admission\(^{(11)}\). The dietary reference intake (DRI) for fat in grown-ups is 20% to 35% of all-out calories from fat, that is around 44 grams to

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77 grams of fat for every day if you eat 2,000 calories per day. It is prescribed to eat a greater number of certain sorts of fats since they give medical advantages. It is prescribed to eat less of different sorts of fat because of the negative effect on wellbeing\(^{(14)}\).

Micronutrients – One of the most important components that our body needs. They involve vitamins and minerals. Vitamins are important for creating energies invulnerable capacity to do work and help in blood thickening. In the meantime, Minerals assume a significant job in development, bone wellbeing, liquid parity, and a few different procedures. Having both vitamins and minerals in adequate quantity helps the person in fighting battle against any types of health problems. Vitamins and minerals can go about as cancer prevention agents. Cancer prevention agents may ensure against cell harm that has been related to specific illnesses, including cancer, Alzheimer's, and heart diseases\(^{(15)}\).

Micronutrients play a major role in digestion and working of the tissue. The arrangement of overabundance enhancements to individuals who needn't bother with them might be destructive. There is developing enthusiasm for the job of the micronutrients (basically follow components and nutrients) in improving wellbeing and in the anticipation or treatment of illness. This stems somewhat from the expansion in information and comprehension of the biochemical elements of these supplements, yet additionally from the broad yet less all-around established business claims for such substances\(^{(13)}\).

The primary objective of the research is to study the basic aspects of nutrition and performing some sort of physical activity is important for individual and to discover the arrangement and proposal about what happens when an individual takes an appropriate eating routine and hydrate his body at standard interims.

Nutrition is the most significant part for heath and advancement having a legitimate sustenance relates to improve new-born child, child and maternal wellbeing and furthermore. It is viewed as most significant part for improving your fitness and game. All large scale and small-scale supplements and basic liquids are a lot of significant for development and movement they should have a proper eating habits and should realize when to eat what to eat and taking fundamental liquids at right time.

2. Material & methods:

2.1 Sampling

The assurance of the subject is done on the people who are indulged in physical activity and people who are not. The effect of nutrition on their lives and what changes occur on them. Data is collected through online questionnaire in which an assessment of individuals was done by asking them their workout routines and the type of diet they used to take, how much knowledge they have about nutrition and what role it plays in their lives. In the survey around 159 individuals participated of different age categories. The survey circulated randomly to the participants through social media platforms.

2.2 Procedure

Themajor sources for collection of data wereby making a Google form questionnaire for the study. The main studies were done by going through different Articles, Research papers and Individual inputs. The questionnaire was designed to assess basic knowledge about nutrition and their diet to improve fitness and health. The survey was done on 159 individuals by asking them a set of
questions. The questionnaire consists of 11 questions which include some of the personal information. Knowledge based questions and what basic information they have regarding nutrition. Different scales that were used are Likert scales and Frequency scale. The research paper consists of 6 open ended and 5 close ended questions.

2.3 Technique

The analysis of data was done by calculating percentage of different questions in the excel sheet as it will provide the exact data of the individual. The data was generated on the age basis of the individual.

3. Results and Discussion:

The age group classification was based on age categories from 18 to 38 (Male- 100, Female -59). The data was done by calculating percentage of different questions in the excel sheet as it will provide the exact data of the individual. The data was generated on the age basis of the individual.

<table>
<thead>
<tr>
<th>Age</th>
<th>Participants</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-20 year</td>
<td>28</td>
<td>17.60%</td>
</tr>
<tr>
<td>21-24 year</td>
<td>74</td>
<td>46.50%</td>
</tr>
<tr>
<td>25-28 year</td>
<td>34</td>
<td>21.40%</td>
</tr>
<tr>
<td>29-32 year</td>
<td>17</td>
<td>10.7%</td>
</tr>
</tbody>
</table>

