

# OCTOBER 2016 HEALTH TALK

## TOPIC: HEALTH BENEFIT OF PHYSICAL EXERCISE

### INTRODUCTION

Physical Exercise improves the blood flow to muscles, providing them with nutrient and removing waste products. Muscles are strengthened and so are the ligaments that attach them to the bones, thus improving the strength and flexibility of the joints. The muscles tone is improved because the muscles require more energy; fat stored in the body is broken down and utilized which can lead to a reduction in weight. Specifically, exercise of the right kind can restore mobility to damaged joints and can ease some kinds of back pain, waist pain, Headache and general body malaise.

### WHAT IS EXERCISE

Exercise simply means physical activity. It is physical activity done or carried out in order to stay healthy and make your body stronger.

It can also be said to be physical action that you repeat several times in order to make a part of your body stronger or more healthy.

Exercise may be targeted to act on the whole system or part of the body system.

### TYPES OF EXERCISE

There are many different types of exercise which can be performed to fulfill different functions. For instance, certain exercise may be chosen to improve the efficiency of the heart and lungs, others may be chosen to improve muscle strength and flexibility. Others for physical Endurance and so on. A well balanced exercise programme will contain activities that provides a combination of benefits.

**KINDS:** Aerobic and in-aerobic

**Aerobic:** This is the physical activity that requires the lungs to take in additional oxygen ( $O^2$ ) so as to meet the requirement of the muscles.

It is the best kind of exercise for improving cardiovascular fitness and also improves the strength and flexibility of muscles at the same time. Example of aerobic exercise include but not limited to jogging, walking, swimming, running, dancing, cycling, squash, foot balling etc.

## **ANAEROBIC (ISOMETRIC)**

This is exercise without movement in which one group of muscles exerts pressure against immovable object.

It is designed to stretch and strengthen particular muscle groups. It improves muscle strength but do not have any affect on cardiovascular fitness or on flexibility eg calisthenics and weight lifting.

**ISOKINETIC-** this kind of exercise combines elements of ISO metrics and Isotonic exercise. It is the type of exercise usually performed on the sophisticated fitness training equipment found in sports centres and gymnasiums.

## **BENEFITS**

- a. It offers greater physical strength and sense of inner peace and confidence.
- b. Protects against heart diseases, stroke, hypertension, blood pressure (BP), blocked arteries, obesity, Gall stones, Diabetes. Osteoporosis that is Dix of the bone. To mention but a few.
- c. Increases stamina, reserves energy and prolongs life expectancy.
- d. Assists in lifting stress, depression, frustration, anxiety and a state of hopelessness.
- e. It helps you to relax, improving sleep and achieve healthy recuperation.
- f. It improves concentration, mental agility and physical coordination.
- g. It assists in physical rejuvenation that is (looking younger) and enhancing subtle and succulent looking skin.
- h. It enhances sexual performance.
- i. It improves your self esteem, confidence and enables you to socialize with greater ease.
- j. It helps you to look good and feel alright.
- k. It stimulates the production of synovial fluid that allows free movement of the joints and prevents arthritis.
- l. It decreases pains associated with menstruation, child birth and a range of complaints such as headache, backache, waist pain, joint pain etc.