

The Effect of Different Types of Exercise on Health and Fitness

Balmukund Balkrishna Kayarkar

Director of Physical Education

Mahatma Jyotiba Fule Mahavidyalaya, Ballarpur, India

sbk080673@gmail.com

Abstract: *A healthy diet and exercise routine won't make one healthy in every aspect of life. Balancing social, emotional and physical life is all about optimal health. Exercise is one of the most effective and, when done properly, safest ways to enhance health and wellness. For example, exercise can strengthen the cardiovascular system, lower blood pressure, improve the levels of fats, cholesterol, and sugar in the blood, strengthen muscles, prevent falls, and improve mood. Exercise and physical activity can be fun. They give you a chance to unwind, enjoy the outdoors or simply do activities that make you happy. Fitness is Physical, emotional, intellectual, social and spiritual health as well. Nutrition.*

Keywords: Exercise, Nutrition, Modern Lifestyle, Pressure in Life etc

I. INTRODUCTION

Exercise is useful for all the human beings for fitness point of view. But different types of exercises are very much beneficial for the recovery of all types of diseases. It means that, we can say that health and fitness is two sides of a coin as well. Fitness is the ability to carry out daily tasks without undue fatigue. Endurance Strength, Balance and Flexibility are four types of Fitness which are very important for the strength as well. Health means a complete state of Physical, Mental and Social Well-being. Exercise is one of the most effective and, when done properly, safest ways to enhance health and wellness. For example, exercise can strengthen the cardiovascular system, lower blood pressure, improve the levels of fats, cholesterol, and sugar in the blood, strengthen muscles, prevent falls, and improve mood. There are five points of health which are useful for the body. They are Physical, emotional, intellectual, social and spiritual health as well. Nutrition, Exercise, Relaxation and Sleep are the most dominant factors in our life. Without Nutrition, we cannot live a happy life. And also Exercise is the most important for the removal of all types of diseases. In covid-19, we have already seen about the importance of exercise as well. Most of the Indians used the techniques of exercise. At that time, people were confused about the medicines due to rumours. So they did well as they controlled their diet and did exercise without failure. Because they knew that if they want to live, it would be better for them to do exercise.

Objectives

It will be useful to stay in shape in the life as well. Different types of exercises help us to be fit in life as well. According to the extra physical activities as well, one can overcome all types of diseases. It is also useful to reduce risks if all types of illness. The most important thing is useful to increase an energy level as well.

Exercise to feel better and have fun

Exercise and physical activity are great ways to feel better, boost your health and have fun. For most healthy adults, the U.S. Department of Health and Human Services recommends these exercise guidelines. The most important is that longevity without disease or pain, and obtaining happiness through physical fitness. So that we can maintain zero level of stress and tensions. Physical strength, stamina and flexibility are also improved.

According to modern life style one can acquire greater powers of concentration and self control as well. Due to this, one can maintain better organ functioning. It is also useful to balance our body and also balance our internal harmony.

Skin should be glowing . Immunity system should be strong. Aesthetic appearance should be at higher level. It means that , although you aged , your skin or appearance should be looks like younger.

Cardiovascular endurance is also at high . One can fit for all types of tests Fat reduction is also useful for fat persons . Now a days we always hear about most of the people are always trying for searching all types of remedies to be a slim or reduce weight at any cost. Flexibility is also useful for the selection in any sectors in our life. General health is also useful to be happy in our life. Muscular fitness is also the most important point for the benefit of the body. Muscular endurance is also beneficial for the body as well .

According to the exercise point of view , one must do regular otherwise one should be ill. It will be helpful to control muscular size of the body. Power of the body definitely increase due to regular exercise. Due to continuous pressure , life achievement and other essential things , one cannot do regular exercise. So they always think about the same and try to make a plan about the same . Everytime they want to be fit . But due to their responsibilities in their life , they cannot do the same and cannot live for themselves.

Optimal health is essential for all . But after some period of time when they realize about it , it should be essential for them. At last they have to consult their physical . When it it would be too late. It means that the amount they collected , would be wastage for them. Everything appears to have an answer for the benefit of the body .This is an optimal health fitness . The ability to develop the bodily immunity as well.

Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury

A modern problem

People are less active nowadays, partly because technology has made our lives easier. We drive cars or take public transport. Machines wash our clothes. We entertain ourselves in front of a TV or computer screen. Fewer people are doing manual work, and most of us have jobs that involve little physical effort. Work, household chores, shopping and other necessary activities are far less demanding than for previous generations.

We move around less and burn off less energy than people used to. Research suggests that many adults spend more than 7 hours a day sitting down, at work, on transport or in their leisure time. People aged over 65 spend 10 hours or more each day sitting or lying down, making them the most sedentary age group.

Sedentary lifestyles.

Inactivity is described by the Department of Health and Social Care as a "silent killer". Evidence is emerging that sedentary behaviour, such as sitting or lying down for long periods, is bad for your health. Not only should you try to raise your activity levels, but you should also reduce the amount of time you and your family spend sitting down.