Table 2: Demographic Information

<table>
<thead>
<tr>
<th>Questions</th>
<th>Yes</th>
<th>%</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do You Include Fruits And Vegetables In Your Diet</td>
<td>147</td>
<td>92.5</td>
<td>12</td>
<td>7.5</td>
</tr>
<tr>
<td>Do You Choose Low Fat Products</td>
<td>95</td>
<td>60</td>
<td>64</td>
<td>40</td>
</tr>
<tr>
<td>Do You Include Pulses In Your Diet Regularly</td>
<td>115</td>
<td>72.3</td>
<td>44</td>
<td>27.7</td>
</tr>
<tr>
<td>Do You Skip Your Meals</td>
<td>49</td>
<td>30.8</td>
<td>110</td>
<td>69.2</td>
</tr>
<tr>
<td>Do You Exercise</td>
<td>138</td>
<td>86.8</td>
<td>21</td>
<td>13.2</td>
</tr>
</tbody>
</table>
Everything depends on what kind of Exercise you are doing as everyone has different digestive system. After your workout it is recommended that you should refuel your body by hydrating your body with some juices which helps in providing good fluids and carbs. When you exercise the main source of energy is carbs which helps in providing energy while exercising. After an hour when your workout is completed, your muscles store carbohydrates and protein as energy and help in recovery\cite{16}.

Table 3: Hours Spent On Exercise Per Week

<table>
<thead>
<tr>
<th></th>
<th>Individuals</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Exercise</td>
<td>6</td>
<td>3.80%</td>
</tr>
<tr>
<td>30 Min</td>
<td>38</td>
<td>23.90%</td>
</tr>
<tr>
<td>1-2 Hours</td>
<td>82</td>
<td>51.60%</td>
</tr>
<tr>
<td>More Than 2 Hour</td>
<td>33</td>
<td>20.70%</td>
</tr>
</tbody>
</table>

U.S, department of health and human services rules tells us that, for a good and healthy lifestyle the young ones should focus on 3 to 5 hours of moderate physical exercise or 2 to 4 hours of vigorous aerobic physical activity each week. For the better cardiovascular health, the American Heart Association tells us performing at any rate 2 to 3 h of moderate intensity aerobic activity every week or if nothing else 75 minutes of vigorous aerobic activity every week\cite{17}.
If we go in any shop behind the product they had mentioned all the important nutrition facts that people has to look before buying as they should know what amount calories they are taking and what vital nutrients they would be eating but by this pie chart we get to know that around 70.9% see it sometimes and we have around 24.7% people who are used to it and they read and check the facts.

![Figure 3: No of meals per day](image)

Having three meals daily is turning into a relic of past times for some families over the United States. Another investigation, led by One Poll joined forces with Farm Rich, finds just 27% of Americans despite everything have the conventional breakfast, lunch, and dinner. Scientists got some information about their dietary patterns and found the normal individual eats just two meals per day, alongside three snacks. The most regularly supplanted meal of the day was lunch with 49% of individuals picking to eat snacks busy schedules and the desire for more variety of food were the primary explanations behind individuals not eating the convention three meals per day \(^{18}\).

**Table 4: The amount of water people drink in a day**

<table>
<thead>
<tr>
<th>Litre</th>
<th>Individuals</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 L</td>
<td>2</td>
<td>1.30%</td>
</tr>
<tr>
<td>2 L</td>
<td>31</td>
<td>19.50%</td>
</tr>
<tr>
<td>3 L</td>
<td>54</td>
<td>34%</td>
</tr>
<tr>
<td>4 L</td>
<td>63</td>
<td>39.6%</td>
</tr>
<tr>
<td>5-6 L</td>
<td>9</td>
<td>5.70%</td>
</tr>
</tbody>
</table>

Studies have created fluctuating proposals throughout the years. In any case, your individual water needs rely upon numerous variables, including your wellbeing, how dynamic you are and where you live. The National Academies of Sciences, Engineering, and Medicine discovered that a satisfactory every day liquid admission is: About 15.5 cups (3.7 liters) of liquids for men. About 11.5 cups (2.7 liters) of liquids daily for ladies. You don't have to depend just on what you drink to meet your liquid needs. What you eat likewise gives a huge segment. For instance, numerous products of the soil, for example, watermelon and spinach, are very nearly 100 percent water \(^{19}\).

