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Need, Importance and Benefits of exercise in daily life

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Abstract

This paper sums up the significant benefits linking physical activity to health enhancement. There is evidence from high quality studies to strongly support the positive association between increased levels of physical activity, exercise participation and improved health. Worldwide, around 3.2 million deaths per year are being attributed due to physical in-activity. In industrialized countries where people are living longer lives, the levels of chronic health conditions are increasing and the levels of physical activity are declining. People of all ages can improve the quality of their lives and reduce the risks of developing coronary heart disease, hypertension and some cancers with ongoing participation in moderate physical activity and exercise. A formidable challenge facing many personal fitness trainers (PFT's) and other health and fitness professionals is finding new ways of motivating people to improve their wellbeing through consistent participation in physical activity and exercise. As indicated, significant health benefits can be obtained by engaging in moderate amounts of physical activity on most and preferably all days of the week. There is a growing understanding of how certain levels of physical activity may positively affect cardiovascular, musculoskeletal, respiratory and endocrine function as well as mental health. Key factors in improving health are exercising at a moderate to vigorous level for at least 5 days per week and including both aerobic and strengthening exercises. A challenge for health professionals is to increase physical activity and exercise participation.

Keywords: Exercise, Physical activity, Need, Importance, Benefits

1. Introduction

The present era in which we all are living is full of health hazards, because of pollution, rapid industrialization and mechanization. The lifestyle of the people has changed. Physical activity in daily life is limited to switching on and off the remote controls of every instrument and electronic devices, for example operation of television, V.C.R, telephone etc. This leads to various problems related to health, because of their less manual or physical labour in daily activities. This fact provides the basis for the need and importance of physical education activities. If we want to keep our selves fit and healthy during this era, then we have to involve ourselves in some sort of physical activity regularly so that muscles and other systems of our body get exercised regularly and develop properly, and thereby avoid various health related problems and diseases. To have better fitness, an individual has to do various fitness exercises regularly, without giving any break in the fitness programme. If we are not following fitness programme regularly then our fitness will decline. A healthy person may become physically unfit if he does not exercise regularly. Efficiency of muscles reduces due to less or irregular physical workout. So we must perform fitness exercises daily. Exercise is associated with many physical and physiological benefits that help an individual to feel good and function effectively. Exercise provides an enjoyable way to spend leisure time. People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate intensity on a regular basis. Regular Exercise substantially reduces the risk of developing heart disease, stroke, high blood pressure, some cancers, diabetes, and may help to ease stress, anxiety, and depression. At any age, being physically fit is an asset to your overall health.

Human body is like a complex and delicate machine, which comprises several small parts. A slight malfunctioning of one part leads to breakdown of the machine. In a similar way, if such a situation arises in human body, it also leads to malfunctioning of the body. Exercises can play a significant role in keeping the society, community and nation wealthy. If the citizens of a country are healthy, the country is sure to touch heights in every facet of life, and the

country's healthy generation can change highest mark in various fields and thereby enable their country to win laurels and glory at the international level. So, if we get proper education regarding health, every one of us can contribute towards the upliftment the country.

Every one performs Exercise in order to sustain life. However, the amount varies from person to person based on their personal lifestyles and other factors. 'Exercise' is one of the healthy life style which contributes to optimum health and quality of life. People who exercise regularly can reduce their risk of death and active people increase their expectancy by two years compared to inactive people. Good health adds to the quality of life. Regular Exercise and good physical fitness enhance the quality of life in many ways. Physical fitness and exercise can help us to look good, feel good, and enjoy life. Exercise provides an enjoyable way to spend leisure time.

2. Exercise

We all know that exercise is important in our daily lives, but we may not know why or what exercise can do we people. It's important to remember that we have evolved from nomadic ancestors who spent all their time moving around in search of food and shelter, travelling large distances on a daily basis. Our bodies are designed and have evolved to be regularly active. In the same way that a sports car is designed to go fast, we are designed to move. If the sports car is taken out once a week for a 3 mile round trip through a town centre then it would probably develop engine problems fairly quickly. Over time people too develop problems if they sit down all day at a desk or in front of the TV and minimize the amount of exercise they do.

