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MAINTAIN PHYSICAL FITNESS WITH HEALTHY LIFESTYLE

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ABSTRACT

To Maintain physical fitness one should be able to run a healthy lifestyle, i.e. to set a healthy diet, adequate rest, and regular sport. Physical fitness is divided into three groups, namely: (1) Physical Fitness is divided to work every day is acquired from food sources energy with the proportion of carbohydrates is between 60 % till 70%, protein is between 13% till 15%, fat is between 20% till 30%, vitamins, minerals, water, and dietary fibers. To perform adequate rest, the human body consists of organs, tissues and cells that have limited job skills. So, the rest is very necessary for the body to have opportunity to do recovery, so that it can perform a daily work or activity in comfort. Long sleep required for children aged 6-10 years old is about 10 hours; teenager aged 11-14 years old is about 9-10 hours; young aged 15-19 years old is about 8-9 hours; and adult aged 19 years old above is about 7-8 hours. In doing sports, we must consider the intensity, duration, and the frequency of exercises. The intensity of exercises is between 72% till 85% of the maximum heart rate, the frequency of exercises a week for at least is three days of training, the duration needed in exercise is between 20 minutes till 45 minutes, and the appropriate type of exercise to maintain physical - fitness is aerobic exercise.

Keywords: Physical Fitness, Healthy Lifestyle

INTRODUCTION

A person's healthy lifestyle would bring physical and spiritual life, but unhealthy lifestyle would bring many consequences which are not light, even tends to endanger human. A person's healthy lifestyle would be achieved if he composes a healthy regularity. To obtain the body fit and healthy is actually easy to live on a regular life, to get enough rest, to do regular sports, and to consume healthy foods- The healthy regularity would be achieved if someone has a habit based on the rules of healthy living.

According to Handrawan Nadesul (2008:10), total fitness is not only concentrating on physical matters, but mental matters also need to be health, besides fit in social matters (as to associate and communicate), also fit in spiritual matters.

People who has a healthy body but he does not associate with others, he won't have community so his total fitness is not figure in a good health yet. So if only the body and soul or social are health but the spiritual is ill. Appropriate educational efforts should foster sense of faith and sensibleness characters. This role is a healthy investment that doesn't mean little to awaken a healthy human figure since early childhood.

To make people healthy, smart is not enough, especially to achieve succeed in life. So the role of emotional Quotient and Intellectual Quotient are needed. People would get healthy if they live in

regularity. Everything is done orderly and regularly. Discipline is one of attitudes show health gratification.

Discipline in life means inculcate character defends the truth, accept responsibility, delay on and live a balanced life now and hereafter.

Life in discipline is also related to healthy daily habits. As to get the body machines working smoothly and to arrange the schedule of when the lunch time, when the sleep hours, when the activity hours. In ce, gastric knows when working, the brain knows when it might break, and when the body glands -understand when to work hard. Those are how the body would get used to the machine work more efficiently.

DISCUSSION

physical Fitness

Generally, physical fitness is a person ability to do his daily work efficiently without excessive fatigue so that he can still enjoy his spare time. Physical fitness considered from the aspect of physiological is the functional capacity to improve the quality of life (Fox, 1987:6). In the context of above fitness is a total fitness whereas physical fitness is one part of the total fitness. According to sport physiologist physical fitness is the capacity of a person to do work with minimal effort (Mangi, :1987 : 11). Physical fitness also means the capacity to be able to adapt the exhausting exercise and unckly recover from the fatigue.

Physical Fitness Component

Physical fitness is a person ability to perform daily work without causing significant fatigue. achieve an excellent condition of physical fitness, a person needs to do physical exercise invol components of physical fitness with the proper training methods. In physical fitness, there components that are divided into three groups, namely:

Physical Fitness related. to Health

Physical fitness related to health consists of five basic components which are interconne with one another, namely cardiovascular endurance, muscular strength, muscular endur flexibility and body composition (ideal weight, fat percentage).

Cardiovascular Endurance

This component illustrates capability and ability to do work, especially in doing aerobic meat the capability and ability of blood circulatory system, respiration, taking and holding oxygen sup_pi) needed.

Muscular Strength

Muscular strength is used in daily life, especially for the leg to hold the weight.

Muscular Endurance

Muscular endurance is the capability and ability of muscular to work over and over agai_t without experiencing fatigue.

Flexibility

Flexibility is the maximum mobility of joints.

Body Composition

Body composition is associated with muscles and fats distribution in the whole body and th body composition measurements handle important role, especially for body health as well as for doi sports. The excess of body fats can lead to overweight or obesity and increase risks to suffer fro various diseases. In sports, the fat excess can worsen the performance because it does not contribu power which is generated by muscle contraction, but provide a deadweight added burden because requires additional energy to move the body.

