

## Physical Exercise for Healthy Lifestyle

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### ABSTRACT

Physical activity is an important determinant of health. Its fundamental role in energy balance and weight control and in decreasing the risks of coronary heart disease, stroke, hypertension, diabetes, colon cancer, breast cancer, and depression is widely known. The emphasis is therefore on moderate physical activity and the focus on integration of physical activity into one's lifestyle which offers additional opportunities for sedentary individuals to improve their health through participation in physical activities that are enjoyable, personally meaningful and fit more easily into daily schedules.

Therefore people who regularly participate in moderate amounts of physical activity and fitness can live longer and healthier and also, physical activity and fitness not only help prevent illness and diseases, but also promote quality of life.

**KEYWORDS:** *Physical activity, fitness, health, stroke, hypertension, diabetes*

### INTRODUCTION

Regular physical exercise is beneficial to the body on a long term basis. Most experts believe that healthy eating enhances the health of the body. However, recent research indicates that healthy eating has to be in tandem with physical exercises in order to ensure that the body systems function best. Regular physical exercises ensure that the body is able to manage heart diseases and other ailments such as diabetes. Being healthy and fit in simple terms means taking good care of the body. We should remember that a healthy mind resides only in a healthy body.

Good health of both mind and body helps one maintain the required energy level to achieve success in life. All of us must strive to achieve wholesome health. Protecting your body from the intake of harmful substances, doing regular exercises, having proper food and sleep are some of the important instances that define a healthy lifestyle.

At no time in our history has so much evidence been accumulated to demonstrate the health and wellness benefits of physical activity and fitness. There is no doubt that the public is becoming more aware of the Importance of Physical activity and fitness programmes. Most people believe that regular exercise is important to health and well-being, but yet do not exercise at all. The recent surgeon general's

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report on physical activity and health is an amazing document summarizing the benefits of regular physical activity and good physical fitness.

There are three major ways in which regular physical activity and good fitness contribute to optimal health and wellness.

First, they can aid in disease/illness prevention. There is considerable evidence that the risk of hypokinetic conditions can be greatly reduced among people who do regular physical activity and achieve good physical fitness. Virtually all chronic disease that plague the society are considered to be hypokinetic, though some are related more to inactivity than others.

Secondly, physical activity and fitness can be a significant contributor to disease/illness treatment. Even with the best disease-prevention practices, some people will become ill. Regular exercise and good fitness have been shown to be effective in alleviating symptoms and aiding rehabilitation after illness for such hypokinetic conditions as diabetes, heart attack, backpain and others.

Finally, physical activity and fitness are methods of health and wellness promotion. They contribute to

quality living associated with wellness, the positive component of good health.

Exercise provides an entertaining way to spend enjoyable time. People of all age who are usually inactive can improve their health and well-being by becoming active at a level of moderate intensity in daily basis. Regular Exercise significantly reduces the high blood pressure, risk of developing heart disease, stroke, some cancers, diabetes, and may help to remove the stress, anxiety, and depression. At any age, being physically fit is an advantage to your overall health.

### Types of exercise

Exercise and physical activity fall into four basic categories— endurance, strength, balance, and flexibility. Most people have a habit of to focus on one activity or type of exercise and think they're doing enough for their health. Each type of exercise is different; however, doing them all will give you extra benefits. Mixing it up also helps to reduce boredom and stop the possibility of injury.

**Endurance:** Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities. Walking or jogging, mowing, raking, digging and Dancing are kinds of this type.

**Strength:** Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability. We can find this type of exercise in Lifting weights, using a resistance band with your own body weight.

**Balance:** Balance exercises help prevent falls, a public problem in older adults. Many lower- body strength exercises also will improve your balance. This type can be noticeable in Standing on one foot, Heel-to-toe walk and Tai Chi.

**Flexibility:** Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. Some examples are for that in shoulder and upper arm stretch, Calf stretch and Yoga.

**According to the intensities of the exercise it can also divided to three categories.**

**Light exercise:** Does not induce sweating unless it's a hot, humid day. There is no obvious change in breathing patterns, sleeping, writing, desk work, typing, very slow walking, are examples for the first category.