Exercise controls weight.

1. Exercise can help prevent excess weight gain or help you keep off lost weight. When you take part in physical activity, you burn calories. The more intense the activity, the more calories you burn. Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none. To gain the benefits of exercise, just get more active throughout your day. For example, take the stairs instead of the elevator or rev up your household chores. Consistency is key.

2. Exercise combats health conditions and diseases. If we are worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which lowers your risk of heart and blood vessel, called cardiovascular, diseases. Regular exercise helps prevent or manage many health problems and concerns, including:

Exercise can help prevent excess weight gain or help you keep off lost weight. When you take part in physical activity, you burn calories. The more intense the activity, the more calories you burn. Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none. To gain the benefits of exercise, just get more active throughout your day. For example, take the stairs instead of the elevator or rev up your household chores. Consistency is key.

Regular exercise helps prevent or manage many health problems and concerns, including:

1. Stroke.

2. Metabolic syndrome.
3. High blood pressure.
4. Type 2 diabetes.
5. Depression.
6. Anxiety.
7. Many types of cancer.
8. Arthritis.
9. Falls.

It also can help improve cognitive function and helps lower the risk of death from all causes.

3. Exercise improves mood

Need an emotional lift? Or need to lower stress after a stressful day? A gym session or brisk walk can help. Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious. You also may feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

4. Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.

Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

5. Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

6. Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and give you more confidence about your physical appearance, which may boost your sex life.

But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

7. Exercise can be fun — and social

Exercise and physical activity can be fun. They give you a chance to unwind, enjoy the outdoors or simply do activities that make you happy. Physical activity also can help you connect with family or friends in a fun social setting.

So take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends or family.

Ways to achieve Optimal Health and Fitness

One must adopt preventive and holistic strategic. A healthy diet and exercise routine won't make one healthy in every aspect of life. Balancing social, emotional and physical life is all about optimal health. So one should handle stress and anxiety. People suffering from mental illness face immense difficulty in achieving optimal health due to the fear associated with coercive treatment.

1. One should eat a balanced and nutritious diet
2. Stay Hydrated
3. Engage in Mindfulness and Self-Care Activities
4. Screen Time Management - It is critical to restrict screen time throughout the day and schedule regular breaks to achieve optimal health and fitness.

5. Preserve Social Ties - Family relations and also keen in touchj with the society and maintain good relations with all are also very dangerous for us. Remain updated with Preventive Health Measurers
6. Establish Realistic and Achievable Goals - We must set achievable goals so that frustration will not be occur in our life. It should be realistic as well as achievable.
7. Maintain a Positive Attitude- We should be optimistic in our life . Continuous failure may be dangerous for all. Positive attitude will be definitely beneficial for all. So we must maintain positive attitude in our life to be fit and health fitness will be automatically acquired with the same as well.
8. Refrain From Drug Abuse- It should be very essential for us to be get rid of drug abuse . Drug abuse can not give ones any fitness . Health is also not possible for drug abuse victims.
9. Get Enough Sleep- Sleep is essential for fitness , as lack of it causes various disorders in the body . Sound sleep removes all types of disorders in the body. We can say that healing of all sorts of diseases can be possible.
10. Invest a Suitable Health Insurance Plan- Most of the health insurance companies are giving us good return at the time of diseases . So it is very beneficial for us to invest in suitable health plan so that in our need it will be beneficial for us.

Health benefits

It's essential to be physically active if you want to live a healthy and fulfilling life into old age. For any type of activity to benefit your health, you need to be moving quick enough to raise your heart rate, breathe faster and feel warmer. This level of effort is called moderate intensity activity. If you're working at a moderate intensity you should still be able to talk but you won't be able to sing the words to a song.

An activity where you have to work even harder is called vigorous intensity activity. There is substantial evidence that vigorous activity can bring health benefits over and above that of moderate activity. You can tell when it's vigorous activity because you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

II. CONCLUSION

The effect of different types of exercises on fitness and health as well. Different exercises are always give benefits for for different types of diseases. In order to recover various types of diseases , one should be very optimistic while doing exercises. So health and fitness are the two sides of a coin as well. Therefore different types of exercise causes fitness as well as health in ones life.

REFERENCES

- [1]. Chen YT, Fredericson M, Matheson G, Phillips E. Exercise is medicine. *Current Physical Medicine and Rehabilitation Reports*. 2013;1:48–56.
- [2]. *The Cardiovascular System Heather Ketchum and Eric Bright 2. The Nervous System Heather Ketchum and Eric Bright 3. Reflexes Heather Ketchum and Eric Bright*.
- [3]. Bize R, Johnson JA, Plotnikoff RC. Physical activity level and *health*-related quality of life in the general adult population: a systematic review.
- [4]. Mitchell J, Field T, Diego M, Bendell D, Newton R, Pelaez M. *Yoga reduces prenatal depression*.
- [5]. Paramhans Swami Maheshwarananda. *Yoga in Daily Life - The System*. Vienna: IberoVerlag/European University Press; 2000.