



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 14-15

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www.theyogicjournal.com

Received: 04-11-2017

Accepted: 05-12-2017

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Exercise and physical activity on health for optimum life

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Abstract

Physical activities increases blood supply to working muscles which increases nutrition supply for the tissues and removes waste products from that tissues which helps to improve the health and durability of those muscles. Regular physical activity helps to increase muscle mass. It burns and reduces body fat which results in maintaining body weight. This helps to avoid obesity and other weight related problems. Sweating during physical activity makes skin to be clean and fresh. Good physical activity increases blood flow to brain and helps to release endorphin and acts as a medium for relaxation, stress relief and fights depression and helps in sound sleep. All together physical fitness due to participating in physical activity keeps individual healthy with more efficient and good looking body.

Keywords: Exercise, physical activity, health etc.

Introduction

Exercise and physical activity plays a major role in improving physical fitness components of an individual. The terms physical activity, exercise and physical fitness are sometimes confused and used interchangeably. Each term has its own meaning. Physical activity can be explained as any bodily movement produced by the skeletal muscle that requires more energy when compared to rest. Physical activity can be categorized as occupational, sports, house hold works and other activities. Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity.

Physical activity can be categorized into four main types i.e., aerobic, muscle-strengthening, bone-strengthening and stretching. According to the Department of Health and Human Services' "2008 Physical Activity Guidelines for Americans," physical activity generally refers to movement that enhances health. According to Medical Dictionary exercise is performance of physical exertion for improvement of health or correction of physical deformity. Exercises can be classified as active exercise, aerobic exercise, endurance exercise, isokinetic exercise, isometric exercise, isotonic exercise, passive exercise, range of motion exercise and resistance exercise or resistive exercise. It can also be explained as any action, skill, or maneuver that causes muscle exertion and is performed repeatedly to develop or strengthen the body or any of its parts.

Physical fitness is a state of good health and well-being of an individual. Physical fitness is by and large achieved through correct nutrition, exercise and enough rest. It is a set of attributes or characteristics that people have or achieve that relates to the ability to perform physical activity. According to the United States Department of Health and Human Services (USDHHS), physical fitness is defined as "a set of attributes that people have or achieve that relates to the ability to perform physical activity". Physical fitness is commonly defined as the capacity to carry out the day's activities, pursue recreational activities, and have the physical capability to handle emergency situations.

Physical fitness is an important part of life. It is an indicator which shows whether you have the ability to perform and enjoy day to day physical activities with ease. A person is called fit when he as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies".

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Physical fitness comprises two related concepts

General fitness (a state of health and well-being) and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through exercise, correct nutrition and enough rest. It is an important part of life. In previous years, fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered this definition insufficient. These days, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations.

The President's Council on Physical Fitness and Sports a study group sponsored by the government of the United States declines to offer a simple definition of physical fitness.

1. Physiology

- Metabolic
- Morphological
- Bone integrity
- Other

2. Health related

- Body composition
- Cardiovascular fitness
- Flexibility
- Muscular endurance
- Muscle strength

3. Skill related

- Agility
- Balance
- Coordination
- Power
- Speed
- Reaction time

4. Sports

- Team sport
- Individual sport
- Lifetime
- Other

Health related physical fitness components consists of five components which are related to health. Those components are body composition, cardiovascular fitness, flexibility, and muscular endurance and muscle strength. Physical activity and regular exercises plays a major role in preserving and maintaining health. Physical activity has many health benefits. These benefits apply to people of all ages and races and both sexes. According to WHO Physical inactivity is the fourth leading risk factor for global mortality causing an estimated 3.2 million deaths globally, which reflects on the importance of physical activity. In his speech on the importance of physical fitness and health John F. Kennedy says "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." Vishwanatahn Anand focusing on the importance of Physical fitness says "I attend to my fitness. I go the gym every day and try to maintain my physical fitness; without that, it is tough to take challenges on the chess board".

Physical fitness is generally achieved through physical activity, exercise, correct nutrition, enough rest, Stress management and relaxation. Uses or the prominent benefits of physical activities are Moderate risk for disease such as heart diseases, diabetes, metabolic syndrome, colon cancer, lung cancer, breast cancer and many more. It improves muscle strength and endurance, cardiovascular endurance, flexibility, agility, speed, bone density etc. and improvement of muscle tone. Regular physical activity or exercises especially participation in cardiovascular exercises increases the strength of the heart muscles and makes its more efficient. This strengthened heart muscle pumps more blood with less effort. The circulatory system is also improved because of improved blood flow and more oxygen to the muscles.

These improvements will help in reducing heart diseases, heart attack and stroke. Physical activities increases blood supply to working muscles which increases nutrition supply for the tissues and removes waste products from that tissues which helps to improve the health and durability of those muscles. Regular physical activity helps to increase muscle mass. It burns and reduces body fat which results in maintaining body weight. This helps to avoid obesity and other weight related problems.. All together physical fitness due to participating in physical activity keeps individual healthy with more efficient and good looking body. It increases chance of leading a healthier, longer and more fulfilling life. It improves the confidence of an individual, delays the process of aging and increases the longevity of life. Results in good health and helps an individual to be happy, mental stability and fit. In other words it improves overall health and makes an individual to live his life to the fullest.

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