

Physical Exercises Impact on Strength and Endurance

Jitendra Sharma^{1*} Dr. Minakshi Pathak²

¹ Research Scholar

² Dean, School of Physical Education, Sri Satya Sai University of Technology & Medical Sciences, Sehore

Abstract – Physical activity and exercise on a regular basis will help you remain balanced, energetic, and independent as you age. Exercise is important in avoiding health problems such as heart disease and stroke. Many studies have shown the health benefits of physical exercise. Physical activity and exercise can help to reduce stress and anxiety, boost happy hormones, boost self-confidence, boost brain capacity, enhance memory, and strengthen our muscles and bones. It also aids in the prevention and treatment of heart disease, obesity, blood sugar swings, cardiovascular disease, and cancer. Physical exercise research holds a significant and valuable role in contemporary culture due to its strong ties to all aspects of life.

Key Words – Physical, Exercises, Strength, Impact, Endurance and Activity.

INTRODUCTION

Physical exercise is characterized as any bodily movement that requires energy expenditure and is performed by skeletal muscles. Structured, repetitive, and purposeful exercise is a subcategory of physical activity. It is critical to have a clear mind before beginning every task, whether it is office work, research, or creative work. People who make exercise a priority in their lives are happier and more productive than others. Exercise does not imply that you must go to the gym or join a club on a regular basis; it simply implies that you must engage in some form of physical activity, regardless of how or where you do it. Coronary heart disease, osteoporosis, fatigue, diabetes, obesity, and depression can all be prevented or treated with exercise. Strengthening exercises provide the muscles with the right amount of resistance to help them gain stamina and strength. Cardiac rehabilitation activities are created and tailored to the individual's needs in order to strengthen the cardiovascular system and prevent and treat cardiac problems and diseases.

Physical exercise

Robert (1989) stated that physical exercise is any organized activity that involves continuous participation. Exercise occupies a leading role in keeping a person fit. It will be quite difficult to adjust one's life to stress, diet, sleep and so on without proper exercise.

Edward (1998) concludes that the frequency related exercise extending over months and years is necessary for healthy existence. It is the physiological need of a primitive which cannot safely be eliminated by civilization. It is difficult to find men who have been injured by muscular exercise but easy to find many who have failed in normal development and ruined by the lack of it. Regular exercise offers many physiological benefits.

Need for physical exercise

It:

- increases your chances of living longer
- improves your quality of life
- lowers your chances of developing heart disease
- aids in the reduction of elevated blood pressure (hypertension) and high cholesterol levels
- assists with the prevention of such cancers
- aids in the prevention or management of type 2 diabetes (adult-onset diabetes)
- lowers the risk of arthritis and relieves the symptoms that come with it

- aids in the prevention of osteoporosis (the progressive loss of bone mass and strength)
- enhances agility and resilience as you age
- relieves depression and anxiety symptoms
- Assists with weight loss and weight control.

Types of Exercises:

When you have arthritis, exercise is important for staying healthy. Regular moderate physical activity will make you feel better by reducing fatigue, strengthening muscles and bones, increasing flexibility and endurance, and improving your overall health. When you have arthritis, joint flexibility is particularly necessary because sore joints make it difficult to do simple tasks like buttoning a shirt or starting the car.

Normal exercise can consist of three types of activity: flexibility (stretching, range-of-motion) exercises, strength (resistance) exercises, and cardiovascular (aerobic) exercises. That may seem like a lot, but once you integrate it into your everyday routine, it becomes second nature. Before beginning any exercise, one should check with a physician to ensure that the exercise is safe. A physical therapist can be consulted to determine one's particular exercise and joint protection requirements. They'll show you how to get started, how to adjust workouts so that they don't hurt your knees, and how to set realistic goals for yourself.

It's also worth remembering that only a medical professional will advise you about what to do during a flare. Sleep can help alleviate inflammation in a joint that is wet, sore, and swollen. Gentle range-of-motion exercises can also be recommended by a doctor or physical therapist to help improve joint mobility.

Flexibility (Stretching, Range-of-Motion) Exercises

These gentle stretching exercises are the most effective of all exercises and should be performed every day. Flexibility exercises can help protect joints by lowering the risk of injury, warm up the body for more strenuous activity by keeping it going, and relax and relieve stress. These can be done on land or in water (a pool, a hot tub, or a warm bath). These exercises are particularly beneficial for relaxing sore joints first thing in the morning. Tai chi and yoga are good range-of-motion exercises. Working on flexibility exercises for up to 15 minutes a day is ideal. "Once you can perform 15 minutes continuously, you should be able to incorporate strengthening and aerobic exercises into your workout."

Strengthening (Resistance) Exercises

When you have arthritis, you need solid muscles to take the pressure off your joints. Strengthening exercises can help create muscles that withstand

shock and protect joints from damage, as well as make it easier to move around. These exercises make one's muscles work harder by adding weight or tension, allowing them to grow stronger. Isometric and isotonic exercises are the two styles of strengthening exercises. Isometric exercises are beneficial for arthritis sufferers because they operate by contracting muscles without moving the joint. Isometric exercises make it simple to target the muscles that surround joints, reducing joint tension. Straightening one's knee while sitting in a chair, for example, is an isotonic exercise that strengthens the thigh muscle. These exercises can help people with arthritis because they can be made easier when a joint is inflamed or more painful when they are feeling stronger by adding weights or repetitions. After warming up with some flexibility exercises, strength exercises should be performed every other day.