**Moderate exercise:** It should raise your heart rate, make you breathe faster and make you feel warm enough to start to sweat after performing the activity for about 10 minutes. Breathing becomes deeper and more frequent. You can carry on a conversation but not sing, bicycling, verylight effort, calisthenics, home exercise, light or moderate effort are examples for the second one.

**Vigorous exercise:** Will make you breathe hard, increase your heart rate significantly and make you hot enough to sweat profusely after 3-5 minutes. Breathing is deep and rapid. You can only talk in short phrases, the examples for this type include running, jogging, jogging in place, calisthenics (e.g. pushups, sit-ups, pull ups, jumping jacks), heavy vigorous effort, rope jumping.

### Principles of Exercise

**Progression**—The intensity and duration of exercise must gradually increase to improve your fitness level. A good guideline for improvement is a 10 percent gain at specified intervals.

**Regularity**—To achieve effective training you should schedule workouts in each of the first four fitness components at least three times a week. Regularity is also key in resting, sleeping, and following a good diet.

**Overload**—The workload of each exercise session must exceed the normal demands placed on your body to bring about a training effect. You've often heard this expressed as "No pain, no gain." A fitness trainer, such as your ROTC instructor, can help you learn to tell the difference between pain that results from an optimum level of overload and pain that indicates potential injury.

**Variety**—Changing activities reduces the boredom and increases your motivation to progress.

**Recovery**—You should follow a hard day of training for a given component of fitness by an easier training or rest day for that component. This helps your body recover. Another way to promote recovery is to alternate the muscle groups you exercise every other day, especially when training for strength and muscle endurance.

**Balance**—To be effective, a fitness program should address all the fitness components, since overemphasizing any one of them may detract from the others.

**Specificity**—You must gear training toward specific goals. For example, Soldiers become better runners if their training emphasizes running drills and techniques. Although swimming is great exercise, it

will not improve a two-mile-run time as much as a coordinated running program does.

### **Benefits of Exercise**

Regular exercise makes the heart stronger and the lungs fitter, enabling the cardiovascular system to deliver more oxygen to the body with every heartbeat and the pulmonary system to increase the maximum amount of oxygen that the lungs can take in. Exercise lowers blood pressure, slightly decreases the levels of total and low-density lipoprotein (LDL) cholesterol (the bad cholesterol), and increases the level of high-density lipoprotein (HDL) cholesterol (the good cholesterol). These helpful effects decrease the risk of heart attack, stroke, and coronary artery disease.

**Reduce stress and anxiety:** Stress relief is one of the most common mental benefits of exercise. Regular Exercise can help to manage physical and mental stress. Exercise also increases concentrations of norepinephrine, a chemical that can moderate the brain's response to stress. Being active greatly causes a reduction in stress levels. Aerobic and anaerobic physical training are helpful for overall health. On the other hand Physical activity makes you more tired so you're more ready to sleep. Good quality sleep helps improve overall wellness and can reduce stress.

**Boost happy chemicals:** Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even improve symptoms among the clinically depressed. For this reason, doctors recommend that people suffering from depression or anxiety.

In some cases, exercise can be just as effective as antidepressant pills in treating depression. Higher energy levels resulting from exercise help a person in remaining fresh and happy.

**Improve self-Confidence and self-Image:** Physical fitness can boost self-esteem and improve positive self-image. Regardless of weight, size, gender, or age, exercise can quickly elevate a person's perception of his or her attractiveness, that is, self-worth. It has been proved that in less time of aerobic exercise and resistance training method definitely will help to improve self-image.

**Increase brainpower:** Various studies on mice and men have shown that cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance. Studies suggest that a vigorous workout increases levels of a brain-derived protein (known as BDNF) in the body, believed to help with decision making, higher thinking, and learning.

**Sharpen memory:** Regular physical activity increases memory and ability to learn new things. Getting sweaty increases production of cells in hippocampus responsible for memory and learning.