Exercise is a bodily movement performed in order to develop or maintain physical fitness and overall health. Exercise is any bodily movement that leads to physical exertion of sufficient intensity, duration and frequency to achieve or maintain fitness, or other health or athletic objectives.

Types of exercise

There are three broad intensities of exercise:

- Light exercise- the exerciser is able to talk while exercising. Going for a walk is an example of light exercise.
- Moderate exercise- the exerciser feels slightly out of breath during the session. Examples could be walking briskly, cycling moderately or walking up a hill.
- Vigorous exercise-the exerciser is panting during the activity. The exerciser feels his/her body is being pushed much nearer its limit, compared to the other two intensities. This could include running, cycling fast, and heavy weight training.

3. Need of Exercise

Physical fitness and exercise are essential for good physical and mental health, including weight control. Exercising helps a person develop and keep a strong self-image and a sense of emotional balance. As people get older, exercise becomes more important. This is because after the age of 30, the heart's blood pumping capacity declines at a rate of about 8 percent each decade. Exercise is also very important for children as well. Vigorous physical activity helps in a child's overall development so he or she reaches optimal size and necessary capacities when he or she reaches adulthood. Your body needs a certain amount of calories every day just to function. If you eat more calories than your body needs, it may be stored as excess fat. For instance, if you have an excess of 10kg fat, and

each gram has some 9 calories, then you have 90000 calories for your body to use! Exercising helps you achieve or maintain a healthy weight by stoking our metabolism, utilizing and burning the extra calories. And if you exercise, your body works harder and needs more fuel. Even after you stop exercising, your body continues to burn calories at a modestly increased rate for a few hours. The more intensely you workout, the more calories you burn. By burning more calories than you take in, you can reduce body fat, giving you a healthier body composition. Losing body fat can make you look and feel better and can reduce your risk of obesity.

4. Importance of exercise

Regular aerobic Exercise increases our fitness level and capacity for exercise. It also plays a role in both primary and secondary prevention of cardiovascular diseases. Exercise is a major risk factor for health diseases and stroke and is linked to cardiovascular mortality.

Exercise can help blood lipid abnormalities, diabetes and obesity. Aerobic physical activity can also help to reduce blood pressure. Regular Exercise substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. Moreover, Exercise need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate- intensity physical activity , such as 30 minutes of brisk walking five or more times a week.

5. Benefits of Exercise

Regular Exercise is one of the most important thing you can do for your health. The health benefits of doing regular Exercise have been shown in many studies. You are likely to get the most benefits to your health if you are someone who is not very active at all and you become more active. However, there are still benefits to be gained for anyone who increases their physical activity levels, even if they are already doing 30 minutes of moderate intensity activity on most days. Overall, people who do the recommended levels of Exercise can reduce their risk of premature death by 20-30%. Other health benefits include the following:

5.1. Reduce the risk of cardiovascular disease

Coronary heart disease: Your risk of developing coronary heart disease, such as angina or a heart attack, is much reduced if you are regularly physically active. Inactive people have almost double the risk of having a heart attack compared with those who are regularly physically active. If you already have heart disease, regular Exercise is usually advised as an important way to help prevent your heart disease from getting worse.

Stroke: Physically active people are less likely to have a stroke. One study found that women aged 45 and older who walk briskly (at least three miles per hour), or who walk for more than two hours a week, reduce their risk of stroke by a third compared with less active women.

Cholesterol: Regular Exercise has been shown to raise levels of high-density lipoprotein (HDL) cholesterol. The link between cholesterol and CHD has been fairly well established through long term studies of individuals with high levels of blood cholesterol and the incidence of CHD. As high density lipoprotein cholesterol levels increase, they are independently associated with lower risk of CHD. It is also well established that a sedentary lifestyle contributes significantly to the development of CHD and to unfavorable elevation of blood

fats and cholesterol levels; physical activity plays an important role in decreasing these health risks.

Hypertension: Hypertension is a major health problem. Elevated systolic and diastolic blood pressure levels are associated with a higher risk of developing coronary heart disease, congestive heart failure, stroke and kidney failure. There is a one-fold increase in developing these diseases when blood pressure is 140/90 millimeters of mercury (mmhg). In many cases, clients can reduce elevated blood pressure by decreasing weight and lowering alcohol and salt intake in their diet. The evidence that higher intensity exercise is more or less effective in managing hypertension is at present inconsistent, owing to insufficient data. Although routine aerobic exercise usually will not affect the blood pressure of normal individuals, habitual aerobic exercise may be protective against the increase in blood pressure commonly seen with increasing age.

