

# Physical Exercise – The Mystery of Health and Fitness



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**Abstract –** Since from immemorable time it is said that a healthy mind and soul lies in a healthy body. A healthy body is not just nourished by a balanced diet but also with physical exercise. A daily schedule and buzziest life may a body away physical stress but brings near to the dangers and disorders which ultimate becomes fatal. A common denominator among people who successfully manage their weight and stay fit is that they exercise as a matter of habit. Physical exercise comes at the top of human priority list, one who avoids its will not just cheat his own body but also loose a chance to stabilize a normal weight and stay healthy for a life time. The most grateful blessed CURSE one who escapes from exercise is "OBESITY". This seems to be carried as lovely legacy generation after generation. The long lasting ultimate alternative to rescue from this curse is physical exercise. In physical exercise each movement has its own Excellency which favours a human body to come out of risk presently and in future also. This present matter is mainly focused on obesity/weight loss as every 4<sup>th</sup> person sitting here is a prey of overweight; let's search a boon to avoid it to be as every 1<sup>st</sup> or 2<sup>nd</sup> person. Lack of exercise makes a person confused to be extraordinary aware and also confused to have desired food for example if you wish to have a cup of tea (100 ml) during a friends chat meeting. We will be aware as you will take 70 calories more from routine when you are in diet not in practice of exercise.

A single tea spoon sugar has 20 calories. These keep a mind disturbed, hurting and a body restless as you could not go with desired food at formal times. To cut shot such extra cups of tea, spoons of sugar, casual sit ups, stretching, bending etc. 1 tea spoon sugar is materialized by simple 35 – 40 sit ups. 1 cup extra tea is being neutralized by 20 times curling of legs, 20 times down and cross stretching. Thus you can make up to diet by only physical exercise.

## INTRODUCTION

The outcome of this research concept is make the physical exercise as part and parcel of life which itself provides a solution to all the disorders in a body. Hope I may cross at least a few mind to engrave the importance of physical exercise and kept them away from further risks.

- ❖ Since from immemorable time it is said that a healthy mind and soul lies in a healthy body.
- ❖ A healthy body is not just nourished by a balanced diet but also with physical exercise.

- ❖ A daily schedule and buzziest life may a body away physical stress but brings near to the dangers and disorders which ultimate becomes fatal.
- ❖ A common denominator among people who successfully manage their weight and stay fit is that they exercise as a matter of habit.
- ❖ Physical exercise comes at the top of human priority list, one who avoids its will not just cheat his own body but also loose a chance to stabilize a normal weight and stay healthy for a life time.

- ❖ The most grateful blessed CURSE one who escape from exercise is “OBESITY”.
- ❖ These seem to be carried as lovely legacy generation after generation.
- ❖ The long lasting ultimate alternative to rescue from this curse is physical exercise.
- ❖ In physical exercise each movement has its own Excellency which favour a human body to come out of risk presently and in future also.
- ❖ This present matter is mainly focused on obesity/weight loss as every 4<sup>th</sup> person sitting here is a prey of over weight, lets search a boon to avoid it to be as every 1<sup>st</sup> or 2<sup>nd</sup> person.
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- ❖ Thus you can make up to diet by only physical exercise.

**“AN APPLE A DAY KEEPS DOCTOR AWAY IS TRUE BUT AN HOUR EXERCISE A DAY KEEPS DOCTOR AWAY IS ALSO NOT FALSE.”**

- ❖ Physical exercise involves various concepts such as moderate activities, these are the activities were in one can expend approximately.
- ❖ 200 calories an hour, for example if you do housework for 20 minutes, three times a

week, you’ve accrued one hour of activity and have burned 200 calories.

- ❖ Below are the clinical evidences that moderate activities performed regularly throughout your week, can be helpful in weight control and may be protective against heart diseases.
- ❖ Climbing stair for one hour throughout a week.
- ❖ Parking vehicle faraway from your destination to increase walking for an accumulated one hour a week.
- ❖ Walking for pleasure (not exercise) at least one hour a week.
- ❖ Moderate job activities (E.g., Stocking shelves, moving materials, lifting objects).
- ❖ Performing moderate yard/garden work for an accumulated one hour a week.
- ❖ Moderate house work (Scrubbing floors, sweeping floors, washing windows) for an accumulated on hour a week.





PARKING FAR AWAY



CLIMBING STAIR CASE



OBJECT LIFTING





**GARDENING**

**HOUSE WORK**



**Scrubbing**



**Sweeping**



**Washing Windows**

**VIGOROUS ACTIVITIES:**

- ❖ It includes expending 350 calories or more an hour when performed at least three hours a week, these activities promote fat loss and greatly reduce your risk of heart disease.
- ❖ Brisk walking, jogging, running, biking or swimming at least two to three hours a week (Aerobic exercise machines such as thread mills and stationary bicycles count here).
- ❖ Participating in calisthenics or general exercise at least two to three hours a week.

- ❖ Playing strenuous racquet sports (tennis, handball, or squash) at least two or three hours a week.
- ❖ Playing other strenuous sports (i.e., basket ball, volleyball, arts, skipping etc.) at least two to three hours a week.
- ❖ Lifting weights at least two to three hours a week.



