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IMPORTANCE OF EXERCISE.

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Abstract:

Regular Physical activity and exercise can help you stay healthy, energetic and independent as you get older. Exercise play a vital role in preventing health diseases and stroke. The health benefits of doing regular Exercise have been shown in many studies.

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. The term “**Physical activity**” is not equal to “exercise”. Exercise is a subcategory of physical activity which is structured, repetitive, and purposeful. “A sound body has a sound mind” It means that if a person is weak, dull, and sick, he is not able to do his work efficiently and quickly. It is very important to have a fresh mind before any work, like office work, study or some creative work. The people who make exercise as essential part of their routine are happier and more efficient than others. Exercise does not mean to go to gym or some club for daily activity; it only means to do some physical activity no matter how and where. Exercise is useful in preventing or treating coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression. Strengthening exercises provide appropriate resistance to the muscles to increase endurance and strength.

Health-related physical fitness involves the components of physical fitness related to health status, including cardiovascular fitness, musculoskeletal fitness, body composition and metabolism.

Keywords: Exercise, development, Physical fitness.

Introduction:

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What is Exercise? Exercise

1. activity requiring physical effort, carried out to sustain or improve health and fitness.

"exercise improves your heart and lung power"

2. an activity carried out for a specific purpose.

"an **exercise in** public relations"

Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, to aid growth and improve strength, develop muscles and the cardiovascular system, hone athletic skills, weight loss or maintenance, improve health, or simply for enjoyment. [Wikipedia](#)

What is Importance?

Importance

1.the state or fact of being of great significance or value.

"the importance of a good education"

Importance or Important may refer to: **Notability, being worthy of notice, having fame, or being considered to be of a high degree of interest, significance, or distinction.** Social status, the measurement of importance within society. Value (ethics), degree of importance of some thing or action.

History or Review:

India

In India, individual pursuit of fitness was discouraged as the religious beliefs of Buddhism and Hinduism emphasized spirituality and tended to neglect development of the body. Consequently, the importance of fitness within society in general was relatively low. However, an exercise program similar to Chinese Cong Fu gymnastics developed, while still conforming to religious beliefs, known as Yoga. Though its exact origin has yet to be identified, Yoga has existed for at least the past 5000 years. Translated, Yoga means union, and refers to one of the classic systems of Hindu philosophy that strives to bring together and personally develop the body, mind, and spirit. Yoga was originally developed by Hindu priests who lived frugal lifestyles characterized by discipline and meditation. Through observing and mimicking the movement and patterns of animals, priests hoped to achieve the same balance with nature that animals seemed to possess. This aspect of Yoga, known as Hatha Yoga, is the form with which Westerners are most familiar and is defined by a series of exercises in physical posture and breathing patterns. Besides balance with nature, ancient Indian philosophers recognized health benefits of Yoga including proper organ functioning and whole well-being. These health benefits have also been acknowledged in the modern-day United States, with an estimated 12 million individuals regularly participating in Yoga.

Objectives:

1. Improved Health.
2. Weight Loss.
3. Increased Strength and Stamina.
4. Improved Mental Health.

The Benefits of Exercise:

There are many benefits of regular exercise and maintaining fitness and these include:

1.Exercise increases energy levels:

Exercise improves both the strength and the efficiency of your cardiovascular system to get the oxygen and nutrients to your muscles.

2.Exercise improves muscle strength:

Staying active keeps muscles strong and joints, tendons and ligaments flexible, allowing you to move more easily and avoid injury. They also improve coordination and balance.

3.Exercise can help you to maintain a healthy weight:

The more you exercise, the more calories you burn. In addition, the more muscle you develop, the higher your metabolic rate becomes, so you burn more calories even when you're not exercising.

4.Exercise improves brain function:

Exercise increases blood flow and oxygen levels in the brain. It also encourages the release of the brain chemicals (hormones) that are responsible for the production of cells in the hippocampus, the part of the brain that controls memory and learning.

5.Exercise is good for your heart:

Exercise reduces LDL cholesterol (the type that clogs your arteries), increases HDL (the good cholesterol) and reduces blood pressure so it lowers the stress on your heart.

6. Regular exercise lowers your risk of developing type 2 diabetes:

Regular exercise helps to control blood glucose levels, which helps to prevent or delay the onset of type 2 diabetes.

7. Exercise enhances your immune system:

Exercise improves your body's ability to pump the oxygen and nutrients around your body that are required to fuel the cells that fight bacteria and viruses.

