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The Benefits of Physical Activity

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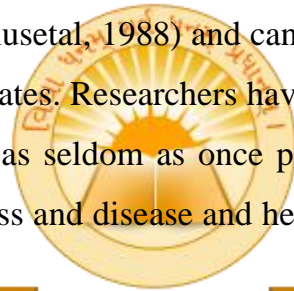
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A friend of ours likes of kind that he is his exercise serving as a pallbearer at the funerals of his jogger friends a side from just being contentious, he is expressing in important that exercise itself will moot you will live but within these limits is a range regular physical activity if sufficient duration and intensity can help you reach your upper limits. This is demonstrated in the studies of Harvard alumni by Patten burger and colleagues (1986) Patten Barger found that mortality rates were lower for physical active alumni by age 80, the amount of additional life attributed to adequate exercise, compared to spdentariness was between one and two pus years the multiple risk factor intervention trial study involved over 12,000 men and also found that the men moo physically active furthermore. The mufti stud indicated that any activity of 30 minutes. Five times a week, decreased the risk of coronary heart disease. Although more exerting physical activity was more protective Blair and associates found that depth rate increased as fitness level decreased Two of the major reasons for lower depth rates in exercisers can be explained by knowledge that-exercise can help prevent, coronary heart disease (Donahusetal, 1988) and cancer (krucoff, 1992) the First and second leading causes of depth in the united states. Researchers have found an increase in natural killer cell activity among people who exercised as seldom as once per week NK cells help prevent cancer-physical activity can both prevent illness and disease and help rehabilitation in this way, it enhances physical _health.



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One reason that physical activity is so helpful in preventing and treating various conditions is that it helps control their weight overweight. Obesity and malnutrition are implicated in numerous states of ill health. These conditions are also related to the amount of cholesterol in the blood that can clog arteries leading to the heart or braid, thereby, resulting in heart attack or stroke some cholesterol, however, is actually helpful since pick up blood test and deposits them outside of the body. This good cholesterol is called high-density lipoprotein (H.D.L.) exercise increases the, amount of H.D.L. in the blood it also decreases the amount of bad cholesterol that accumulates on the blood vessel walls and can eventually block the flow of blood to the heart and other body parts. In addition regular exercise can be in extremely effective means of managing stress.

Physical activities can even help elderly people live longer and postponed the effects of aging as people get older. They become susceptible to condition that can restrict their activities even to the



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extent that they become dependent on others to tie their shoes. Transport them, and buy them food a life of regular physical activity can postpone this dependency by providing elders with the necessary muscular strength and endurance, respiratory endurance and flexibility to manage their own affairs.

Physical activity has additional benefits that are often overlooked for example. Several researchers have found that workers who are physically fit are absent from the job less frequently. In addition; People who are physically fit are less apt to experience depression and are more likely to feel in control of their lives.



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