### **VIGOROUS ACTIVITIES**

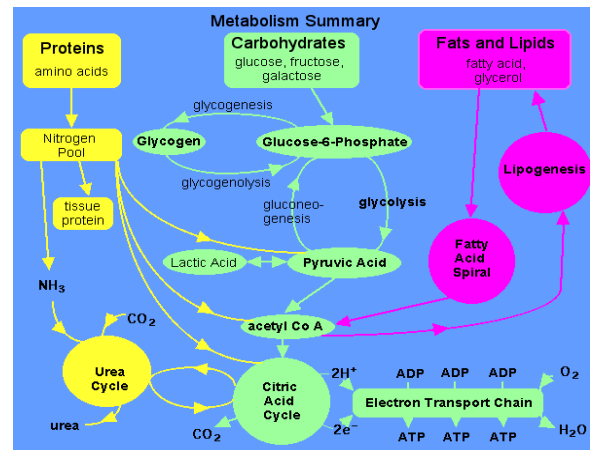
- ❖ Diet, nutritious food, low calorie food etc. are some buff and irritating concept when a person is found to do it all his life in contrary to these words which gives pleasure and self-confidence is physical exercise.
- ❖ Food behaviour and exercise behaviour are highly interactive, with a powerful connection operating between the two.
- ❖ If you exercise on a regular basis, a rather amazing phenomenon occurs, you will begin to experience a weakening desire to overeat or binge.
- ❖ You food behaviour will being to change almost automatically and you'll make healthier food choices as a matter of routine.

- ❖ It has been proved that a person who inculcated the regular exercise habits will become conservative in selection of food.
- ❖ When a once weight/obese person visit a physician, he will diagnosed, medicated and sent to a dietician but why not to physical instructor? .....
- ❖ The answer is that though the physical exercise is mandatory for human body, yet least attention is given.
- ❖ The dietarian may give lengthy chart of what not to eat, which may won't be workout for him and comes out ultimately to the ground of obesity or less will perform excessive dieting which leads to the destruction and shrinking of body cells and tissue.
- ❖ As per study on this concept we all physical instructors wish to recommend each and every person to have a physical exercise chart and then a diet chart.
- ❖ Physical exercises have enumerable positive effects which mainly includes mental relaxation, nervous stimulations at regular interval, proper development and functioning of hormone levels and greater stamina at higher level.
- ❖ The following table reveals the physical and psychological benefits of exercise.

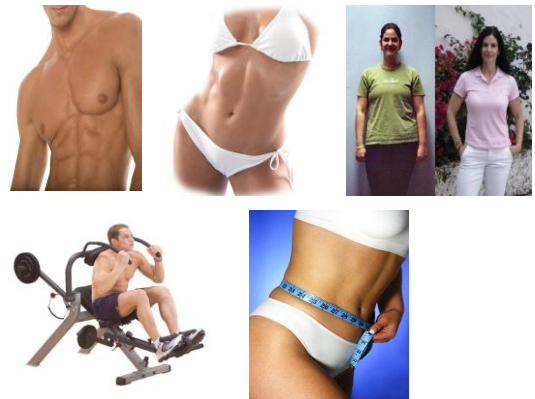
**BENEFITS OF EXERCISE:**

	Exercise advantages
Physical	<ul style="list-style-type: none"> <li>❖ Reduced body fat</li> <li>❖ Faster metabolism</li> <li>❖ Greater proportion of body defining muscle</li> <li>❖ Shapelier figure (women); more chiseled physique (men)</li> <li>❖ Improved appearance</li> <li>❖ Easier to maintain weight loss</li> <li>❖ Increased strength and endurance</li> <li>❖ More energy</li> <li>❖ Better flexibility and mobility</li> <li>❖ Protection against bone loss and osteoporosis</li> <li>❖ Stronger immunity and resistance to disease</li> <li>❖ Greater cardiovascular fitness</li> <li>❖ Reduced risk of diabetes</li> <li>❖ Reduced risk of developing some cancers.</li> <li>❖ Less desire to smoke, use alcohol or overeat.</li> <li>❖ Improve sex life</li> <li>❖ Slowing down of the aging process</li> </ul>

**METABOLISM**



**BENEFIT OF EXERCISE**



Psychological	<ul style="list-style-type: none"> <li>❖ Sharper mental alertness and concentration</li> <li>❖ Relief of tension, stress and anxiety</li> <li>❖ Brighter mood, less depression</li> <li>❖ Improved body image</li> <li>❖ Greater self esteem</li> <li>❖ Improved self confidence</li> <li>❖ Stronger sense of self discipline</li> </ul>
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**PSYCHOLOGICAL BENEFITS**



- ❖ The outcome of this research concept is make the physical exercise as part and parcel of life which itself provides a solution to all the disorders in a body.
- ❖ Hope I may cross at least a few mind to engrave the importance of physical exercise and kept them away from further risks.



**ALL THE BEST AND LETS HOPE POSITIVE RESULTS**

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