Physical Fitness related to Skill

Physical fitness components are not only related to health but also to skills needed. There six components for physical fitness associated with motor skills, namely;

Balance

Balance is related to attitudes to maintain a state of physically balanced (Equilibrium) whil rest or in motion.

Power

Power is related to rapid when the person conducting work or the power is the result of speed.

Speed

Speed is related to the ability to perform movements in a short time.

Agility

Agility is linked to the ability to change direction by the position of the body to the speed high precision.

Coordination

Coordination is associated with the ability to utilize senses such as vision and hearing, togeth with certain body in the motor activity with harmony and high precision.

Reaction Rate

Reaction rate is related to the speed of time used between the start of the simulation stimulation with the onset of reaction.

Physical Fitness related to Wellness

Wellness is a level of dynamic and integrated of organ functions which are oriented to efforts to maximize potential dependent on self-responsibility.

HEALTHY DIET

Eating can be judged as healthy if the menu is appropriate, always dine in a right way and in appropriate schedule. Arbitrary eating, obscure menu, irregular time, are not classified as a heal eating style. Saturated eating is only able to meet the caloric needs giving power to the body. And is not necessarily enough to complete all the required by the body. In order to make the machine b smoothly operating, all the body needs are to be available in the daily menu.

The body has a signal that regulates when it's time to eat and when it should stop eating, es wise attitude of people is just starting to eat when he feels hungry and will stop eating once if he s to feel full. Human error for who has already become obese due to the mouth still wants to eat wh

Not hungry eyes like that will bring the body to excess weight. Treatment of overweight people "behavior therapy." The therapy that alters feeding behavior is a way to eat only when hungry, and do not put anything in the mouth if you still feel full.

According to T. Prawira Budi & Sesa NS (2009:22), the food criteria that must be considered in relation to the health can cause effects, such as: Foods which are very necessary for health to be in., turned but a source of diseases if they are consumed in excessive quantities. Foods which are very necessary for health to be consumed but a source of diseases if they are consumed in excessive quantities. Foods which are not necessary for health and harmful if they are consumed exceeding to the safe dose limit. Foods which are not consumed at all because they are very dangerous to health. Human health lies in the consumption of foods, if the consumption of foods is good and healthy so the whole body would be in good health too. But, if the consumption of foods contains toxins or substances that harm the body, then the body will be easily affected by various diseases. For example many people consume foods that contain cholesterol and bad fat, they will inhibit blood circulation not only to heart and from heart, but also in the whole body. If blood flow to the heart is blocked, so there will be certainly occurred coronary heart disease. Foods can also cause cancer for us give too often consume foods that are smoked or pickled (in the form of pickles), they can increase the risk of gastric cancer.

To achieve health and optimal physical fitness and able to withstand the stress exercise, one must have good nutrition in the quality and quantity. A healthy diet is a balanced diet of carbohydrates, proteins, fats, vitamins, minerals, water and dietary fibers. Meanwhile, a balanced diet is a diet that does not care about one particular element and ignore the other elements. Thus, the appropriate diet is to eat foods and liquids, including: Foods as source of energy are foods containing carbohydrates and fats, Foods as builder substances are foods containing lots of proteins Foods as helper substances in metabolism process are vitamins and minerals. Water is a liquid to help the process of metabolism. Dietary fibers help digestive process.

Carbohydrates

Carbohydrates are energy sources which are very important because they can be used to promote muscles function, brain function, liver function, red blood cells function, and other network functions. Raw foods contain large amount of carbohydrates, such as: bread, rice, potato, taro, sweet-potato, sago, maize, beans. A person's need of carbohydrates which must be fulfilled is between 60% till 70%.

Proteins

Proteins are required primarily as builder substances. Proteins are energy-producing substances if energies which come from carbohydrates and fats are not sufficient, such as during the long fasting. As the building blocks, proteins are needed for growth substances. As energy-producing substances, protein are needed to grow, to form tissue cells, to replace the damaged tissues, to form enzymes and hormones that play important roles in the process of digestion, metabolism, the formation of hemoglobin and anti-bodies. Proteins consist of animal protein and vegetable protein. A person's need of proteins which must be fulfilled is between 13% till 15%. Unlike carbohydrates and fats, if the consumption of proteins is excessive large amounts, they can not be stored in the body and the excess must be removed from the body through urine and feces.

Fats

Fats are solid energy and the content of energy is more than two calories of energy content of carbohydrates and proteins. In the body, fats are very large energy reserves. The person needs of fats are between 20% till 30%. Though fats are needed by our bodies but they must not be consumed excessively. There are two types of fats, i.e. saturated and unsaturated fats. Let's not consume many foods which contain many saturated fats because they may cause various diseases such as cancers, heart diseases and stroke.

