



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 3.4
IJAR 2015; 1(6): 323-325
www.allresearchjournal.com
Received: 03-03-2015
Accepted: 06-04-2015

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A study of physical movements and its effect on body

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Abstract

Physical Movement is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and merely enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes, and obesity. It may also help prevent depression, help to promote or maintain positive self-esteem, improve mental health generally, and can augment an individual's sex appeal or body image, which has been found to be linked with higher levels of self-esteem. Childhood obesity is a growing global concern, and physical exercise may help decrease some of the effects of childhood and adult obesity. Health care providers often call exercise the "miracle" or "wonder" drug alluding to the wide variety of proven benefits that it can provide.

Current suggestions on physical movement that enhances physical condition suggest that half an hour of reasonably intense physical movement on most days of the week yields major health benefits for inactive populations. For efficient avoidance of obese and obesity, up to an hour of such daily activity is suggested.

Recent guidelines also support performing standard strength and flexibility training in addition to the 30 minutes of modest powerful movement, or 20 minutes of energetic exercise three times per week. Thus, suggestion on health enhancing physical movement now advance the recommended work out levels for developing and maintaining cardio-respiratory and strong fitness.

Keywords: Study, Physical Movements, Effect on Body.

1. Introduction

Physical activity is any body movement that works your muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity.

According to the Department of Health and Human Services' "2008 Physical Activity Guidelines for Americans," physical activity generally refers to movement that enhances health.

Exercise is a type of physical activity that's planned and structured. Lifting weights, taking an aerobics class and playing on a sports team are examples of exercise.

Physical activity is good for many parts of your body. This article focuses on the benefits of physical activity for your heart and lungs. The article also provides tips for getting started and staying active and it discusses physical activity as part of a heart healthy lifestyle.

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.

You can choose moderate or vigorous intensity activities, or a mix of both each week. Activities can be considered vigorous, moderate, or light in intensity. This depends on the extent to which they make you breathe harder and your heart beat faster.

Only moderate and vigorous intensity activities count toward meeting your physical activity needs. With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones. You can replace some or all of your moderate activity with vigorous activity. Although you are moving, light intensity activities do not increase your heart rate, so you should not count these towards meeting the physical activity recommendations. These

activities include walking at a casual pace, such as while grocery shopping, and doing light household chores. Being physically active can improve your health today, tomorrow, and in the future. However, most people do not do enough physical activity. People of all types, shapes, sizes, and abilities can benefit from being physically active. The more you do, the greater the health benefits and the better you'll feel. The information and tips below can help you learn ways to add physical activity to your life.

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing. Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

Objectives

- To know about physical movement which is also called as bodily movement
- To study about health attractive physical movement and exercise
- To get impending about physical health

Research Methodology

Research methodology is the efficient & objective recognition, collection, scrutiny, dissemination & use of information for the purpose of assisting management in decision making relating to the identification & solution of the problem & prospect.

Type of Research

Descriptive study is a Statistical study to identify patterns or trends in a situation. Descriptive studies help in generating hypothesis on which further research may be based.

Limitations of Study

- The study is only related to physical activity and its health and other aspects are not studied.
- The study is limited to secondary source of data.

Data Interpretation

Physical Movement

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits.

Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

Physical Inactivity and Sedentary Behavior

Being physically active and limiting your sedentary behavior every day is essential for your health and wellbeing and is good for you in so many ways. It can create opportunities for a range of fun experiences, make you feel

good, improve your health, and be a great way to relax and enjoy the company of your friends and family.

This section of the Australian Government Department of Health website provides information about physical activity and sedentary behavior, and how both of these can affect your health. The Guidelines provide information about the health benefits of leading an active lifestyle, as well as offering suggestions for how to incorporate physical activity and minimize sedentary behavior in your everyday life.

Physical Exercise, HEPA and Physical Fitness

The steady growth of exercise and physical activity in the health industry is continuing as the governments strive to combat the increasing health costs. An ageing population demographic, obesity and hypo kinetic diseases such as coronary heart disease and diabetes complicates are this mission.

This industry requires health professionals with an understanding of safe practice in the assessment and prescription of exercise to work in both health and fitness centers and clinical exercise settings.

Suggestion

Adults (18 to 64 years)

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

Children and Adolescents (6-17 years)

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally appropriate, fun, and offer variety.

Young Children (2-5 years)

There is not a specific recommendation for the number of minutes young children should be active each day. Children ages 2-5 years should play actively several times each day. Their activity may happen in short bursts of time and not be all at once. Physical activities for young children should be developmentally appropriate, fun, and offer variety.

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