5.2. Reduce your risk of Type 2 Diabetes and Metabolic Syndrome

If you are regularly physically active then you have a lower risk of developing type 2 diabetes than inactive people. Diabetes has reached endemic proportions, affecting 170 million individuals worldwide. One unfortunate health consequence of physical inactivity is the weakening of the body's insulin regulatory mechanisms. Elevated insulin and blood glucose levels are characteristic features involved in the development of non-insulin dependent diabetes mellitus. When insulin function starts breaking down, the body's blood sugar levels rise, leading eventually to the onset of "prediabetes" and then type 2 diabetes. Diabetes incidence is growing among youth and adults, largely as a result of obesity and inactivity. Regular aerobic exercise meaningfully increases insulin sensitivity and glucose metabolism, which means the body's cells can more efficiently transport glucose into the cells of the liver, muscle and adipose tissue.

5.3. Control weight

Overweight and obesity are associated with increased risk for hypertension, osteoarthritis, abnormal cholesterol and triglyceride levels, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, sleep apnea, respiratory problems and some cancers. The most favorable approach to weight loss is one that includes committed cardiovascular exercise, resistance training and caloric restriction within a sound behavioral-modification delivery program. Weight loss is achieved most effectively when cardiovascular exercise is increased up to 200-300 minutes of moderate-intensity activity accumulated over 5-7 days per week. Resistance training and circuit training research has shown meaningful changes in body composition. One of the noteworthy benefits of resistance exercise, as it relates to body composition, is the positive impact of maintaining or increasing fat free body mass while encouraging the loss of fat body weight in a progressive overload resistance training program.

5.4. Strengthen your bones and muscles

Research shows that doing aerobic, muscle-strengthening and bone-strengthening physical activity of at least a moderately-intense level can slow the loss of bone density that comes with age. Physical activities that stimulate bone growth need to include progressive overload and must address variation and specificity of load. In addition, evidence does suggest that moderate weight-bearing activity, such as brisk walking done regularly, and on a long term basis, is effective in averting age

related bone loss. Harder relative intensities of effort and greater volumes of physical activity are more effective in increasing bone density. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength

5.5. Reduce your risk of some cancers

Regular exercise can help to reduce your chance of developing cancer. It roughly halves your chance of developing cancer of the colon. Breast cancer is also less common in women who are regularly physically active. Studies by the Seattle cancer research centre have suggested that 35% of all cancer deaths are linked to being overweight and sedentary.

5.6. Improve your mental health and mood

Exercise is thought to help ease stress, boost your energy levels and improve your general well-being and self-esteem. It can also help to reduce anger and can make you sleep better. But do the activity during the daytime or early evening, not near to bedtime. Studies have also shown that regular exercise can help to ease anxiety and depression.

5.7. Keeping you mobile and more able to live by yourself

Regular exercise throughout life can help to keep you more mobile as you get older. Still being mobile is one of the things that helps older people remain independent and able to live by themselves at home. As mentioned above, as you get older, flexibility and balance exercises are important to help reduce your risk of falling and becoming injured. If you are aged over 70, you are less likely to fall and be injured if you are regularly physically active.

5.8. Increase your chances of living longer

Science shows that exercise can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers.

6. Conclusion

It is concluded that regular exercise is an important part of a healthy lifestyle. Doing regular exercise can make you feel good about yourself and it can have a number of benefits for your health. Ideally, you should aim for at least 30 minutes of moderate intensity exercise at least five days of the week. You should also aim to do a minimum of two sessions of muscle-strengthening activities per week, although these should not be on consecutive days. Exercise is any activity that you may do that helps to improve or maintain your physical fitness as well as your health in general. People of all ages, both male and female can benefit from regular exercise. Exercise improves quality of life, It also includes information that will make workouts easier, safer and more satisfying. It is never too late to start to gain the benefits, no matter how old or unfit you are. "It is never too late to be what you might have been"

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