Vitamins

Vitamins organic compounds needed to arrange our body functions, such as: growth, health and body strength, nerve stability systems, natural appetite, digestion, the use of food substances and anti bodies toward infections. Vitamins are divided into two types, i.e. vitamins solved in water are B and C; vitamins solved in fats are A, D, E, K.

Minerals

Minerals are inorganic materials needed by the body in small quantities, such as: Sodium (Na), Potassium (K), Calcium (Ca), Phosphor (P), and Magnesium (Mg). They are usually consumed in the forms of salt such as sodium chloride. The other inorganic substances needed by the body in large quantities are: iron (Fe), Copper (Cu), Zink (Zn), Manganese (Mn), Iodine (J), and Florida (F). These

substances are very important components for bones, tissue hormone-binding hemoglobin, enzymes, etc. minerals are also essential to maintain the function of nerves and muscles.

Dietary fibers

Dietary fibers are complex carbohydrates that can not be digested, they are very important to maintain the normality of digestion functions. Let us consume many fibers from vegetables which can be served by boiling them, by sauteing quickly in a little hot fat, or we can consume them freshly (as dish of raw vegetables). Let us also consume fruits containing fibers by eating them directly or as some

juices. But let us not consume vegetables cooked with thick coconut milk squeezed, fruits containing high energy, such as: durian, avocado, jackfruits, sapodilla, mango, banana, srikaya, and fruits processed with sugar, milk creams, or sweet curdle milk. According to Andang Gunawan (1999:41), though fibers can not be absorbed by the body and have no contributions in body's energy formation, fibers are very helpful in defecation process from large intestine, so they are profitable to prevent cancers and large intestine infection.

ADEQUATE REST

Humans need to take a rest, in order to refresh all their organs which have been worked hard all day long. The adequate rest or sleeping will bring recovery and increase body vitality. After getting up from adequate rest, the brain will function preferably again, because the production of hormones occurs in composure rest condition. The production of hormones is very important to increase quality size, and brain efficiency. Besides, the process will also increase the elevation of amino acids from blood to brain, so nerve cells will have permanent knowledge and ability.

The quality of sleeping is influenced by the position of sleeping and its position will affect the health. Sleeping with laying stretch out on back position is unhealthy, because it will stress or oppress backbones, sometimes it will make person want to go to the toilet very often. Sleeping with lying flat on the stomach or lying face downward is not good for respiration. Sleeping with resting on left side of body (face on the left) can squeeze the heart position and make the circulation of blood to be disturbed, so the supply of blood in brain will decrease. Sleeping in this position will also affect one to have bad dreams. The best position of sleeping according to scientific research is sleeping with lying on the right side of body (face on the right).

According to Ahmad J. Ramadhan (2008:50), to maximize the quality of sleeping, there are several kinds of things that are not permitted to do when sleeping, such as: Do not sleep while watching television, when you are watching television, you will spread out by certain radioactive. Certainly, it will cause adverse effects to health. Do not sleep wearing brassiere. These measures provide an opportunity for each cell and breast gland to breathe or absorb oxygen. The researchers from United States had found that even using a bra more than 12 hours led to an increased risk of breast cancer. Therefore, remove the bra when sleeping. Do not sleep with the phone. Leaving the phone beside the bed or anywhere near you while sleeping is not recommended. Although some of us use the phone as the alarm, place the phone as far as possible. Research had shown that electronic goods including mobile phone, distributing some magnetic waves when its condition is on. These waves can cause interference to the nervous system. Do not sleep with makeup. Person who sleeps with the still-makeup will get skin problems for a long time. Sleeping with makeup affects skin difficult to breathe.

Physically, sleeping deprivation lowers the body resistance, so the chances of disease inf will increase. Even, sleeping is functions to rearrange the physical balance after a long awake and fir While sleeping, metabolism will actively reduce lactic acid levels. This type acid causes th accumulated fatigue. Therefore, if the sleeping quality is normal when person wake up, he will fed refresh. Human body is composed of organs, tissues and cells that have limited job skills. A person 01 not be able to work continuously throughout the day without stopping. Fatigue is one indicator of the limitations of human body functions. For that reason, the rest of body is required to have the opportunity to perform recovery so person can do working or daily activities in comfort. Along the da, and night, generally, person needs a break or takes a rest at least 7 till 8 hours.

leers needed for different age groups

AGE (Years)		LONG SLEEP (Hours)
Children	6 — 10	10
Teenager	11 — 14	9 — 10
Young	15 — 19	8 — 9
Adult	19 & up	7 — 8

