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Exercise And Its Role In Preventing Hypo-Kinetic Diseases

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Abstract:

The modern era has witnessed an alarming increase in sedentary lifestyles, primarily driven by technological advancements and changes in work patterns. Consequently, the associated heath implications, particularly hypokinetic disorders resulting from insufficient physical activity, have emerged as a pressing public health concern. Physical inactivity is a powerful risk factor for many diseases. Exercise are physical activities done for purpose of getting physically fit and very useful tool in the preventing the hypokinetic diseases. There was considerable evidence which showed that risk of hypokinetic conditions can be greatly reduced among the people who engage in regular physical activity to achieve good physical fitness. It was revealed that optimal health is more than freedom from diseases.

Keywords: - sedentary lifestyles, hypokinetic disorder, exercise etc.

Introduction:

In modern society, where sedentary lifestyles are prevalent, the incidence of hypokinetic diseases has increase significantly, posing significant health risks and challenges. Importance of participation in the physical activity has been documented in the health literature. Earlier it was infectious disease which caused health concerns but in present scenario hypokinetic problems are great concern. Hypo means “low or lack of” and kinetic means movement. Hypokinetic diseases are caused by a lack of physical activity and unhealthy eating habits. Prolonged sitting, lack of exercise, and sedentary behaviors contribute to the development and progression of hypokinetic disease. These conditions are associated with an increased risk of developing chronic conditions such as obesity, coronary artery diseases, diabetes, hypertension, stroke, arthritis etc. Sedentary behaviors also contribute to mental health issues, including anxiety, depression, and cognitive decline. According to WHO, 60% of related factors to individual health and quality of life corelated to lifestyle. Millions of people follow an unhealthy lifestyle. Hence, the people face the health problems are associated by an unhealthy lifestyle. Physical activity that can be used is to do sports activities tennis, walking, yoga, running, cycling, aerobics. Regular Physical activity is important to good health and in the prevention of hypokinetic conditions.

The regular physical activity helps our body internally: -

- Healthy lungs
- Strong heart muscle
- Healthy bones with high density
- Healthy immune system can defeat invading diseases
- Fit blood, low in fat with healthy blood sugars levels

Types of Hypokinetic Disease-

Hypokinetic diseases or condition include obesity, coronary artery diseases, diabetes, hypertension, stroke, arthritis etc;

- Obesity: - It is a medical condition in which excess body fat has accumulated to such an extent that it can potentially have negative effects on health.
- Coronary artery disease: - it is a type of heart disease involving the reduction of blood flow to cardiac muscle due to build-up of atheromatous plaque in the arteries of the heart.
- Diabetes: - it is a chronic disease that occurs when your blood sugar is too high.
- Hypertension: - it is also known as high blood pressure, is a long-term medical condition in which the blood pressure in the arteries is persistently elevated.
- Stroke: - it is a medical condition in which happens due to lack of oxygen supply to brain.
- Arthritis: - it is a condition that causes joint pain, stiffness, swelling, and inflammation.

Causes: - Excessive consumption of energy- dense foods, sedentary work and lack of physical activity.
Treatment: - diet, exercise, medications.

Exercise:

Exercise is considered planned, structured and purposeful physical activity. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation. Also, exercise means any bodily movement performed in order to develop or maintain physical fitness and overall health.

Types of exercises

Exercise and physical activity fall into four basic categories— endurance, strength, balance, and flexibility. Exercise increases your physical fitness, which can improve your quality of life. Exercise helps to control and maintain a constant weight by preventing a person from gaining excess weight or maintain weight loss.

1. Light exercise: - It requires minimal efforts, causing only a little increase in heart rate and breathing. For example, light stretching, very slow walking, slow dancing etc.
2. Moderate exercise: It should raise your heart rate and breathing rate. This means these physical activities make your heart beat little faster and your breathing a bit harder. For example, bicycling, swimming laps for 20 min, Dancing etc.
3. Vigorous exercise: It require the highest amount of oxygen consumption to complete the activity. This exercise making your heart rate increase and breathing become faster and deeper. For example, running, jogging, jogging in place, heavy vigorous effort, rope jumping, Jumping jacks etc.
4. Endurance: Endurance activities, often referred to as aerobic, increase your breathing and heart rate. Endurance exercises improve the health of your heart, lungs, and circulatory system healthy and improve your overall fitness. For example, Walking or jogging, mowing, raking, digging, climbing stairs or hills etc.
5. Strength: Strength training increases muscle strength by making muscles work against weight or force. It considered a form of anaerobic exercise. Even small increases in strength can make a big difference in your ability. For example, lifting weights, wall push-ups, heavy squats etc.
6. Balance: Balance exercises can benefit people of all ages. They can help a person improve their body equilibrium, reducing the risk of falls. Many lower-body strength exercises also will improve your balance. For example, standing on one foot, Heel-to-toe walk etc.
7. Flexibility: Flexibility exercises stretch your muscles and can help your body move and bend easier. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. For example, Yoga, Shoulder and upper arm stretch, Calf stretch, hamstring stretch etc.
8. Agility: - Agility training aims to improve a person's ability to maintain control while speeding up, slowing down, and changing direction. people who participate in sports that heavily rely on positioning, coordination, speed, and balance need to regularly engage in agility training. For example, tennis, hockey, volleyball, badminton, basketball, boxing, etc.

By doing such exercise you can reduce the risk of hypokinetic diseases.

Importance of Exercise to Hypokinetic Diseases

Exercise assists in the prevention, management and treatment of hypokinetic diseases in the following ways:

Improves the physical fitness components of individuals thereby improving on the body's immunity system to combat hypokinetic diseases;

- Increase energy expenditure for individuals who expended relatively moderate level of energy (>1,000 Kcal/wk.)
- reduces the risk of high-blood pressure, and weight control
- Increase the ability of the heart muscle to pump blood well as oxygen
- Prevent atherosclerosis by lowering blood lipid levels
- Reduces the risk for heart attack, the most prevalent and serious of all cardiovascular diseases
- Improves coronary circulation, thus, reduce the chances of heart attack or dying from one
- Serves as effective means of rehabilitation for a person who has coronary heart diseases.
- exercise reduces the risk of dying prematurely
- exercise reduces the risk of developing high blood pressure
- exercise reduces the depression and anxiety
- exercise control weight
- exercise build and maintain healthy bones, muscles, and joints
- exercise helps older adults become stronger and better able to move without falling
- exercise promotes psychological wellbeing
- exercise helps in the management and treatment of individuals whose movement patterns are disturbed by stroke or any other hypokinetic diseases during rehabilitation and therapeutic stages.

Conclusion:

It can be deduced from this paper that exercise not only makes you physically fitter but also improves your all body health and general sense of well-being. Participating in physical activities has been linked with the reduction in tension, reduced state of anxiety, depression thus enhancing sense of wellness and reduction in rate of hypokinetic diseases. Other benefits of regular physical activity or exercise are increased self-esteem, improvement in fitness and self-confidence. There is an overwhelming amount of scientific evidence on the positive effect of engaging in regular physical activity are particularly apparent in the prevention of several diseases as previously stated to include obesity, coronary artery diseases, diabetes, hypertension, stroke, arthritis etc.

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