

Exercise for the Busy Person

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Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health. It is performed for many different reasons.

These include strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance and for enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent the "disease of affluence" such as heart disease, cardiovascular disease and obesity.

- It also improves mental health and helps prevent depression.
- Childhood obesity is a growing global concern and physical exercise may help decrease the effects of childhood obesity in developed countries.
- Moderate exercise has been associated with a 29% decreased incidence of Upper Respiratory Tract Infections (URTI).

Active exhalation during physical exercise helps the body to increase its maximum lung capacity. This results in greater efficiency, since the heart has to do less work to oxygenate the muscles, and there is also increased muscular efficiency through greater blood flow.

Aerobic exercise is usually performed to music and may be practiced in a group setting led by an instructor, although it can be done solo and without musical accompaniment.

An excess of visceral fat is known as central obesity, or "belly fat" the "pot belly" or "beer belly" effect, in which the abdomen protrudes excessively. There is a strong correlation between central obesity and cardiovascular disease.

Stretching

The result of stretching is a feeling of increased muscle control, flexibility and range of motion.

Stretching is also used therapeutic to alleviate cramps. Stretching often occurs instinctively after waking from sleep, after long periods of inactivity, or after exiting confined spaces. Many athletes stretch deliberately before or after exercise in order to increase performance and reduce injury. Stretching provides a large increase in individual range of motion (ROM).

Swimming

Recreational swimming is a good way to relax, while enjoying a full-body workout. It's an excellent form of exercise. Because the density of the human body is very similar to that of water, the water supports the body and less stress is therefore placed on joints and bones. Swimming is frequently used as an exercise in rehabilitation after injuries or for those with disabilities.

Walking

Sustained walking sessions for a minimum period of thirty to sixty minutes a day, five days a week, with the correct walking posture, reduces health risks and has various overall health benefits. Such as reducing the chances of cancer, type 2 diabetes, heart disease, anxiety, and depression. Many people walk as a hobby, and in our post-industrial age it is often enjoyed as one of the best forms of exercise.