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A comparative study of health benefits of physical activity and exercise

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Abstract

The primary purpose of this narrative review was to evaluate the current literature and to provide further insight into the role physical inactivity plays in the development of chronic disease and premature death. The purpose of this study is to identify the benefits of physical activity and exercise for health. Physical activity and exercise are supposed to reduce the risk of several chronic diseases (e.g cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis) and premature death. Reviewed literature explored that youth who participate in physical activity and exercise are more likely to report good general health and more likely to have no feasible serious mental illness. The findings of this study revealed that regular physical activity and exercise leads to improve health wellbeing.

Keywords: Health benefits, physical activity, exercise

Introduction

Physical inactivity is a modifiable risk factor for cardiovascular disease and a widening variety of other chronic diseases, including diabetes mellitus, cancer (colon and breast), obesity, hypertension, bone and joint diseases (osteoporosis and osteoarthritis), and depression. In globalization physical inactivity is now recognized as the fourth leading risk factor for increasing the mortality rate as well as increase the risk of various communicable diseases. In this context, it is widely recognized that the regular physical activity and exercise reduces the risk of pre-mature death. Additionally, physical activity lowers risk factors of various chronic diseases such as cardiovascular diseases, diabetes, cancer, hypertension, obesity, depression and osteoporosis. Physical activity and exercise as an important part of a healthy lifestyle and recent scientific exercise to a wide range of physical as well as mental healthy benefits. Previous literature has demonstrated that strong relationship between physical activity and risk for several chronic diseases including coronary heart diseases, hypertension, non-insulin – dependent diabetes mellitus, osteoporosis and colon cancer. In fact, researchers recommended that 12 percent of the total number of annual deaths in the United States is attributable to lack of regular activity. Moreover, physical activity and regular exercise play a vital role to the physical and mental health of all ages. Being physically active can help you carry on to do the belongings you enjoy and stay independent as you age. Regular physical activity and exercise over long periods of time can produce long term health reimbursement. So, health experts say that older adults should be active every day that facilitate to maintain their health. Besides this, physical activity and regular exercise can reduce the risk of diseases and disabilities that develop as people grow older. exercise is an effective treatment for many chronic conditions. For instance, arthritis, heart diseases, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems or difficult walking. Physical activity and exercise makes a huge contribution to the lives of individuals. the benefits of physical activity and exercise include the well being / happiness of individuals taking part, improved the physical and mental health. Thus, the purpose of this study is to explore the benefits of physical activity and exercise for health.

Physical activity

Physical activity can be considered as any bodily movement produced by skeletal muscles that require energy expenditure.

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The amount of energy requisite to accomplish an activity can be measured in kilojoules or kilocalories. 4.184 kJ is fundamentally equal to 1 kcal. In particular the kJ is preferred as it is a measure of heat, has been used more frequently. There are various techniques for the assessment of physical activity ranging from behavioural observation and self-report to motion sensors. Some of the physical activity can have a number of diverse physical outcomes. For instances, running and cycling increase aerobic fitness or stamina; weight training or using resistance bands increase muscle strength, yoga and stretching exercise increase flexibility and balance. In the present study, physical activity categorized into two terms i.e aerobic – activities mean light to vigorous-intensity physical activity that requires more oxygen than inactive behavior and thus promotes cardiovascular fitness and other health benefits like jumping rope, biking, swimming, running, playing soccer, basketball or volleyball. Anaerobic – activities mean intense physical activity that is short in duration and requires a breakdown of energy sources in the absence of sufficient oxygen. Energy sources are refilled as an individual recovers from an activity. Anaerobic activity includes sprinting during running, swimming or biking need maximal performance during the concise period.

Exercise

Any physical activity could be considered exercise but when talk about doing exercise it usually mean activities that do purposely for fitness or training, rather than sometime that is part of our daily routine. In other words, exercise is a subset of physical activity i.e planned, structured and repetitive. Exercise is often related with maintenance or improvement of physical fitness. There are various kinds of exercise such as calisthenics, flexibility, isotonic, isokinetic, muscle –fitness. Calisthenics means isotonic muscle-fitness exercise overloads muscles by forcing the muscles to work at a higher level than usual. Flexibility means exercise designed to stretch muscles and tendons to increase joints flexibility or range of motion. Specific flexibility exercise need to be done for each part of the body. Isokinetic refers to a muscle – fitness exercise in which the amount of force equals the amount of resistance, so that no movement occurs. Isotonic is defined as a muscle – fitness exercise in which the amount of force exerted is constant through out the range of motion, namely, muscle shortening and muscle lengthening. Lastly, muscle –fitness is also known as progressive resistance exercise. It is to be considered as exercise designed to build muscle strength and endurance by overloading the muscles. Common forms of muscle fitness exercise involve isokinetic, isometric and isotonic.

