

PHYSICAL ACTIVITY AND EXERCISE AS A BASIC PREVENTIVE MEASURES FOR CURRENT RISK FACTORS

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Physical education is a special method to reduce the risk of developing diabetes, high blood pressure, heart disease and cancer. For children and young people being active helps reduce the risk of developing these diseases in later life too. In today's trend of speedy life people have chosen a sedentary life style which is totally against health and may affect it very badly. In this context, the best treatment and remedy for this sedentary life style is nothing but physical exercise itself. It is the only source that requires the number of means and methods to involve people in active movement process to access their health through sports or yoga. It is used as a supplement to remain fit and flexible. The relation between physical education and health science is based on the physical activity and exercise. In fact, it provides the number of ways to change the status of health in our nation towards betterment that facilitates the protection and prevention for the health of whole population. It is being said that prevention is better than cure and physical education acts as the same. In another sense, health becomes the crucial issue for present time because people are often seen obese, having high cholesterol level, diabetes, heart disease and high blood pressure is common. By this regard, researchers find the solution for this big cause and reach at the point that physical education is the only medium to prevent these causes of diseases. This makes it clear that sportsperson and athletes have very less chance of common diseases that is because they are active in their movements and exercise.

Keywords: Sedentary life, Exercise, Prevention

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Introduction

World health organization reported that physical inactivity (lack of physical activity) has been identified as forth leading risk factor for global mortality (6% of deaths globally). Moreover, physical inactivity is estimated to be the main cause for approximately 21-25% of breast and colon cancers, 27% of diabetes and approximately 30% of ischemic heart disease burden. Physical activity and exercise has become mandatory course of action that people tend to perform as the only supplement which benefits you in various ways to live a healthy life. In this context, the current lifestyle is seen completely sedentary or inactive in its nature. Due to some bad effects of new technologies like air-conditioning system (that is seen everywhere in homes, vehicles, offices and every time use of lifts) that creates disinterest to the subject in his her active part of life. This leads directly towards the obesity and functional pains in body parts like back pain. Obesity and functional pain results number of diseases like high cholesterol level, heart diseases, high blood pressure and diabetes. In this sense, researchers find the best solution for this big cause and reach at the point that physical education is the only medium to prevent these causes of diseases. This makes it clear that sportspersons and athletes have very less chance of diseases that is because they are active in their movements and exercise. In fact, movement is an inextricable part of life and is considered as basic everyday activity through the history of mankind. However lack of physical activity and availability of food result in various health issues. As you know in one sense, body requires two types of needs to run whole entire system that is movement and diet, both are the source of energy. Out of these two, if one lacks its level the entire system may be disturbed naturally.

Physical Activity and Exercise

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity encompasses all activities, at any intensity, performed during any time of day or night. Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and cardiovascular system,

Honing athletic skills, weight loss or maintenance, improving health and also for enjoyment.

Importance or Benefits of Physical Activity and Exercise

The universal motive of life is to remain happy but this happy lifestyle needs some essential requisites to achieve the goal and the requisites are fit and healthy body and a healthy lifestyle. Physical activity and exercise are considered those powerful measures that help you to get the goal of remaining happy and facilitate the healthy lifestyle rather than other means. These are inescapable basis to protect your health from its risk factor. Thus, we reach at the point that physical activities and exercise are inseparable part of life. Physical activity and exercise can benefit you from numerous ways especially helps to prevent chronic diseases so you live longer and enjoy greater quality of life. Here are some ways of regular physical activity that improves health:

- Reduce the amount of fat stored in your body.
- Improves weight control.
- Increase good cholesterol (high-density lipoprotein or HDLs).
- Decrease bad cholesterol (low-density lipoprotein or LDLs).
- Improves blood glucose balance and your body's ability to use insulin.
- Reduce blood pressure.
- Improves heart function and blood flow.
- Improves psychological well-being (less stress, anxiety and depression).

Physical Activity and Exercise as Preventive Measures

Regular physical activity and exercise are dire important for the health and wellbeing of the people of all ages. Research has pointed out that almost all individuals can benefit from regular physical activity and can reduce the morbidity from number of chronic diseases. Millions of Indians have chosen a sedentary lifestyle that lead them to the hypokinetic diseases like high cholesterol level, heart disease and stroke, high blood pressure, diabetes, back pain, osteoporosis, these can be prevented only through regular physical activities. Below are some essential points which can make a clear

Image of how these diseases can be prevented by regular physical activity and exercise.

▪ **High Cholesterol Level**

Cholesterol is a waxy substance your body uses to protect nerves, make cell tissues and produce certain hormones. Your liver makes all the cholesterol your body needs. Your body also gets cholesterol directly from the food you eat (such as eggs, meats and dairy products). Too much cholesterol can have negative impact on your health.

Symptoms:

If you have high cholesterol, your body may store extra cholesterol in your arteries. Buildup of cholesterol in your arteries is called plaque. Overtime, plaque can become hard and make your arteries narrow. Large deposits of plaque can completely block an artery. Cholesterol can also split open and leading to the formation of a blood clot that blocks the blood flow. Artery that supplies blood to the heart muscles becomes blocked can lead a heart attack. Artery that supplies blood to the brain becomes blocked can lead a stroke.

