



MULTIPLE BENEFITS OF EXERCISE

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ABSTRACT

People do not give adequate importance to exercise. Exercise offers many medical and non-medical benefits. Exercise has positive impact on almost many medical problems and reduces disease load substantially. Exercise not only improves physical fitness but also enhances mental fitness. And it does not take much time to exercise – just 1% of 168 hours a week or 100 minutes of vigorous exercise is all it takes to get many medical and non-benefits of exercise.

KEYWORDS :

INTRODUCTION

People don't exercise. Almost 70% of people don't exercise at all. And out of those 30% who exercise barely 70% do walking and 25% do yoga and 10% do cardio and 10% do weight training. That means that only 5-6% do vigorous exercise. Yoga and walking may be good but for maximum benefits you need vigorous weight training and vigorous cardio for at least 2 hours a week.[1]

According to CDC of USA you need 1 hour of vigorous cardio and 2 hours of weight training per week. Say even if we discount that you could say 1 hour of weight training and 1 hour of cardio a week or even 2 hours of weight training a week. That comes to just 100 minutes and there are almost 10,000 minutes in a week. So you need to exercise for just 1% of time. But people don't exercise - around 5-6% exercise despite its huge benefits. Let us understand various benefits of exercise.[2]

Medical Benefits Of Exercise

There are various medical benefits of exercise. It is known that exercise reduces chances of early death by up to 30%. Exercise reduces risks of heart diseases, diabetes, cancer and stroke significantly. Following are some of medical benefits of exercise[3]

It's medically proven that people who do regular physical activity have lower risk of:

- coronary heart disease and stroke
- type 2 diabetes
- cancers
- early death
- arthritis
- fracture
- depression
- dementia
- blood pressure

Thus exercise contributes to reduction of many life style related medical conditions

Exercise and Immunity

Exercise not just reduces impact of lifestyle related medical conditions but also controls many infectious medical conditions[4]

Immunity may be defined as the ability to withstand a disease or infections by averting the development of a pathogenic germ which tends to affect our health.

Exercise initiates changes in the antibodies and WBC (white blood cells), which fight bacteria and viruses, by helping them circulate more rapidly during a workout or a physical activity session. The rapid movement of antibodies or WBCs helps to detect the ailments before it turns out to be severe.

Thus exercise helps fight various infectious diseases caused by bacteria and viruses.

Mental Benefits of Exercise

Regular exercise can have a profound positive impact on depression, anxiety and ADHD. It relieves stress, improves memory, helps sleep better and boosts mood[5]. Consider some mental medical conditions.[5]

Exercise can be as good as antidepressants. Studies show that just 1 hour of walking can reduce depression symptoms by 25% and prevent relapse.

Exercising can be as effective as medications for ADHD. Physical activity boosts dopamine and serotonin levels all of which affect attention and focus.

Exercise can help nervous system become unstuck and move out of stress response that characterizes PTSD.

Exercise And Brain

Physical exercise can improve cognitive health, help you learn, improve intelligence and memory[6]. Exercising improves oxygen saturation associated with rational thinking and well as intellectual performance. Exercise increases neurotransmitters like serotonin which improves information processing.[7]

Exercise decreases stress reduces social anxiety, prevents neurological conditions and increases energy, focus, attention and improves memory and decreases brain fog. Exercising enlarges areas of brain associated with memory, task management, coordination, planning and inhibition.

Exercising immediately increases the level of dopamine, serotonin and noradrenaline neurotransmitters. The transposition of these three together results in stimulation of the mind which results in an increased focus of attention and reaction time.

Happiness

According to a new review of research about good moods and physical activity, people who work out even once a week or for as little as 10 minutes a day tend to be more cheerful than those who never exercise. And any type of exercise may be helpful.[9]

Most studies indicate that exercise improves happiness levels of people. According to Weiyun Chen, professor at University of Michigan all studies showed that there is strong correlation between exercise and happiness.

Exercise And Fitness

Exercise has great impact on physical fitness on many levels. [8]

1. Endurance or aerobic activities increase breathing and heart rate. They keep hearts, lungs and circulatory system healthy and improve overall fitness
2. Strength training makes muscles stronger
3. Balance exercise prevents falls
4. Flexibility exercises stretch your muscles and help your body stay limber.

Exercise doesn't cost much

Actually exercise doesn't cost much. For instance setting up a gym will cost Rs. 8 lakh of equipment and the EMI on that is Rs. 10000 per month which if shared with 1000 people will come to just Rs. 10 per month per person and add to that the rent cost of Rs. 20,000 per month of gym, will mean Rs. 20 per month per person when shared with 1000 people. Thus gym cost can come to just Rs. 30 per month per person or Rs. 1 per day per person.

Exercise doesn't take much time

You need only 100 minutes of vigorous exercise in 10,000 minutes day to reap maximum benefits. That is just 1% of time. This can be 50 minutes cardio and 50 minutes weight training or 2 sessions of 50 minutes weight training.

Surely everybody can devote 1% of time to exercise.

Little discipline

People work for 40 to 60 hours on sedentary jobs to earn wealth. Is it asking too much to devote just 2 hours a week for vigorous exercise to improve health? If people can discipline for wealth a little bit of discipline for health is recommended.

CONCLUSION

Exercise does not cost much and does not take much time and it takes little discipline. Exercise offers many medical benefits, benefits to brain, happiness benefits, mental benefits, and fitness benefits. Hence there is no reason to not do vigorous physical exercise for 2 hours a week.

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