



## REQUIREMENT OF ENERGY FOR A HEALTHY LIFE

**Dr. Bansode Sharad Vasant**

Director of Physical Education and Sports ,  
D. R. K. College of Commerce, Kolhapur.  
Affiliated to Shivaji University, Kolhapur.

### ABSTRACT

This paper aims to bring in light the significance of proper nutrition and for a healthy lifestyle. The importance of balanced nutrition for the physical and mental growth of a human being has been discussed in this paper. It also accounts the details on energy and various



impacts of a balanced and healthy diet on different parts of body. It also talks about the obesity and ways to fight against it.

**KEYWORDS** :energy, obesity, health, balanced diet, nutrition.

### INTRODUCTION

Good nutrition is essential throughout your entire life cycle. The right balance of nutrition is necessary for physical and mental growth and development, performance and productivity in daily living, and general health and wellbeing, particularly your ability to defend against and recover from illness and disease. The benefits of a healthy diet include increased energy and vitality, improved immune system function, control of weight gain and maintenance, and reduced risk of many chronic diseases.

Deficiencies, excesses and imbalance in dietary intakes all have the potential to produce negative effects on health which can lead to an array of diet-related disorders. Disorders of deficiency include scurvy (lack of vitamin c).

## DIETARY ENERGY

Various nutritionists have described how a varied diet can provide our bodies with the energy and nutrients we need for an active health lifestyle. Simply put, the term “energy” represents the calories we consume from food and those burned through physical activity. Thus people who are more physically active in their work and daily routines and exercise training burn more calories than those who are less physically active and lead more sedentary lifestyles.

## ENERGY BALANCE

An important part of a healthy lifestyle is maintaining energy balance to prevent excessive weight gain over time. Weight gain is the result of an excess of energy intake over energy expenditure. The aim should be for energy in (calories consumed from food and drink) and energy out (calories burned through physical activity) to be in balance for weight maintenance. Weight gain will result when energy in over time is greater than energy out. Weight loss can be achieved when energy out is greater than energy in over time: this means increasing energy expenditure (more exercise) reducing energy intake (diet restriction) or a combination of both.

## ENERGY

In material science, vitality is the quantitative property that must be exchanged to a protest so as to perform chip away at, or to warm, the object.[note 1] Energy is a moderated amount; the law of preservation of vitality expresses that vitality can be changed over in shape, yet not made or obliterated. The SI unit of vitality is the joule, which is the vitality exchanged to a protest by crafted by moving it a separation of 1 meter against a power of 1 newton.

Basic types of vitality incorporate the active vitality of a moving item, the potential vitality put away by a question's situation in a power field (gravitational, electric or attractive), the flexible vitality put away by extending strong articles, the synthetic vitality discharged when a fuel copies, the brilliant vitality conveyed by light, and the warm vitality because of a protest's temperature.

Mass and vitality are firmly related. Due to mass– vitality identicalness, any question that has mass when stationary (called rest mass) likewise has a proportional measure of vitality whose shape is called rest vitality (in that edge of reference), and any extra vitality (of any frame) obtained by the protest over that rest vitality will expand the question's aggregate mass similarly as it builds its aggregate vitality. For instance, in the wake of warming a question, its expansion in vitality could be estimated as an increment in mass, with a sufficiently delicate scale.

Living beings require accessible vitality to remain alive, for example, the vitality people get from sustenance. Human progress expects vitality to work, which it gets from vitality assets, for example, non-renewable energy sources, atomic fuel, or sustainable power source. The procedures of Earth's atmosphere and biological system are driven by the brilliant vitality Earth gets from the sun and the geothermal vitality contained inside the earth.

Vitality might be changed between various structures at different efficiencies. Things that change between these structures are called transducers. Cases of transducers incorporate a battery, from compound vitality to electric vitality; a dam: gravitational potential vitality to active vitality of moving water (and the sharp edges of a turbine) and at last to electric vitality through an electric generator; or a warmth motor, from warmth to work.

Cases of vitality change incorporate creating electric vitality from warm vitality by means of a steam turbine, or lifting a question against gravity utilizing electrical vitality driving a crane engine. Lifting against gravity performs mechanical work on the question and stores gravitational potential

vitality in the protest. In the event that the question tumbles to the ground, gravity does mechanical work on the protest which changes the potential vitality in the gravitational field to the motor vitality discharged as warmth on affect with the ground. Our Sun changes atomic potential vitality to different types of vitality; its aggregate mass does not diminish because of that in itself (since despite everything it contains a similar aggregate vitality regardless of whether in various structures), however its mass decreases when the vitality escapes out to its environment, to a great extent as brilliant vitality.

Advancement of Overweight and Obesity Rates of stoutness around the globe have dramatically increased since 1980(Figure 1), however a few nations have changed substantially more than others. These progressions have concurred with a decrease in physical action and expanded decision and accessibility of agreeable sustenances.

Maintaining a Healthy Weight At the individual level, you can achieve energy balance and a healthy weight by:

#### **Limiting energy intake, especially intake from fats**

- Limiting the intake of sugars
- Limiting intake of alcohol
- Replacing some of the above with fruit and vegetables, as well as beans, pulses, whole grains and nuts

Engaging in regular physical activity For more information, see Section 5 below and also see the list of information sources at the end of the booklet, especially NHS Choices and the Food Fact Sheets of the British Dietetic Association.

#### **How Much Energy do I Need?**

Energy requirements are highly dependent on body size and on habitual physical activity. Because of this, it is hard to make recommendations that are meaningful on an individual basis. What we can say is that if you are overweight, you should eat less and/or exercise more than you have been doing.

If you don't want this weight gain to happen, or you want to lose any extra weight you are carrying. You can either reduce your ENERGY IN or increase your ENERGY OUT. Doing both is the best way to achieve and maintain a healthy body weight.

At rest, you will be using energy at a rate of about 1 – 1.2 calories per minute, which is equivalent to about 1400 to 1700 calories per day. All exercise increases the rate of energy expenditure. Walking or jogging requires about 1 kcal per kg of body weight per km covered. Note that heavier people burn ~ 86 ~ International Journal of Physiology, Nutrition and Physical Education more energy at the same speed and that the amount of energy needed depends on distance covered but not on speed. So if you weigh 70 kg and walk slowly (3 km per hour) you will use up about 105 calories in a 30 min walk, but if you weigh 100 kg. You will use about 150 calories. As you get fitter and progress to jogging. You might cover 4 km if you still go out for the same time (ie 30 minutes): now you will use about 280 calories of your body weight is 70 kg and 300 calories if you weigh 100 kg. Note that the highly trained athlete with a body weight of 70 kg who can cover 10 km in 30 min will use about 700 calories in the same time. No wonder highly trained endurance athletes eat so much! All other activities will increase ENERGY OUT, depending on the intensity and the time spent. Dancing can be as good as jogging or tennis, for example.

**A healthy lifestyle can increase energy levels and improve concentration**

- Make breakfast a priority. Something small is better than nothing at all.
- A healthy diet combined with exercise can really make a difference in how we feel during the day.
- Sneak exercise into your daily routine to stay fit and full of energy.
- Take the stairs instead of the elevator.
- Ride your bike or walk to work or school.
- Stretch or exercise

**CONCLUSION**

One therefore can conclude that: Good nutrition is highly important throughout our entire life cycle. The appropriate amount of nutrition is necessary for physical and psychological growth and development. There are a lot of benefits of a healthy diet including increased energy and vitality, improved immune system function, control of weight gain and maintenance, and reduced risk of many chronic diseases and innumerable other.

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