8. Staying active reduces the likelihood of developing some degenerative bone diseases: Weight bearing exercise such as running, walking or weight training lowers your risk of both osteoarthritis and osteoporosis – the adage of “*use it or lose it*” really does apply to bones. 9. Exercise may help to reduce the risk of certain cancers:

Being fit may mean that the risks of colon cancer, breast cancer and possibly also lung and endometrial cancers are reduced. 10. Active people tend to sleep better: Physical activity makes you more tired so you're more ready to sleep. Good quality sleep helps improve overall wellness and can reduce stress.

11. Exercise improves your mood and gives you an improved sense of well-being:

Physical activity stimulates the release of endorphins which make you feel better and more relaxed. These in turn improve your mood and lower your stress levels.

12. Exercise can help prevent and treat mental illnesses like depression:

Physical activity can help you meet people, **reduce stress levels**, cope with frustration, give you a sense of achievement, and provide some important “me time”, all of which help with **depression**.

Types of exercise:

There are many types of aerobic exercise, so choose one that suits you. Here are some examples of aerobic exercise and the benefits of each.

1. Walking fast enough to feel slightly out of breath is great aerobic exercise for everybody, no matter what age you are. It's a good choice if you're not currently doing much exercise, as you can easily build it into your everyday life.

2. Cycling is good for improving your fitness and for building strength – particularly in your leg muscles – while putting minimal pressure on your joints.

3. Running or jogging is a more vigorous form of aerobic activity than walking or cycling. This means you don't need to do as much to get the same health benefits. If you're new to running, following a **running programme** can help.

4. Swimming is a great form of exercise for people of all ages and abilities. It exercises your whole body and doesn't put any stress on your joints. It's also a great choice if you have any problems with your joints, such as arthritis.

5. Fitness classes such as aerobics, water aerobics and spinning give you a fantastic workout and can be a great way to meet people. You might find that a group-based activity gives you more motivation. Classes are held for all ages and abilities.

6. Team sports such as football, are a great form of aerobic exercise. They're an excellent way to stay motivated because you all rely on and support each other.

7. Aerobic exercise machines such as treadmills, exercise bikes, cross-trainers and rowing machines are another way to stay fit and healthy.

Exercise in a COVID-adaptive world:

Lockdown restrictions have understandably aimed to limit the toll that large COVID-19 caseloads take on healthcare systems, but one of the unintended consequences of limiting movement has been a **significant decrease** in exercise levels.

To beat COVID-19 and other communicable diseases we need policies that promote physical activity as the powerful preventative measure it has proven to be and we need the right behaviour change programs to keep people moving.

Exercise saves lives:

Throughout the pandemic, Vitality has been one of several voices highlighting the protective effect of physical activity against severe COVID-19 outcomes, but all the evidence for that claim had been based on self-reported data — up until now.

Yoga as exercise :

Yoga as exercise is a physical activity consisting mainly of **postures**, often connected by **flowing sequences**, sometimes accompanied by **breathing exercises**, and frequently ending with **relaxation lying down** or **meditation**. **Yoga** in this form has become familiar across the world, especially in **America** and **Europe**. It is derived from medieval **Hatha yoga**, which made use of similar postures, but it is generally

simply called "yoga". Academics have given yoga as exercise a variety of names, including **modern postural yoga** and **transnational anglophone yoga**.

Criticism:

There are some critical area in this topic.

1. Insufficient time to exercise.
2. Inconvenience of exercise.
3. Lack of self-motivation.
4. Non-enjoyment of exercise.
5. Boredom with exercise.
6. Lack of confidence in their ability to be physically active (low self-efficacy).
7. Fear of being injured or having been injured recently.
8. Lack of self-management skills, such as the ability to set personal goals, monitor.
9. Progress, or reward progress toward such goals.
10. Lack of encouragement, support, or companionship from family and friends.
11. Non-availability of parks, sidewalks, bicycle trails, or safe and pleasant walking.

Conclusion:

Engaging in regular physical activity may produce improvements in an individual's physical health, cognitive performance, and psychological well-being. Physical benefits include, but are not limited to, reduced risk for diseases, and improvements in physical functioning, fitness, and overall quality of life. Literature supports a link between exercise and cognitive benefits related to academic performance, brain function, and aging. Psychological benefits incurred from physical activity pertain to improvements in mood and self-esteem, and potential reductions in stress, anxiety, and depression. Strong scientific evidence indicates that adopting a physical activity regimen may positively impact health.

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