Health

This concept was originated in 1948. According to WHO, health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. Physical health means adequate body weight, height and circumference as per age and sex with acceptable level of vision, hearing, locomotion or movements, acceptable levels of pulse rate, blood pressure, and respiratory rate. Health refers to as a state of well being in which the individuals recognize his or her own abilities. Social well being includes inter – relation and interaction of human being. In the same vein, health means sound body. different experts have been defined the term health in different ways; an expert in anatomy define healthy body means it should confirm to normal anatomical structure a physiologist viewed that health means normal body

function; a biochemist it means normal biochemical levels values; a pathologist, health means normal cellular make up; a genetics viewed that health means correct existence of genetic potential; a psychiatrist – health means will adjusted and a balanced personality.

Physical activity, exercise and health

In the present era, physical activity and exercise have a great importance. It is good for health and fitness, it is great pleasurable. In other words, we can say that physical activity and exercise which, through casual or organized participation, maintain or improve physical fitness and provide amusement to participants. Although, there is an explicit consideration that physical activity and exercise have positive health benefits through the reduction of chronic diseases and the improvement of physical activity and mental health. There is growing evidence that strong empirical and theoretical links between physical activity and positive health related outcomes. Besides this, regular participation in physical activity and exercise are associated with a longer and better quality of life, reduced risks of variety of diseases and many psychological and emotional benefits. Researchers such as downward and Rasciute; Cicognani *et al.* and Casey *et al.* showing that inactivity is one of the most significant causes of death, disability and reduced quality of life in the developed world. Physical activity and exercise may influence the physical activity health of youth. First, it can influence the causes of disease during childhood and youth. Evidence suggests a positive relationship between physical activity and a mass of factors that affecting physical health, such as diabetes, blood pressure and the ability to use fat for energy. Second, physical activity could reduce the risk of chronic diseases. Also, regular activity beginning in childhood helps to improve bone health. There is also seems to be a general trend towards increased childhood obesity in several countries. Obesity in childhood is known to have significant impact on both physical and mental health, including hypertension and abnormal glucose tolerance. Physical activity considered as a vital aspect of a weight control programme for youths, increase calorific expenditure and promoting fat reduction. Moreover, there has been evidence of disturbingly high rates of mental illness among adolescents and even younger children, ranging from low self esteem, anxiety and depression to eating disorders, substance abuse and suicide. Research suggests two ways in which physical activities can contribute to mental health in youths. Firstly, there is fairly reliable evidence that regular activity can have a positive impact on psychological well being. Secondly, research has indicated that physical activity can contribute to the reduction of problematic levels of anxiety and depression (WHO). Hence, the physical activity and exercise can influence the physical and mental health of youths.

Discussion and Conclusion

Physical activity and exercise as a vehicle for improving health (Downward and Rasciute, 2015; Skille and Solbakken, 2011), participation of physical activity and exercise increases cardiovascular performance and respiratory fitness (Sofi *et al.*, 2008; Steyn *et al.*, 2005); improves muscular strength, bone health and reduces hip and spinal cord fractures, colon and other cancers (Bauman *et al.*, 2005; Warburton *et al.*, 2007); improves health by reducing type II diabetes (Cook *et al.*, 2008; Gill and Cooper, 2008) and also enhance psychological well-being by reducing depression (Chalder *et al.*, 2012; Krogh *et al.* (2006) ^[5], viewed that exercise is an effective tool in the management of diabetes. They also explored that walking at

least 2 hours per week leads to lessen the incidence of premature death of 39%-53% from cardiovascular disease among patients with diabetes. Regular physical activity reduces the risk of obesity (Penedo and Dahn, 2005). Physical activity or exercise programs influences on emotional well – being. Physical activity and exercise as part of their lifestyle that facilitate to lessen the negative impact of aging on the body as well as the mind. Various literatures revealed that physical activity improves mood and reduces symptoms of depression and anxiety (Ross and Haynes, 1988; Stephens, 1988). Further, physical activity and exercise in modern society has begun to gain great importance in the development of quality of life. Moreover, the significant effects of regular physical activity on healthy in modern era. Exercise is considered as the step in lifestyles alteration for the prevention and management of chronic diseases, According to us department of health and human services report on physical activity, regular exercise positively leads to reduces causes of mortality by up to 30% for men and women (DHHS, 2002). Besides this Steptoe and butler (2006) reveled that dynamic exercise participation related to lower emotional distress as well as depression. While leisure physical activity positively leads to better mental health, including fewer symptoms of both anxiety and depression (Stephens 1988). Thirlaweay and Benton (1992) indicated that fitness related with exercise habits such that highly fit subjects who do not exercise had poorer health status than all others. Additionally, the major implication of this study are that to develop a workplace culture and environment that supports and motivates employees to be physically active. Further all health practitioners should be fully informed about the benefits of physical activity for both physical and psychological well being. Furthermore, all health practitioners should be encouraged to become physically active themselves, both for their personal self care and as role models. Workshop, seminars should be organized in order to aware the individuals regarding the benefits of physical activity and exercise. Besides this one of the main limitations of the current study is that is conceptual in nature, which needs to be empirically tested in future. Secoundly, it focuses on influence of physical activity and exercise sports on health. Future research should also explore the impact of physical education and sports on health, society, and education.

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