

Nursing Health 2018: Primary care fitness and wellness - Hajara Bashari - Nigerian Air Force Hospital

Hajara Bashari

Nigerian Air Force Hospital, Nigeria

Introduction: The most normally referenced meaning of health: a condition of complete physical, mental and social prosperity and not just the nonappearance of disease. This definition, going back to the 1940's, perceives that health is more than physical wellbeing, and endeavors to improve health therefore should be thorough.

What is Primary Care: Primary care is the day to day health care given by a health care provider being the first contact for the continuous care for any patient/ client within the system. The care provider also coordinates further care as the need arises to other specialists and specialized clinics. Primary care is performed and managed by an individual doctor frequently working together with other health experts, and utilizing consultation or referral as appropriate. Primary care gives persistent support in the social insurance framework to achieve financially savvy care by coordination of medicinal services administrations. Essential consideration advances viable correspondence with patients and supports the job of the patient as an accomplice in human services. The care is based on practical, scientifically sound and is socially acceptable and easily accessible to individuals and families.

What is Fitness: Fitness is the state of being physically fit and healthy or has the nature of being suitable to fulfill a specific job or task. Fitness can likewise be the condition of health and wellbeing and the capacity to perform parts of one is day by day exercises, sports and occupation with no obstacle.

What is Wellness: Wellness is a dynamic process of change and growth. Wellness is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. Wellness is characterized as "the feeling that one is living in a way that allows the experience of reliable, adjusted development in the physical, spiritual, emotional, scholarly, social, and mental components of human existence. "There is some agreement among authors that wellness is positive or salutogenic (health-causing); multidimensional and intuitive (i.e., the elements of health impact one another); and subjective (based on perceptions). There have been multiple proposals for the dimensions that envelop wellness, including physical, emotional, scholarly, spiritual, and social domains. As one grows older one is faced with some health related challenges by taking a look back to your younger years, then to adult hood and old age. As one is growing the body and mind is changing that is when one is primary care provider will be one is partner for life though health education and counseling.

Benefits of Fitness and Wellness: Primary care fitness and wellness is all about preventing illness which includes exercises, good diet/ nutrition and knowledge about potential health issues. Most people have one or more health issues that

are not normal and may feel frustrated to give up on finding a solution thus getting a care provider becomes very necessary. This is aimed at improving health, fitness and quality of life through daily physical activity and creating life balance.

1. Physical activities are an important part of living a healthy lifestyle. Exercises improve a lot of things in the human body such as improving the brain performance; sharpen the memory as well as burns out the calories.
2. It helps in the prevention of cardiovascular diseases by improving the efficiency of the cardiovascular system.
3. It helps in better management of stress and tension.
4. It delays the aging process and helps in harmonious growth and development.
5. Quick recovery after illness or injury and faster recovery of fatigue.
6. Maintains good shape, size and control weight.
7. Improves the motor ability that is the strength, flexibility, endurance and coordination of the body system.

Conclusion: Primary care fitness and wellness is very important to enable one prevent health related challenges as one is growing and also keep up with the day to day activities. The health care provider becomes an important part of the individual by ensuring the client is counseled and educated on how to prevent illness. Fitness and wellness play an important role in the lives of people by exercising regularly and maintaining good diet/ nutrition. It is important for one to be happy and by remaining healthy as health is wealth.