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- Chief & Executive Editor



Regular Exercise: A Need of Time

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Abstract :

Exercise is physical movement that is performed for body at a higher level than your usual level of daily activities. Physical exercise enhances or maintain physical fitness overall health. Daily exercise helps in accelerating growth and development of a normal child. Physiologically, exercise enhances the functioning of our various body organs and system i.e. circulatory system, respiratory system, muscular system, nervous system etc. Regular exercise makes a person strong, energetic and active which helps them to perform better in their daily routine. Physical Exercise is essential to improve mental health, emotional development. Exercise helps to maintain optimum strength, flexibility, endurance for a long period, exercise prevents obesity and various diseases. Movement is a medicine for initiating a change in a persons' physical, emotional and mental states.

Introduction :

Exercise is the important day today activity which is essential for the changing time which is also a need of time. "Exercise is a regular physical activity that is planned, structured and repetitive for the purpose of conditioning the various parts of human body." Exercise is useful in prohibiting or treating coronary heart changes, osteoporosis, weakness, diabetes, obesity and depression. Different types of exercises are utilized for different purposes for e.g. ROM exercise for improving movement of specific joint, strengthening exercise for muscle strength and mass, bone strength, isometric exercise for maximum strength. "If I would give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health". Hippocrates The benefits of exercise have been known since a long time of world history. Marcus Cicero around 65 BC stated "It is exercise alone that support the spirit and keep the body and mind in vigor". To be physical stronger was the necessity of early man living in jungles to protect themselves as well as to hunt animals for food. Formation of different kingdom increased the demand for healthy individual in the kingdom to protect their kings and people from enemies. Exercise is a supplementary food for the complete growth. Habit plays a vital role in the formation of food and life style. In modern days, the environmental pollutions and unhealthy eating habits has led to the need of physical activity in life of human beings. "Those who think they have not time for bodily exercise will sooner or later have to find time for illness." Edward Stanley It is also strictly followed that one must keep regular timing or schedule for the food and work. Physical exercise is need of society and most suitable way to prevent the further worsening of health conditions in India. There are so many reasons which affect the human health. Obesity is one of such reasons. In 21st century, obesity is affecting 5 per cent of the country's population. It causes various types of risks to human health. Obesity leads to risk of heart diseases, diabetes and hypertension. India has become third most obese country in the world after USA and china having 30 millions people as obese. Coronary heart diseases have increased to 23% of total deaths in India in (2010-13) from 17% in 2001-2003). In adults 26% of death in (2001-2003) to 32% in 2010-2013. The problems carries many reasons and some of the important reasons are lack of physical exercise, unhealthy diet, diabetes, hypertension, smoking etc [1]. Pollution also affects the obesity. Environment population has been increasing day by day due to industrialization, automobiles etc. This has lead to polluted air, water, soil. To survive in such an environment, the need for physical exercise is felt. Exercise gives strength to mind, body and feelings. Outdoor pollution have risen by 8 %



in 5 years with fast growing Cities [2]. According to WHO ultrafine particles of less than 2.5 microns are highest in India which causes pulmonary diseases.

Benefits of Exercise

It Controls Weight. Exercise prevents excess gain or help maintain weight loss. When you engage in physical activity, you burn calories, obesity starts when the burning calories are less than intake calories. This extra energy gets stored in the form of fat and excess fat cause obesity. Due to exercise, fat is dissolved and body gets refreshed.

Exercise Fights Health condition and diseases –

Physical exercise boosts high-density lipoprotein or good cholesterol and decreases unhealthy triglyceride. This decrease risk for cardiovascular diseases, depression, hypertension, diabetes etc. It grows inner strength.

Energy Booster

Regular exercises can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to tissue and helps your circulatory system work more efficiently when heart and lungs improves a person has more energy tackle daily charges. The more intake of oxygen provides pulmonary exercise.

Exercise and Recreation

Exercise and physical activity can be enjoyable. It gives a great joy to mind, body and spirit. It gives you a chance to unwind, enjoy the outdoors on simply engaging in activity that makes a person happy. This happiness makes a person feel relax and keep away stress and tension.

Exercise Accelerate Growth and Development

Regular Physical activity promotes growth and development and has multiple benefits for physical, mental and psychosocial health that undoubtedly contribute to good health. It also gives a great speed to the thinking process and a speed.

Cardiovascular system

Lowering resting heart rate, quickness in recovery from exercise; reduced risk of heart diseases, increased number of capillaries in heart, increased volume of blood and red blood cells, increase in cardiac output and stroke volume. The cardiovascular system can be improved with the help of regular patterned exercise.

Respiratory System

The respiratory muscles (Diaphragm/Intercostals) increase in strength. The result in larger respiratory volumes which allow more O₂ to be diffused into blood flow. More intake of oxygen purifies the blood and makes healthy. An increase in number and diameter of capillaries surrounding the alveoli leads to an increase in efficiency of gaseous exchange.

Muscular System

Muscle hypertrophy is increased by increase in muscle cells and volume (Muscle fibre size increase) Muscle increase their oxidative capacity, increase a number of mitochondria and increase in supply of ATP and quality of enzyme. Ability to store myoglobin increases.

Skeleton System

Increased synovial fluid products increased joint range of movement increased bone density, stronger ligament, healthier cartilage etc.

Endocrine system

Exercise boosts the number of hormones circulating in our body and strengthen reception sites on target organ cells. Proper work of hormones may balance the body. Function like



metabolic rate (testosterone and thyroxin) improves, blood sugar begin decreasing 10 minutes of aerobic exercise, weight training might increase your sensitivity to insulin at rest.

Nervous System

Exercise percent mental disorder, improve efficiency of impulse (contributes to brain cell and increase number of pathways for oxygen, energy and to remove waste from the brain. It maintains the balance of mind and feelings.

Prevent Chronic Diseases

Chronic diseases are major killer in the modern era. Physical inactivity to a primary cause of most chronic disease. Chronic diseases such as heart diseases, cancer and diabetes are leading cause of death and disability around the world. If regular exercise is done, such chronic diseases can be balanced.

Conclusion

Healthful living is a combination of many things including good nutrition, regular exercise and mentally fit. Exercise plays a very prominent role in health building. Exercise helps in weight control, strengthening bones and muscles, increased stamina, reduced risk to disease, increased brain health, improved energy, sleep and sex and in the end a longer healthy life. It also maintains the metabolic and chronic balance.

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