4. **Discussion**

A total of 159 individuals responded through an online questionnaire via social media. It indicates the fact that all individuals of different age groups participated and gave their opinion. From the
above data, we can easily find that an individual must eat a rich nutrition diet to prevent himself from any type of health problem. For having an ideal eating routine an individual; should be having plant-based food reducing animal fat and we should know how to control the usage of salt and sugar which will profit singular wellbeing. A mixture of micronutrients and macronutrients is very much important for our body to be it fats vitamins, minerals and hydrating the body at regular. From the study, it was stated that Drinking water should be considered as an important component as many individuals have a diverse saying of drinking 2 litres of water or 8 glasses Micronutrients likewise assume a crucial job being developed of the body dynamic nutrients and minerals are a significant segment for wellbeing(2). Any person who is doing workout should know the right time to eat and what to eat. He also states that sports nutrition use to improve individual execution by lowering fatigue, Risk of health issues, and injury which likewise helps in better preparing and recuperating quicker. If an athlete is working out daily or he is a performer then his diet should contain carbs around 45 to 65% absolute calories from 4-18 years of age, Protein ought to associate with 10-30%, Fats include 25-35% (Saturated fat should not be over 10% of complete vitality admission). After an exhaustive exercise food is significant a few people likewise take pre-exercise snacks and it should be taken 30 min before workout or activity and following 1 or 2 hours of activity. An individual must take his food 3 hours before his competition, or any kind of snacks should be taken 1 or 2 hours before the occasion and hydrating the body at customary interim(11). An individual needs to keep up the balance between the carbs and protein-dependent on gram per kg of body weight. A competitor should allow less fat nourishment for expanding glycogen for vitality the individual may eat a high carb diet. You ought to refuel your body after intensive exercise as protein plays a significant job in repairing and diet which helps in recuperation and muscle building. Hydrating your body at normal interims if not can prompt breakdown or an unexpected demise food that is wealthy in foul carbs are suggested for a legitimate eating routine(20). Eating a sound eating routine and exercise frequently can help control or postpone medical problems related with maturing, similar to hypertension and diabetes. Set transient objectives to accomplish and keep up a solid eating routine and exercise schedule. We should try to be active for at least 30 min per day making a habit of eating a lot of fruits and vegetables(21). You ought to focus on at any rate over two hours of slow exercise, or a marginally less measure of high intensityworkout. Blending high impact exercise in with things like weight preparing or sports is an incredible method to fluctuate your exercises. Make a point to extend when working out and play it safe. Dietary needs contrast for each individual, yet when all is said in done, the absolute best nourishment you ought to normally eat include: Fruits and vegetables, Protein, Whole grains, Nuts and vegetables Attempt to adjust things like dairy and oils, alongside meats and poultry. Attempt to stay away from desserts, excessively pungent nourishment, trans fat-overwhelming nourishment and abuse of liquor. Focus on carbohydrate content—your required sum will differ dependent on your size, age and sexual orientation. An excessive number of an inappropriate nourishment can put you in danger, however the correct food sources supplemented by fitting activity can really help your body's capacity to battle illness(22). Individuals who eat more vegetables and Fruits as a major aspect of a general sound eating regimen are probably going to have a diminished danger of some constant ailments. Vegetables give supplements indispensable to wellbeing and upkeep of your body. As part of a general solid eating routine, eating nourishment, for example, vegetables that are lower in calories per cup rather than some other fattier food might be valuable in assisting with bringing down calorie admission. Eating an eating routine wealthy in vegetables and fruits as a major aspect of a general solid eating regimen may lessen hazard for coronary illness, including cardiovascular failure and stroke(23).

Conclusion:
This study was done to know the impact of nutrition on people after analysing and studying various reports it can be assumed that many people have a good understanding and are concerned about their health and fitness but few people are still there who have less understanding of nutrition and are not concerned. Great nutrition habits and a reasonable eating regimen are not created in
one day, nor are they wrecked in one unequal supper, but these things can be maintained if taken a proper eating routine which helps you in prevention from many health problems an make you fit and strong . Healthful eating implies a way of life of settling on decisions and choices, arranging, and realizing how to settle on brisk and shrewd decisions when you have not arranged. Being solid is. What you resemble does not characterize you as an individual. While picking the correct nourishments for yourself you ought to be centred on what is the most advantageous decision. Eating well and feeling great is what everyone must do, eating better will naturally give you a superior working body. Eating a combination of nutrients that meet your step by step requirements. This paper shows about the eating regimen of people and to see the time at which they must eat and hydrate their body at regular intervals.

**Ethical Clearance:** Not applicable

**Source of Funding:** Self-funded

**Conflict of Interest:** There is no conflict of interest among the authors

**References:**


**Annals of Tropical Medicine & Public Health** http://doi.org/10.36295/ASRO.2020.231733


