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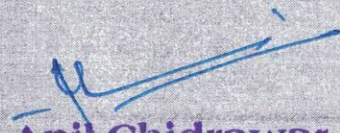


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has taken place, it has become the first duty of the media to show it in a very interesting way, through monstrous and frightening music.

Editor Nikhil Wagle insists that the media is always playing the role of an opposition party. The Indian media considers it a blessing. The Indian media seems to be making an apologetic attempt to show how the wrong decisions of the government are right, true and effective. The government has failed on all fronts. . With thousands of castes and different religions in India, Pandit Jawaharlal Nehru used to proudly describe India as a country united in diversity. It is seen that great efforts have been made to sustain it. Free movement of racist and bigoted forces is a menace to Indian democracy and federalism. Unemployment, famine and epidemics plague Pakistan, China, US, Russia, European nations, war, war preparations, military exercises, missiles, nuclear war The media considers it a blessing in disguise to show the evils of terrorism and the evils of terrorism by diverting people's attention from the real issue and focusing more on Pakistan as an enemy nation. Politics and cricket is used as an opium pill for Indians by ignoring hunger and many basic issues here and the same opium pill is spread through the media. It is not the failure of the media but the misfortune of the Indian media and this is the picture that some media outlets are presenting. They are engaged in sowing superstitions without giving an account of the significant progress made in science and technology. Forgetting the main role of enlightening the media on the path of enlightenment.

Through various advertisements and news, the Indian media is working to sow superstition in the masses and the masses. The main task of the Indian media should have been to find out the causal relationship of the problem, to find out the causal relationship of the phenomena happening in nature, to explain the subject of geography and astronomy to the people and to guide the people on the path of progress. May hope the Indian media will work well as per the expectation of the citizens and country also.

Regular Exercise : A Need of Time

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Abstract

We are in the 21st century of Science and technology, globalisation, industrialisation and fast growing world. In this age the role of regular exercise is very important to maintain good health habits. This research paper intends to focus on the various aspects of our health and fitness. It needs to concentrate upon the choice of exercises to do regularly. We all know very well that exercise is important in our regular lives. But sometimes we may not know how and what exercises can do for us. Its necessary to peep and remember that we have evolved from nomadic ancestors.They spent all their time moving around for food and shelter taking and travelling large distances regularly to complete their needs. The human body is designed and has evolved to be regularly active. If we don't exercise, our muscles will become flabby and weak. The heart and lungs won't function efficiently and our joints will be stiff and easily injured due to small activities also.

Keywords: Lifestyle, health, muscles, diseases, exercises, fitness, etc.

Introduction

In current decades, the lifestyle of people has changed dramatically and drastically. Today the people most of have become increasingly sedentary. Our personal wellness and health are largely the result of the different choices we make in our daily life. The highly mechanised environment which we now live in and around has largely detached the need for hard physical work to earn a living. Besides it has also



removed most of the opportunities for us to incorporate physical activity into our daily lives. These less physical activities have given birth to the most common diseases such as cardiovascular disease, diabetes cancer and obesity have also become more prevalent. The frequency of activity levels has decreased, and this can be linked to the lifestyle choices we make. We should eat a varied diet, restrict alcohol and stress, find enough time to relax and get adequate sleep, must avoid smoking, and take regular exercise to stay healthy fit.

Why Exercise?

Regular exercise is necessary to maintain good health throughout life and to make these physical activities should be a part of our daily routine. Many people uncover it difficult to integrate physical activity or structured exercise into their daily activities. Just thirty minutes of moderate exercise for five days a week would be sufficient to gain significant health benefits. When we marvel at the athleticism and achievements of athletes who outclass in sports, many of us do not have the sufficient time or fondness to dedicate for developing such sporting prowess. There are many things to gain from embracing increased physical activity levels. The person need not to incline with the limits like train like an elite athlete, nor need technical equipment, a gym environment, unlimited cash or extra hours in the day. We must realise these benefits of regular exercise. Besides all you need is a dose of the same kind of enthusiasm and determination. Regular exercise makes you feel fitter, appear better and it should provide you with more vitality and energy to go about your day-to-day life activities, tasks with ease.

