



Physical Activity and Hypo Kinetic Diseases

Sangeetha, K.

Guest Lecturer, Providence Women's College, Calicut, Thiruvananthapuram, Kerala.

Received 29th May 2016, Accepted 10th July 2016

Abstract

Around the world, diabetes, obesity and cardiovascular diseases are affecting the health and well being of hundreds of millions of people. Physical activity can improve health. People who are physically active live longer and have lower risk for lifestyle diseases like heart diseases, stroke, type2 diabetes, depression and some cancers. Sedentary lifestyle and overweight are major public health, clinical, and economical problems in modern societies. People are less active nowadays, partly because technology has made our lives easier. The world wide epidemic of excess weight is due to imbalance between physical activity and dietary energy intake. Regular physical activity 45-60minutes per day prevents lifestyle diseases like heart attack, Cholesterol, stroke etc. Physically active life normalizes the physical, physiological, biochemical and psychological functions.

Keywords: Physical Activity, Hypo Kinetic Diseases.

© Copy Right, IJRRAS, 2016. All Rights Reserved.

Introduction

A sedentary lifestyle is a type of lifestyle with no or irregular physical activity. Global trends in physical inactivity claim that more than 60% of adults do not participate in sufficient levels of physical activity and physical inactivity is more prevalent among women, older adults, peoples from low socio economic groups and people with disabilities Getting physically active is absolutely crucial to a long and strong life. If you want to live long and strong, you must stay active until you drop. A sedentary lifestyle can contribute to many preventable causes of death.

What Is Physical Activities?

Physical activity is any form of movement that causes your body to burn calories. This can be as simple as walking, gardening, cleaning and many other activities you may already do. During physical activity, active muscles use up glucose as a source of energy. Regular physical activity helps to prevent glucose from building up in your blood. Many people do not get enough physical activity to be healthy in today's society. Technology and modern living have removed many regular forms of physical activity from our daily lives. Because of modern living, it is important to think about being physically active each day. Adding more physical activity to our day is one of the most important things.

Life Style Diseases - Exercises the Best Choices

Lifestyle diseases are defined as diseases

Correspondence

Sangeetha, K.

E-mail:sangeethadastherath@gmail.com, Ph. +9198466 78233

linked with the way people live their life. This is commonly caused by lack of physical activity and unhealthy eating .Diseases that impact on our lifestyle are heart diseases, cholesterol, obesity , type 2 diabetes etc. By doing daily physical activity, we can reduce the risk of lifestyle diseases and it will helps to lead a healthy life.

Coronary Heart Diseases

A sedentary life style is one of the major risk factors for coronary heart diseases. The risk of developing heart diseases such as angina or heart attack can reduced if you are physically active. Inactive people have almost doubled the risk of having heart attack compared with those who are regularly active. Studies shows that doing more than 150mins(2hrs and 30mins)of moderate physical activity or an hour of vigorous physical activity every week will reduce the risk of coronary heart diseases by about 30%.Different type of aerobic exercise is very useful to develop cardiovascular fitness.

Obesity

Obesity is a disorder involving excessive body fat that increases the risk of health problems. It is most commonly caused by a combination of excessive food intake,lack of physical activity and genetic susceptibility. Obesity is mostly preventable through a combination of healthy diet and daily physical activity. A sedentary lifestyle plays a significant role in obesity. Nowadays almost all the people are leading a sedentary lifestyle ie they ride instead of walk, sit instead of stand and watching instead of participating. In both children and adults, there is an association between television viewing time and the risk of obesity.

Cholesterol

Cholesterol is the most common type of steroid in the body. Cholesterol has a reputation for being associated with an increased risk for heart and blood vessel disease. Lifestyle changes can help reduce cholesterol. If your HDL is low, increasing your physical activity can increase it, which may help to reduce your LDL level. HDL levels are strongly, inversely and independently associated with coronary heart disease. High cholesterol increases the risk of heart diseases and heart attack. Aerobic exercise is the best exercise for reducing the risk of cholesterol and coronary heart diseases. Individuals who exercise regularly typically have a lower body fat ratio, which also associated with lower cholesterol and triglycerides.

Diabetes

Diabetes can strike anyone, from any walk of life. The more severe form of diabetes is type 1, or insulin-dependent diabetes. It's sometimes called "juvenile" diabetes, because type 1 diabetes usually develops in children and teenagers, though it can develop at any age. The most common form of diabetes is called type 2, or non-insulin dependent diabetes. People with type 2 diabetes are able to produce some of their own insulin. Often, it's not enough. Regular physical activity improves your body's sensitivity to insulin and helps manage blood glucose level. Regular exercise also has special advantages for type 2 diabetes. It can also help

prevent or delay type 2 diabetes from developing. Regular physical activity improves body's sensitivity to insulin and helps manage blood glucose (sugar) levels.

Conclusion

Regular physical activity will help to all round development of human body, ie physical, mental, emotional and social development. It improves body composition, increase coronary blood flow, insulin sensitivity and many other physiological and psychological functions of human body. This concluded that routine exercise does have beneficial effects beyond that of single exercise. So we can say that regular physical activity is the only solution to reduce the risk from life style diseases.

References

1. Inelmen, E.M, Sergi, G, Coin, A, Miotto, F, Peruzza, S & Enzi, G (2003). Can obesity be a risk factor in elderly people?
2. Lifestyle interventions for type 2 diabetes. Relevance for clinical practice (Can Fam physician. 2003)
3. Australian Government National Health and Medical Research Council (2012)
4. Davis, B. ET AL. (2000) Physical Education and the Study of Sport. UK; Harcourt Publishers Ltd.