



EXERCISES FOR LIFESTYLE CHOICES AND HEALTH

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ABSTRACT

This paper aims to focus upon the various aspects of health and fitness concentrating upon the choice of exercises. We all know that exercise is important in our daily lives, but we may not know why or what exercise can do for us. 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. If you don't exercise, your muscles will become flabby and weak. Your heart and lungs won't function efficiently. And your joints will be stiff and easily injured.

Keywords: Lifestyle, health, exercises, fitness

INTRODUCTION

Our personal wellness and health are largely the result of choices we make. In recent decades lifestyles have changed dramatically, and most of us have become increasingly sedentary. The highly mechanised environment that we now live in has largely removed the need for hard physical work to earn a living, but has also removed most of the opportunities for us to incorporate physical activity into our daily lives. The most common diseases we suffer from today, such as cardiovascular disease, diabetes and cancer, have also become more prevalent as activity levels have decreased, and this can be linked to the lifestyle choices we make. To stay healthy we should eat a varied diet, restrict alcohol and stress, find time to relax and get adequate sleep, avoid smoking, and take regular exercise. Why Exercise? To maintain good health throughout life, physical activity should be part our daily routine. Despite the robust case presented for keeping active, many find it difficult to incorporate physical activity or structured exercise into daily living, even though just thirty minutes of moderate exercise five days a week would be enough to gain substantial health benefits. Whilst we might marvel at the athleticism and achievements of athletes who excel in sport, many of us do not have the time or inclination to dedicate to developing such sporting prowess. There is much to gain, however, from embracing increased physical activity levels. You do not need to train like an elite athlete, nor do you need technical equipment, a gym environment, unlimited cash or extra hours in the day realise these benefits: all you need is a dose of the same kind of enthusiasm and determination they demonstrate. Regular exercise should make you feel fitter, look better and provide you with more vitality and energy to go about your day to day tasks with ease.

The Benefits of an Active Lifestyle

Numerous health benefits are afforded by regular exercise participation. The more activity you plan into your lifestyle the more health benefits you can expect to enjoy: Weight loss and weight maintenance. Regular endurance type exercise improves the ability of muscles to burn fat as a fuel, while regular resistance type exercise can help to combat the loss of muscle mass that often occurs with dieting. Gains in muscle mass contribute to an increase in resting metabolic rate and can further aid weight loss and maintenance by increasing energy requirements even when at rest.

1. A lower risk of developing some cancers, such as cancer of the breast and colon.

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2. Stronger bones. Regular exercise promotes bone density, lowering the risk of osteoporosis in later life. It can also alleviate the symptoms of arthritic pain by keeping joints flexible and maintaining the strength of muscles surrounding joints.
3. Enhanced mood, reduced anxiety, raised self esteem and improved confidence. This is a growing area of scientific research, but surveys suggest that physically active individuals feel happier with life.
4. Improved digestion as a result of physical activity and exercise supporting the proper functioning of the gut, reducing the risk of indigestion and constipation.

CONCLUSION

Deciding good habits lifestyle components are important to you help you to manage your health. Different types of exercise provide different health benefits. Once fitness goals have been determined the exercise undertaken must allow for the type of benefits you desire, such as weight control, stress management, muscle definition or the maintenance of flexibility. Important factors to take into account are convenience, cost, motivation and enjoyment. It is essential that your planned program is enjoyable if you are going to sustain it. Whatever you chose, start sensibly and listen to your body. If you experience any signs of discomfort or stress terminate the activity immediately and seek medical advice as soon as possible. Conclusion Deciding what lifestyle components are important to you help you to manage your health. Different types of exercise provide different health benefits. Once fitness goals have been determined the exercise undertaken must allow for the type of benefits you desire, such as weight control, stress management, muscle definition or the maintenance of flexibility. Important factors to take into account are convenience, cost, motivation and enjoyment. It is essential that your planned program is enjoyable if you are going to sustain it. Whatever you chose, start sensibly and listen to your body. If you experience any signs of discomfort or stress terminate the activity immediately and seek medical advice as soon as possible.

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