

Physical Exercise and Health

Miss Gangavva G. Danappanavar^{1*} Dr. N. Chandrappa²

¹Research scholar, Dos in Physical Education and Sports Sciences, KSW University, Vijayapura

²Professor and Regional Director for KSW University Extension Center, Mandaya Sciences. KSW University, Vijayapura

Abstract – Improving the health of children is one of the most responsibilities among many in the fight against poverty. Healthy children become healthy adults, people who create better lives for themselves, their communities and their countries. Improving the health of the world's children is a core UNICEF objective. Since our founding, we have made significant progress in immunization, improving child health with community-based treatments diarrhea, pneumonia and malaria, improving access to quality care for newborns and pregnant women, child health in emergency settings, and strengthening health systems to better serve the needs of women and children.

Healthy and consistent nutrition is a huge part, but without exercise you aren't able to achieve the actual body shape you want. Calorie restriction without effective exercise will just leave you in a saggy human shell, you simply go from being overweight to being a skinny fat person. Exercise is the only way to truly shape and sculpt your body into a masterpiece.

The conclusion can be drawn that involvement in regular and practices of varied nature of physical activities leads to develop all round personality among the practitioners and makes improvement in working nature of body condition.



INTRODUCTION

Improving the health of children is one of the most responsibility among many in the fight against poverty. Healthy children become healthy adults, people who create better lives for themselves, their communities and their countries. Improving the health of the world's children is a core UNICEF objective. Since our founding, we have made significant progress in immunization, improving child health with community-based treatments diarrhea, pneumonia and malaria, improving access to quality care for newborns and pregnant women, child health in emergency settings, and strengthening health systems to better serve the needs of women and children.

Healthy and consistent nutrition is a huge part, but without exercise you aren't able to achieve the actual body shape you want. Calorie restriction without effective exercise will just leave you in a saggy human shell, you simply go from being overweight to being a skinny fat person.

The skinny fat person is a tragic waste of a human body! We are made to be brilliant!! But by lacking the muscle and bone structure not to mention a healthy mindset to hold yourself with strength or confidence

you don't feel empowered or positive about your body because underneath the smaller sized clothing is still the side effects of being overweight. The flabby flesh and lose skin, wobbly bits and lack of muscle tone are still lurking underneath. The outside may have changed but the inside still feels unworthy and punished.

Having a Play trainer to help you set goals for your training is inspiring and motivating! Then seeing what you achieve is one of the greatest feelings in the world! It is far better than suffering through a diet only to become a saggy human shell!!! Maybe your goal would be to building a bigger chest or strong back, or having shapely legs and great posture! You must ask yourself more than just I want to lose weight; You need to ask yourself what your ultimate body looks like! Whether it be healthy, fit, toned, strong muscular, firm, lifted!

Exercise is the only way to truly shape and sculpt your body into a masterpiece.

PHYSICAL EXERCISE

Definition:

Exercise is physical activity that is planned, structured, and repetitive for the Purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation.

Importance of exercise

It's important to remember that we have evolved from nomadic ancestors who spent all their time moving around in search of food and shelter, travelling large distances on a daily basis. Our bodies are designed and have evolved to be regularly active.

For example; In the same way that a sports car is designed to go fast, we are designed to move. If the sports car is taken out once a week for a 3 mile round trip through a town Centre then it would probably develop engine problems fairly quickly.

Importance of Health

Health is a dynamic process because it is always changing. We all have times of good health, times of sickness, and maybe even times of serious illness. As our lifestyles change, so does our level of health.

Those of us who participate in regular physical activity do so partly to improve the current and future level of our health. We strive toward an optimal state of well-being. As our lifestyle improves, our health also improves and we experience less disease and sickness. When most people are asked what it means to be healthy, they normally respond with the four components of fitness mentioned earlier (cardiorespiratory ability, muscular ability, flexibility, and body composition). Although these components are a critical part of being healthy, they are not the only contributing factors. Physical health is only one aspect of our overall health.

The other components of health (Greenberg, 2004, p. 7) that are just as important as physical health include the following:

- Social health-The ability to interact well with people and the environment and to have satisfying personal relationships.
- Mental health-The ability to learn and grow intellectually. Life experiences as well as more formal structures (e.g., school) enhance mental health.
- Emotional health-The ability to control emotions so that you feel comfortable

expressing them and can express them appropriately.

- Spiritual health-A belief in some unifying force. It varies from person to person but has the concept of faith at its core.

Types of Exercise

Exercises are generally grouped into three types depending on the overall effect they have on the human body:

- Aerobic exercises, such as cycling, walking, running, hiking, and playing tennis, focus on increasing cardiovascular endurance.
- Anaerobic exercises, such as weight training, increase short-term muscle strength.
- Flexibility exercises such as stretching improve the range of motion of muscles and joints.

Aerobic and anaerobic are the most commonly performed, so here is an overview of their qualities:

AEROBIC EXERCISE

Aerobic (or cardiovascular exercise, a term attributed to this kind of exercise because of its various benefits in cardiovascular health) refers to exercise involves or improves oxygen consumption by the body.⁴ Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process.⁵ Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time. This intensity can vary from 50-80% of maximum heart rate.

Among the recognized benefits of doing regular aerobic exercise are:

1. Stronger heart:
2. Increase of the total number of red blood cells in the body,
3. Improved breathing:
4. Improved muscle health:
5. Weight loss:
6. Disease reduction:
7. Improved immune system:

8. Improved mental health:
9. Increased stamina:
10. Anaerobic exercise

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Anaerobic exercise is the type of exercise that enhances power and builds muscle mass. Muscles trained under anaerobic conditions develop differently, leading to greater performance in short duration, high intensity activities, which last up to about 2 minutes.

The most common form of anaerobic exercise is strength exercise. Strength exercise is the use of resistance to muscular contraction to build the strength, anaerobic endurance and size of skeletal muscles. There are many different methods of strength training, the most common of which are weight and resistance exercise. These two types of exercise use gravity (through weight stacks, plates or dumbbells) or machines to oppose muscle contraction, and the terms can be used interchangeably.

CONCLUSION:

The conclusion can be drawn that involvement in regular and practices of varied nature of physical activities leads to develop all round personality among the practitioners and makes improvement in working nature of body condition.

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Corresponding Author

Miss Gangavva G. Danappanavar*

Research scholar, Dos in Physical Education and Sports Sciences, KSW University, Vijayapura

E-Mail – dgganga26@gmail.com