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Guideline for Exercise Programme

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Abstract

Physical activity and its promotion, as well as the avoidance of sedentary behavior, play important roles in health promotion and prevention of lifestyle-related diseases. Guidelines for young people and adults with typical development are available from the World Health Organization and American College of Sports Medicine. 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, strength muscles and the cardiovascular system, honing athletic skills weight loss or maintenance, improving health and also for enjoyment. Approximately 80% of adults and adolescents are insufficiently active. Physical activity fosters normal growth and development and can make people feel, function, and sleep better and reduce risk of many chronic diseases.

Introduction

Physical exercise can also include training that focuses on accuracy, agility, power, and speed. Sometimes the terms 'dynamic' and 'static' are used. Dynamic exercises such as steady running tend to produce a lowering of the blood pressure during exercise, due to the improved blood flow. Conversely, static exercise (such as weight-lifting) can cause the pressure

to rise significantly, albeit transiently, during the performance of the exercise. People who participate in moderate to high levels of physical exercise have a lower mortality rate compared to individuals who by comparison are not physically active. The majority of the benefits from exercise are achieved with around 3500 metabolic equivalent (MET) minutes per week. For example, climbing stairs 10 minutes, vacuuming 15 minutes, gardening 20 minutes, running 20 minutes, and walking or bicycling for transportation 25 minutes on a daily basis would together achieve about 3000 MET minutes a week. A lack of physical activity causes approximately 6% of the burden of disease from coronary heart disease, 7% of type 2 diabetes, 10% of breast cancer and 10% of colon cancer worldwide. Overall, physical inactivity causes 9% of premature mortality worldwide.

The Benefits of Exercise

- Strengthen your muscles and bones
- Strengthen your immunity, which can decrease your risk of illness and infection
- lower your blood pressure, sometimes as much as some antihypertensive medication
- boost levels of good cholesterol in your blood
- improve your blood circulation
- improve your ability to control weight
- help you sleep better at night
- boost your energy
- improve your self-image

Conclusion

Physical activity can help lower your overall stress levels and improve your quality of life, both mentally and physically. Exercising regularly can have a positive effect on your mood by relieving the tension, anxiety, anger, and mild depression that often go hand-in-hand with stress. It can improve the quality of your sleep, which can be negatively impacted by stress, depression, and anxiety. It can also help boost your confidence levels.

This level of enthusiasm for exercise

promotion makes it all the more important that researchers, physicians, and exercise practitioners continue to work together to develop sound guidelines. This will be of practical benefit to the patient, and will also advance our understanding of the interplay between exercise and well being, allowing us to develop a firm foundation from which to make recommendations in the years to come. General recommendations are now commonly accepted as to the somatic benefits that accrue from exercise; the relation between exercise, fitness, and general cognitive functioning is now also receiving closer scrutiny.¹²⁷ Alongside this 'research activity, now is the time to develop more specific guidelines relating to psychological benefits of exercise, taking due cognizance of psychosocial variables—for example, gender, age, previous mental health, environment—and recognizing that the picture that will be revealed will not be as unidimensional as previous work may have implied.

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