What kind and how much exercise do you need to cut cholesterol?

Research points to a combination of aerobic (aka cardio) and resistance training as the best plan for reducing you risk of cardiovascular disease. The American Heart Association (AHC) recommends an average of 40 minutes of moderate to vigorous-intensity aerobic activity three or four times a week. For overall cardiovascular health, the American Heart Association (AHA) suggests at least 150 minutes of moderate exercise – or – 75 minutes of vigorous exercise per week. You can mix up moderate and vigorous activity if you like.

Examples of moderate-intensity include

Walking briskly, bicycling, playing tennis (doubled), gardening

Examples of vigorous-intensity exercise include

Race walking, jogging or running, swimming laps, playing tennis (singles), aerobic dancing, bicycling, hiking uphill

▪ **Heart Disease And Stroke**

Daily physical activity can help prevent heart disease and stroke by strengthening your heart

Muscle, lowering your blood pressure, raising your high-density lipoprotein (HDL) levels (good cholesterol) and lowering low-density lipoprotein (LDL) levels (bad cholesterol), improving blood flow and increasing your heart working capacity. Optimizing these factors can provide additional benefits of decreasing the risk for peripheral vascular disease.

Exercises which reduce the risk of heart disease and stroke:

Aerobic exercises improves circulation, which results in lowering blood pressure and heart rate. Perform aerobic exercises at least 30 minutes a day, at least 4 days a week.

Examples:

Aerobic exercises like brisk walking, running, swimming, cycling, and playing tennis

Resistance exercises can reduce the fat and create learner’s muscle mass which results in efficient flow of blood in vessels.

Examples:

Working out with free weights (such as dumbbells or barbells), push-ups, squads and chin-ups.

▪ **High Blood Pressure**

Regular physical exercise can reduce the blood pressure up to the normal level in those with high blood pressure levels. Physical activity reduces body fat which is associated with high blood pressure.

Exercise which can reduce the risk of high blood pressure

Aerobic exercise can lower or maintain your blood pressure.

Examples:

Walking, jogging, cycling, swimming, or dancing.

▪ **Diabetes**

Diabetes is a disease that occurs when your blood glucose is too high. Blood glucose is the main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get in to your cells to be used for energy. But remaining inactive, your body does not make enough or any insulin or does not use insulin well. Glucose then stays in your blood and does not reach your cells and tissues. Overtime, have

Too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps like regular physical activity to manage your diabetes and stay healthy.

Exercise that can reduce the risk of diabetes:

Aerobic exercises can make your heart and bones strong, relieves stress and improve blood circulations.

Examples:

Aerobic exercises like brisk walking, dancing, water aerobics, and bicycle ride

Strength training like lift light weights, use weights and elastic bands

Flexibility exercises like stretch your joints and muscles

▪ **Back pain**

Back pain is pain felt in the back. Common identifiable causes of back pain include degenerative or traumatic changes to the discs and facets joints which can then cause secondary pain in the muscles and nerves, and referred pain to the bones and joints, and extremities.

Exercises which can reduce the risk of back pain:

Do exercises which make your back strong and can prevent from back pain?

Examples:

Bridge poses, knee to chest stretches, rational stretches, pelvic tilts, laying literal leg lifts and partial curls.

▪ **Osteoporosis**

Osteoporosis causes bones to become weak and brittle-so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine. Osteoporosis affects men and women of all races. But white and Asian women – especially older women who are past menopause – are at highest risk. Healthy diet and weight-bearing exercise can help prevent bone loss or strengthen already weak bones.

Symptoms

You may have not any type of symptom if you are connected with the regular physical exercise. But

Due to the lack of exercise in early ages you shall be affected by the weakness of bone later. You may have some type of seriousness in your body like back pain-caused by a fractured or collapsed vertebra, a stooped posture and a bone fracture that occurs much more easily than expected.

Exercise which can reduce the risk of osteoporosis

Combine strength training exercises with weight-bearing and balance exercises. Strength training helps strengthen muscles and bones in your arms and upper spine, and weight-bearing exercise – such as walking, jogging, running, stair climbing, skipping rope, and skiing impact-producing sports – affect mainly the bones in your legs, hips and lower spine. Balance exercises such as tai chi can reduce the risk of falling especially as you get older.

Conclusion

The universal aim of life is to live a peaceful life that is possible only when you are healthy and alright from every respects but the current life style has been affected by anti-health elements like inactivity which cause many hypokinetic diseases. The only way out to remain away from these crucial diseases is nothing but to perform regular physical exercises mainly aerobic exercises, strength training and flexibility exercises. Focus in your health because health is everything and you are nothing without health. Come out from your blind nature of sedentary taste and feel a big relax in the actual or real prospectus of life. The only solution to leave the threat of becoming the part of these unloving diseases is to engage yourself in the physical workouts and take a balanced diet and avoid anti-health eatables. Physical activity and exercise benefit you in numerous ways

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