(Djoko Pekik Irianto, 2004:9

REGULATOR SPORTS

The appropriate type of sports to maintain physical fitness is aerobic exercise, because it can to breathing, working to improve cardiovascular system (heart), and increasing the **vide** benefits to carry oxygen throughout the body. According to Mansur (1995:57), aerobic exercise is **activity** that causes the minimum heart rate response of 60% of maximum heart rate and maintain in a relatively long time without the occurrence of "oxygen debt". Examples of aerobic Sallses are walking, jogging, running, swimming, cycling, jumping rope, aerobic gymnastics. Aerobic exercise is also very effective for physical fitness programs, loosing weight for obesity.

Sport is very important for body healthy. With exercise you can burn calories of the body, so **body** will be healthy, fit and you will be able to control weight too. With sports, we can also release muscles by stretching, whether the flexibility of the body has been maintained. When doing theArtste7consider the intensity, duration and frequency of the exercises. They can be seen from *ca*itsi_ating the heart rate, pulse count can be known whether the intensity of exercises is enough or *s*till *less*.

Heart rate can be calculated by using the wrist to feel the index finger and middle finger. The *maximum* heart rate can be achieved is $220 - \text{age (in years)}$. We should practice until our heart rate is *b*etween 72% till 85% of maximum heart rate, it is called training zone. Exercises should be done to *a*chieve the exercise zone and continue to cultivate in the training zone for 20-45 minutes. For the exercise may help the work of the heart function and blood circulation. Frequency of exercise is at least **3days** a week, whereas for the overweight is to be doubled at 5 or 6 days a week.

Circulation of blood from the heart and into the heart will be smooth and able to flow throughout the body if it is supported by sports and this will be very good for the heart. High blood pressure and stroke can be avoided. Beside that, the other benefits of exercise are:

increase bone strength. Boost immunity. Exercise can increase the number of white blood cells, especially lymphocytes. Strengthen lungs, because exercise stimulates respiration. Reduce negative emotions, so that breathing becomes more comfortable. Beautify the body and skin. Increase energy, sports produce more energy than the quantity of energy that has been used, so we will feel better and not easily tired. Reduce the impact of the aging process. Help us to sleep well at night.

Training Stages

Before doing sport exercises, we have to know first about the appropriate stages of training. Stages of exercises are series of processes in each exercise, including heating, conditioning, and relaxation. These stages are done in sequence.

Heating

Heating is done before exercises. It aims to prepare the function of the body to accept the imposition of the most severe at the time of actual practice. Marker that the body is ready to accept the imposition of such pulses has been reached about 60% of the maximum heart rate, temperature rises 1 - 2 degrees Celsius, and will be accompanied by sweating bodies. The heating is done properly to reduce the occurrence of injuries or fatigue.

Conditioning

After heating is done sufficiently, then conditioning step is forward, i.e. to perform a range variety of motion with the training model appropriate with the aim of training programs, such as: Jogging to increase heart lung endurance or for burning body fat, stretching exercises to increase flexibility in joints and weight training for muscle strength and muscle endurance. This exercise is lasted approximately between 20 minutes till 45 minutes, or adapted to the purpose or practice done. **Relaxation**

Relaxation is a very important period and essential. This stage aims: (1) to restore body condition as before the exercise by conducting a series of stretching movements and light aerobics such as roads or jogging lightly place. This step is marked by a decrease in body temperature and the reduction of the sweat, (2) to return blood to the heart to refill it with oxygen again so it will prevent blood overburden in muscles of feet and hands. The duration of this stage is about 5 until to minutes.

CONCLUSION

Physical fitness is a total fitness includes physical, spiritual, social, and spiritual. Physical fitness is formed through a healthy lifestyle includes: a healthy diet, adequate rest and regular sports. A healthy .diet must be fulfilled for the energy needs of everyday working, the proportion of carbohydrates is between 60% till 70%, protein is between 13% till 15%, fat is between 20% till 30%, added vitamins, minerals, water, and dietary fibers. Adequate rest for children aged 6-10 years old is about to hours; teenager aged **11-14** years old is about 9-10 hours; young aged 15-19 years old is about 8-9 hours; and adult aged 19 years old above is about 7-8 hours. Regular sports with dose to note are the intensity, *ni*¹³.⁴⁰11, and the frequency of exercises. The intensity of exercises is between 72% till 85% of the *a*ximum heart rates and the frequency of exercises is at least three days a week, the duration needed *c*

in exercise zone is between **20** minutes till 45 minutes. Instill a healthy lifestyle for yourself that establish physical fitness.

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