

# Thoughts On Fitness Of Living Organisms

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## ABSTRACT

Fitness is one of the most important things to achieve in this world. Historical evidences always guide us on our food habit. There was a great difference between wild and captive (zoo) animals on the basis of their food items. Though zoo animals get obese but with special care, medical facilities, and good food they showed higher longevity than wilderness. For less physical activity and sedentary life domestic animals are becoming fatty. Their fatty body is not good for their own life as well as human consumption. It is possible to take fruits than meat anytime. Animals are very active in jungle and burn calorie in fighting, nesting, migration, reproduction and so on. For humans, gym for building muscle, yoga for spirituality, and aerobic exercise for fresh-air are effective on actual fitness.

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## INTRODUCTION

Human ancestor noticed that once a time human had very long digestive system which leads to digest vegetables. For the time being, for living in different climates, human habituated to take all things especially animal meat. Several reports suggest that the longevity of vegetarians is 3.6 years higher than meat eaters. Human took animals milk 5500-6000 years ago when they used to tame cat and dog. Paleolithic people did not take milk. 75% people of the world do not take milk for lactose. Some study suggests that only for vitamin B<sub>12</sub> we must take animal but we discovered this vitamin in milk of coconut, almond milk, *Chlorella*, microorganism and soy products. More sleeping animals do not live longer. Tiger, lion, and hyaena have only 10 years life span in wild but in zoos this is 20 years. In Bangladesh, some people perform exercise after being affected; this is completely a wrong system. Actually, ill-health is not good for physical exercise. Hippocrates is credited to believe that diseases were caused naturally, not because of superstition and Gods. Desert animals tend to get quite old before they die. In nature, except nocturnal beings like owl, bat and some carnivores do not take any food after sunset, this intake cannot be digested and converted bad elements within the body. In Paleolithic period, they used to take 30% animal and 70% vegetable origin when they lived in tropical areas or in cold regions where there was scarcity of vegetables [1, 2]. Around 1000 years ago, agriculture was first discovered in Southeast Asia. Historically, salt has long been used as a meat preservative for water excretion. Low- and mid-income countries have higher burden of mental disorders [3]. The objective of this study is to know the real fact on our food items which induce higher longevity in animals and humans.

### Vegetables and fruits

A review of 250 observational studies estimated that increase consumption of fruits and vegetables is associated with a 16% lower risk of cardiovascular diseases [4]. Wild animals contain only 4% lipid whereas domestic animals have 25-30%. Fruits are seasonal and meat dependent on hunting so, it was not easy to take more meat [5].

### Physical exercise

Briskly walking 35-40 minutes per day is associated with a 55% lower risk of chronic heart disease [6]. Lack of physical exercise and ingestion of excess calorie are to enhance obesity [7]. Animals burn their calorie in growth, locomotion, reproduction and to protect themselves from parasites. Migration of birds is of course an exercise though they come for their survival. Diabetes mellitus and high blood pressure are not easily found in children who have strong strength and higher aerobic power [8].

## Bad habits and diseases

Smoking, hypertension, diabetes mellitus, and abdominal obesity were associated with over 90% MI in the world [9]. Serious mental disorder may reduce life expectancy about 20 years [10]. An urban facility-based study reported that the depression in one in every three diabetic patients [11]. Childhood psychiatric disorders were significantly associated with malnutrition [12]. Drug enhances short-life, crime and sexual violence [13, 14]. Most of the fatal diseases come from animals—bird-flu from bird, plague from duck, swine-flu from swine, HIV from monkey, mad-cow from cow, many cancers from red-meat, and malaria, sleeping sickness or other diseases from mosquitoes. High adiposity is commonly found in laboratory and zoo animals [15].

## CONCLUSIONS

The average longevity of a vegetarian is higher than meat eater. Now vitamin B<sub>12</sub> has been discovered available in milk of coconut, nut milk, and soy products. Zoo animals are showed always higher longevity for extra caring by experts. Obesity is the root causes for all dangerous diseases in animals and humans. A diseased person is not suitable to take exercise. The amount of lipid in wild animals is only 4% whereas in domestic animals this is 25-30%. All fruits are normally seasonal, so we can easily take it. In addition, we should keep sound mental health in family and society.

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