Cardiovascular (Aerobic) Exercises

Any physical activity that uses the large muscles of the body in rhythmic, continuous movements is known as cardiovascular (aerobic or endurance) exercise. Running, dancing, swimming, and bicycling are only a few examples. These exercises are designed to improve the efficiency of your heart, lungs, blood vessels, and muscles. They can also lead to increased stamina, stronger muscles, better sleep, weight management, and a reduction in stress, depression, and anxiety. Three or four days a week, you can aim to incorporate aerobic exercise in your workout routine, with the intention of focusing on your target heart rate for 30 minutes each time. Starting with 5 minutes and increasing as one becomes stronger and more capable, one can gradually work up to this target.

Effects of physical exercise on various systems

The aim of this paper is to talk about the impact of exercise on one's overall health (mental, social, and physical health). If one of the three components is not functioning properly, one is not absolutely well. Exercising is a leisure activity that makes people feel better in all aspects of their wellbeing.

The physical aspect is the most well-known aspect that exercise enhances. Exercising has the physical effect of keeping every aspect and structure of our body in motion. There are numerous parts of our bodies that benefit from exercise, but the cardiovascular system is one of the most significant. When one exercises, for example, muscles move, and muscles need oxygen from the blood to move, so the heart must pump blood at a faster rate to keep the muscles going. This strengthens your heart and lungs, preparing you for the future.

Mental wellbeing is also included in the concept of health. One of the factors that motivates people to exercise is this. Exercise temporarily diverts and relaxes you because it allows you to release a variety of emotions and goods, including tension. Many

people believe that when they exercise, all of their problems and burdens from their daily lives vanish or are at least temporarily forgotten. Problems in our lives can be addressed when exercising because one is calm and comfortable, making it much easier to think clearly.

The importance of exercise today

Prior to the advent of modern technology, most people's everyday routines included a lot of physical activity, such as walking and different types of labour that required a lot of movement and effort. It could seem that they did not need any extra physical activity for their welfare. Yet, over 800 years ago, Rambam wrote unequivocally: "As long as an individual exercises and exerts himself, a great deal of illness will not come upon him, and his strength will increase." Rambam recognised the need to stress the importance of physical activity to one's wellbeing even back then, which means it's even more important today!

Transportation, advanced computers, and electrical devices that perform our tasks for us at the touch of a button have made our lives so much easier. However, by sparing us a great deal of physical exertion, they have robbed us of many natural opportunities to use and exercise our bodies. The problem is particularly acute among those whose everyday "action" consists primarily of sitting, such as office employees, drivers, and students. The problem is exacerbated by today's average daily diet, which is higher in fats and sugars than in the past. Many of the health conditions and diseases that people face today can be traced back to a lack of physical activity and a poor diet.

Setting aside time in our daily schedule for some form of health-promoting physical activity is more important than ever. The need is much greater for those of us who have no physical activity during the day. Each of us must find activities that will help us sustain and improve our physical health while also lowering our risk of illness.

In the broader world, there is an increasing knowledge of the need for more physical activity, as well as a significant investment in activities with the stated goal of enhancing fitness, maintaining wellbeing, and preventing illness. But, in fact, achieving these goals has become a culture unto itself, with a focus on body and bodily appearance, as well as the desire to extract the greatest pleasure from existence. This community has spawned a multibillion-dollar industry of sporting events, media coverage, commercials, fitness centres, equipment, warehouses, and retail outlets.

Yoga and physical exercise

Yoga practice is generally looked upon as exercise. It is a misconception to call yoga physical exercise.

Yoga is postural patterns; these postural patterns are to be achieved slowly, maintained for sometime steadily and released again in a slow smooth manner. Yoga leads to exertion of the body, nevertheless. Yoga uses physical exercises as tools to make the body and mind healthy. The body and mind are trained in such a way that a necessary equilibrium is established in overall functions. The aim of yoga is not only to develop the muscle and the body but mainly to regulate the proper activities of all the internal organs and glands to affect the nervous system and that which control our well being to a much greater degree than we actually suppose.

Many people consider yoga as exercise and practice it in exercise pattern keeping therapeutic use aside. If asanas are to be practiced to maintain normal health of mind and body, then they differ from physical exercise in many respects.

- Exercises are performed in a fast or speedy manner leading to exertion and fatigue.
- Movements of extremities are more prominent and important while exercise to the trunk is secondary in exercise.
- In exercise, only a particular movement is repeated to develop strength of some part of the body.
- Heavy muscle masses are built through exercise for increasing muscular strength.
- The voluntary efforts in the stretching of muscle increases the tension in muscles and gives rise to painful sensations.

Health related physical fitness components

Motor ability may be defined as present, acquired and innate ability to perform motor skills of a fundamental nature, excluding highly specialized sports or gymnastics skills, such as walking, running and jumping. From this definition, it may be deduced that motor ability is the basic or fundamental ability of an individual to perform the basic motor tasks. The acquisition and performance of important sports skill is based on the degree of development of this ability. It is now proved that the motor ability can be developed through training which, in turn, may be utilized to improve the sports skills. The training to improve motor ability can be timed in such a way that it may help the athlete in giving his optimum performance at required time.

CONCLUSION

Exercise not only increases your physical fitness, but it also improves your overall health and well-being. Physical activity and exercise can help people avoid diseases including diabetes, cancer, and cardiovascular disease. Exercise on a daily basis will

help to relieve stress and anxiety, increase brain capacity, sharpen memory, and strengthen our muscles and bones. Physical activity and exercise will improve your health both now and in the future. Most importantly, daily exercise will help you live a better life. These advantages can be obtained by exercising for at least 30 minutes a day. There was significant improvement in Physical variables, such as speed, leg explosive power, agility.

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Corresponding Author

Jitendra Sharma*

Research Scholar