



Physical activities as “A healthy & disease free life”

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Abstract

The purpose of the study was to enrich the awareness of diseases which can be easily controlled through physical activity & provide a healthy life. Physical illness has its claws worldwide. It no longer remains a problem of adults, children, and poor or of underdeveloped countries, but it is rising rapidly among rich and developed countries as well. For example: Human life has become dependent on medicines such as digest medicine, allergic medicines, medicine for sleep, medicine for increase of stamina etc. Because of high intake of these pharmaceutical drug's man has become a "drug robot". Therefore, this paper discusses the gravity of the health and diseases burden on human life. It attempts to highlight physical activity in human life and how human can do some facile physical activities that can control diseases without much cost. Finally, the paper focus on physical activities related to women and disabled persons with some suggestive future remedial strategies.

Keywords: Diseases, Exercise, physical activities, pharmaceutical medicine, Health

Introduction:

In the epoch, most of we have a tendency to tend to are opt to do our daily life's work merely. For that demand, of the trendy life sciences are discovering fully completely different trendy technologies. Therefore, of us are smitten by that technology. Like for barely distance we have a tendency to tend to use vehicles instead of walking, machine-driven machines are used for laundry preparation & so on. Similarly, a private relies on machines likewise. Human life has become captivated with drugs like digest drugs, allergic medicines, medication for sleep, medication for the increase of stamina, etc. as a results of the high intake of these pharmaceutical drugs' men has become a "drug robot" very little question of those things build our life cozy. One the alternative hand this approach that systems forever follow Newton's third law of motion that "every action there is associate equal & opposite reaction". Throughout this condition such addiction to making our life easier, we have affected its reaction to boot, we have a tendency to tend to push our life near to death bit by bit. It's straightforward to avoid these risks; physical activities can pave the easy means that.

Impacts of pharmaceutical medicine & physical activity on human life:

People within the epoch square measure abundant smitten by pharmaceutical medicine. This event will increase the quantity of uses of drugs that extremely have an effect on human health, Following the IQVIA Institute for Human information Science the world outlay on medicines is ready to exceed \$1.5 trillion by 2023 within the US, the median asking price for medical specialty and orphan medicine may doubtless reach on top of \$200,000 p.a. by 2023.if this trend sets to be continued than directly person will lost their naturalism by the impact of pharmaceutical drug (IQVIA, 2018). Physical activity is important to stimulate the body a natural maintenance and repair systems. The bones, joints, and muscles - particularly heart - can keep younger if men keep them busy. Physical inactivity will increase health risks in some ways (i.e. Coronary cardiovascular disease, strokes, high pressure level, dyspnea, soft body, very little energy, stiff joints, pathology, poor posture, overweight), (BBC World Service,2018). Besides individual risk being physical, inactive is additionally an adverse risk for a family like lack of energy for a sexual relationship; lack of energy for youngsters, a poor leader for in house and society. (BBC World Service, 2018).

Physical Activity elementary to preventing Disease:

According to the international organization agency “Physical activities as any bodily movement created by skeletal muscles that require energy expenditure – still as activities undertaken whereas in operation, playing, finishing Globally, around twenty third of adults aged eighteen and over wasn't active enough in 2010 (men 2 hundredth and women 27%). In high-income countries, twenty sixth of men and thirty fifth of ladies were insufficiently physically, active, as compared to twelve-tone music of men and pure gold of ladies in “Millions of peoples suffer from chronic sicknesses which will be prevented or improved through regular physical activity” (CDC,1999). U.S.Department of executive department printed that twelve.6 million individuals have coronary cardiovascular disease, 1.1 million individuals suffer from a heart failure during a given year, seventeen million individuals have diabetes; regarding ninetieth to 95th of cases are kind a try of genetic disorder, that's associated with avoiddupois and physical inactivity around sixteen million, individuals have pre-diabetes, 107,000 individuals area unit freshly diagnosed with cancer annually, 300,000 people suffer from hip fractures annually, fifty million individuals have high vital sign. And nearly fifty million adults (between the ages of twenty and 74), or twenty seventh of the adult population, area unit weighty over 108 million adults, or sixty one of the adult population area unit either weighty or overweight. During a 1993 study, fourteen percent of deaths within the US were attributed to activity patterns and diet. Another study connected inactive lifestyles to twenty-three you look after deaths from major chronic diseases. For instance, physical activity has been shown to reduce the possibility of developing or dying from upset, diabetes, carcinoma, and high vital sign. On the average folks that area unit physically active outlast people who area unit inactive

Benefits of physical activities for healthy & trendy life:

Most kids are like too acutely aware concerning their outlook, body shape, & mental state & conjointly able to pay cash & time additionally. As per this condition, they will select physical activities in their daily routine as a result of it will be the best & chip value approach. By Esther Crain the powers of a mild fitness routine are spectacular, regular exercise will assist you build stronger muscles, avoid chronic sicknesses, and build your garments work far better. “Exercise puts your body in arousal, which interprets into a lot of vitality and a larger

sense of well-being (Frisch, 2018). "A sweat session improves blood flow all over your body, also as below the belt, and conjointly extra. The extra blood surge causes you to feel additional responsive and increasing arousal", (Health.com 2018), Exercises in addition power your drive in Associate in Nursing passing psychological approach. "Working out brings on further confidence regarding your look and body, which puts you during a sexier outlook," Research shows that regular exercisers nod off additional simply and are additional possible to expertise deep rapid eye movement," (Frisch, 2018). A 2011 university study found that cardio workouts will result in additional belly fat loss than strength coaching workouts or a band of strength coaching and cardio. Research suggests that you simply will fight brain fog with fitness. Like "all muscles, your heart gets weak and flabby with inactivity. The good issue even moderately intense exercise (like a brisk 30-minute walk) can produce your heart stronger, thus it pumps oxygen-rich blood additional with efficiency through your system, leading to less strain, (Brusic 2017). Exercise's wholesome advantages do not stop there. Regular workouts conjointly cut back your risk of cardio issues that tend to take place with age, like high pressure and high levels of triglycerides, a sort of fat at intervals the blood which will block or harden arteries. Each area unit big-time contributors to cardiovascular disease, the quantity one killer of men and girls, (CDC, 2013).

Physical activities for women & disabled people:

There are many studies that have shown that less stress is given to exercise particularly in girls. The explanations are many and also the central one is awareness. Women's sports don't seem to be inspired in most of the developing countries. There's a stigma that girls mustn't be concerned in out of doors sports. (Rochester, 2017) .World Health Organization discusses a number of the most problems concerning women's health. 2 of the foremost common cancers touching ladies unit of measurement breast and cervical cancers. Police investigation every of those cancers early is important to keeping ladies alive and healthy. Sexual and generative health problems unit of measurement accountable for simple fraction of health issues for women between the ages of fifteen and xliv years. It helps improve your health and fitness, maintain a healthy weight, scale back your risk for several chronic diseases and promote sensible mental state. Physical activity will be useful for a woman's cycle. Physical activities might facilitate expelling symptoms (PMS) recuperate even though your energy levels are low. (U.S. Department of Health and Human Services, 2018). Physical activity

for overweight or fatness and need to start physical exercise, begin slowly by moving a lot of around your home. Strive doing stretches or lifting weights whereas observance TV. You'll carry the cans of food, jugs of water, or different home items as weights. Walking in an exceedingly safe place close to wherever could be a good way to start obtaining a lot of exercise. Researchers perceive that doing balance and muscle-strengthening activities for a minimum of 1 hour and time unit per week facilitate lower the likelihood that you {simply that you just} simply will settle. Samples of these exercises embrace t'ai chi, walking backward, and standing from a sitting position. (Fairman, C.M. (2014). Physical activities also are useful for individuals with disabilities. By "National Center on Birth Defects and organic process Disabilities" on October eighteen, 2017, everybody, together with individuals with disabilities, wants physical activity permanently health. Within the US, regarding one in five, individuals have incapacity. Associate in Nursing incapacity is any the body or mind that makes it tougher for the person with the condition to do and do certain activities and act with the world around them. Incapacity doesn't equal poor health, and most adults with disabilities will to participate in regular physical activity and avoid being inactive. However, nearly 0.5 all adults with disabilities don't get any aerobic physical activity. Aerobic physical activity is once the body's massive muscles move rhythmically for a sustained amount, therefore up heart and respiratory organ fitness. Samples of aerobic activities that may be on the market to adults with disabilities embrace walking, water cardiopulmonary exercise, swimming, hand-crank cycling, and numerous chair athletes.

Summary & Conclusion:

Every nation want a good & healthy citizen as like every family wants their child lead a healthy life & wants to be happy life long. For our child, we always choose the comfortable life, if this event turns into the opposite direction than it will be unbearable to us. If we have a lot of money & power also but we can't enjoy then all our money & power will be useless, if we are not free from disease like obesity, physical illness & so on then all our wealth, power, knowledge etc. will remain useless because we can't enjoy all properly. Women in our society is neglected from the past, for the domination most of the women remain their home yet, & acknowledged different diseases, The people who are disabled to do the general work are always neglected by others these kinds of life make them boring & useless as well. If we think these we can't prevent only through

pharmaceutical drugs, we have to be conscious about this, by doing physically work, activity we can motivate, get disease free life, can take challenges, make our life more energetic, change our society & world as well.

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