Health Benefits of Active Lifestyle

There are numerous health benefits afforded by participation in regular exercise. The more activities you plan into your lifestyle, the more health benefits you can expect to enjoy in your life. Following are the important health benefits

- It mainly helps in weight loss and weight maintenance. Regular fortitude type exercise maintains the ability of muscles to burn fat as a fuel. Regular resistance type exercise helps to combat the loss of muscle mass that often occurs with dieting. It gains and supplies an increase in resting metabolic rate and further aid weight loss and maintain by increasing energy requirements even when at rest.

- It creates stronger heart and a reduces the risk factors associated with heart disease and stroke, like high blood pressure, cholesterol, overweight and obesity.

- Lower risk of developing Type 2 diabetes. Also increases in the uptake of glucose for those who already are suffering from Impaired Glucose Tolerance.

- There is a lower risk of developing various cancers, such as cancer of the breast and colon.

- It promotes stronger bones, bone density, lowers the risk of osteoporosis in later life. It also alleviates the symptoms of arthritic pain by keeping joints flexible and maintains the strength of muscles and surrounding joints.

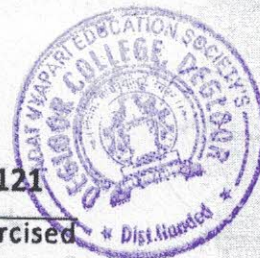
- It enhances mood, reduce anxiety, raises self-esteem and improves confidence. This is a proven area of scientific research. Also surveys suggest that physically active individuals feel happier with life.

- Improves digestion system, supports the proper functioning of the gut, reduces the risk of indigestion and constipation.

There is a need of lifelong commitment to regular exercise which facilitates health benefits and even small amounts of exercise can bring big benefits.

Scientific Recommendations and Guidelines of Exercise

It is recommended that we should do at least 30 minutes of moderate exercise on at least five days of a week. This 30 minutes a day recommendation must be considered as a minimum requirement. The good news is, it does not have to be achieved in a single effort. They



are gained through several short bouts of activities and can count towards the total making it easier to meet this daily target.

For many a people, the mere notion of exercises summon up an unpleasant thoughts or images of boring training programs, or rough competitive sports where the risk of injury is a real turn off. The first step is making the commitment to stick to it.

Moderate Activity and Activities to Undertake?

The Moderate activity means you need to get a little warmer and slightly out of breath. This type of exercise can be anything which raises your energy expenditure above resting level, enough to expend about 200 calories, and bring about the symptoms described. The activities like brisk walking, swimming, cycling and jogging are all fine. Besides dancing, heavy housework and gardening can count too.

Recommendations from the World Health Organisation for Physical activity promotion:

· The adults aged between 18-64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week. Also do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week.

· The Aerobic activities should be performed in bouts of at least 10 minutes of duration.

· For more additional health benefits, the adults should increase their moderate-intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity as per the need of a person.

· More muscle-strengthening activities should be taken involving major muscle groups on 2 or more days a week.

All the above suggestions are to keep you on track. It is essential to set short, medium and long term goals depending on your personal wants and needs. Setting goals will provide a target to aim for and an incentive to continue

for regular exercise. If you never exercised before, or are in poor physical shape you must not expect to see immediate results. Achieving an improved physical fitness requires time and a consistent approach.

Conclusion

Regular exercise is the need of time and it must be followed intensively. Different types of exercise supply different health benefits. Once the fitness goals have been determined and the exercise undertaken must allow for the type of benefits you expect such as weight control, stress management, muscle definition or the maintenance of flexibility. The important factors to take into consideration are convenience, cost, motivation and enjoyment. It is the need that your planned program must be enjoyable if you are going to sustain it. Whatever you chose, start sensibly and listen to your body. If you feel any signs of discomfort or stress while performing the exercise, terminate the activity immediately and get the medical advice as early as possible.

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