

Joint Event on

PEDIATRICS, NUTRITION & PRIMARY HEALTHCARE NURSING

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Primary care fitness and wellnes

Introduction: 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's when one's primary care provider will be one's partner for life though health education and counseling.

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. 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 condition of being physically fit and healthy or has the quality of being suitable to fulfill a particular role or task. Fitness can also be the state of health and well being and the ability to perform aspects of one's daily activities, sports and occupation without any hindrance.

What is Wellness: Wellness is a dynamic process of change and growth. Wellness is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.

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 is 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's important for one to be happy and by remaining healthy as health is wealth.

Biography

Hajara Bashari began her career as a non-commissioned officer in 1986. She rose to become the first Hausa Muslim woman from a core Northern state to reach the rank of Wing Commander, equivalent to Lieutenant Colonel in the Army.

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