**Improve muscles and bones strength:** Exercise involves a series of sustained muscle contractions, of either long or short duration, depending on the nature of the physical activity. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength. Strong muscles and ligaments reduce your risk of joint and lower back pain by keeping joints in proper alignment. Additionally, with exercise improvements to the circulatory and respiratory systems can facilitate better delivery of oxygen and glucose to the muscle.

**Reduce the risk of Heart Diseases:** The heart is a muscle and needs exercise to stay in shape. When it's exercised, the heart can pump more blood through the body and continue working at optimal efficiency with little strain. This will likely help it to stay healthy longer. Regular exercise also helps to keep arteries and other blood vessels flexible, ensuring good blood flow and normal blood pressure. Daily exercise helps in strengthening of heart muscles. It helps maintain desired cholesterol levels. Daily physical activity reduces one's chances of stroke and the risk of heart disease.

**Preventing obesity:** Obesity and overweight are associated with hypertension, osteoarthritis, abnormal cholesterol and triglyceride levels, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, sleep apnea, respiratory problems and some cancers. Obesity is a significant health problem all over the world for all ages. Genetics can play a role in the possibility that a person will become obese, the condition occurs when the amount of calories consumed exceeds the amount of calories expended over a long period of time. The more you exercise, the easier it is to keep your weight under control. Excess calories are stored as fat in the body, and with long-term caloric excess, an individual eventually becomes obese. Exercise can help prevent excess weight gain or help maintain weight loss.

**Exercise and Diabetes:** Diabetes and exercise go hand in hand, at least when it comes to managing your diabetes. Exercise can help you improve your blood sugar control, boost your overall fitness, and reduce your risk of heart disease and stroke. But diabetes and exercise pose unique challenges, too. To exercise safely, it's crucial to track your blood sugar before, during and after physical activity. You'll learn how your body responds to exercise, which can help you prevent potentially dangerous blood sugar fluctuations.

### Substances to Avoid

Proper health and fitness reflect a mature decision you make to set a good example for your unit. Moreover, it's a wise lifestyle choice that will help you live a longer, more productive life.

**Alcohol:** Many people in our society have traditionally believed that alcohol—wine, beer, or hard liquor—relaxes you, increases your self-confidence, and alters your perception of stress or fatigue. It's true that for most people, light consumption of alcoholic beverages can be a pleasant social diversion. But habitual, heavy drinking or binge drinking can cause severe dehydration, decreased performance, dependence, and harm to your metabolism.

**Tobacco:** Cigarettes, cigars, and “smokeless” tobaccos contain a whole gamut of cancer-causing chemicals that provide no positive health effects. Some maintain that the “buzz” from tobacco leads to improved performance and reaction times, but no medical evidence supports this position. In the interest of good physical fitness, it is better if you don't smoke at all. If you do smoke, however, limit your intake and avoid smoking before, during, and after workouts. Smoking increases your heart rate and blood pressure.

**Controlled Substances:** Controlled substances are those strictly regulated by the government and may require medical prescription. You should use such substances only under medical supervision. Other drugs such as amphetamines, narcotics, steroids, and other so-called “performance enhancing drugs” are illegal and banned by the military. These drugs change performance by increasing central nervous system arousal. They increase your heart rate and blood pressure and they may cause dizziness, nausea, irritability, insomnia—even death.

### Conclusion

Health is the most important thing that a person should take care of. Leading a healthy lifestyle leads to happiness, success and achievements. Sound health not only means keeping a health body but it also includes a healthy mental condition. Our health depends upon several factors such as food, pollution, regular sleeping habits, fresh air, water, sunlight, and healthy mental condition. Morning walks and physical exercises are very helpful for ensuring the fitness of our mind and body. We create the conditions that lead to an unhealthy and unfit lifestyle. By engaging in physical exercises, an individual is able to enhance his or her chances of living longer, while keeping diseases

at bay. Daily exercise can reduce stress and anxiety, boost happy chemicals, improve self-confidence, increase the brain power, sharpen the memory and increase our muscles and bones strength. Physical activity and exercise can have immediate and longterm health benefits. Most importantly, regular activity can improve your quality of life.

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