

# A Review on Benefits, Need and Importance of Daily Exercise

Yash Chandra Gangwar, Assistant Professor,  
Department of Physical Education, Teerthanker Mahaveer University Moradabad, Uttar Pradesh, India  
Email Id- yashgangwar01@gmail.com

**ABSTRACT:** *Physical activity and exercise on a regular basis may help you remain healthy, active, and independent as you age. Exercise is important in avoiding health problems such as heart disease and stroke. Many studies have shown the health advantages of regular exercise. The term "exercise" refers to the regular practice of doing some kind of physical activity. Exercise is essential for maintaining excellent health and a clear mind. The regular practice of some physical labor does not imply that the body is under stress; rather, it is a stress-relieving exercise. A strong work ethic requires excellent health. This article examines the evidence supporting the health benefits of exercise across the board. Physical activity and exercise may help to decrease stress and anxiety, raise happy hormones, promote self-confidence, boost brain capacity, improve memory, and strengthen our muscles and bones. It also aids in the prevention and treatment of heart disease, obesity, blood sugar swings, cardiovascular disease, and cancer.*

**KEYWORDS:** *Exercise, Healthy Body, Muscles, Physical Activity, Sports.*

## 1. INTRODUCTION

Physical activity is defined as any physical movement that requires energy expenditure and is generated by skeletal muscles. The terms "physical activity" and "exercise" are not synonymous. Exercise is an organized, repeated, and intentional subset of physical exercise. "A healthy body equals a healthy mind." It implies that if a person is weak, dull, or unwell, he will be unable to do his job effectively and efficiently. It is critical to have a clear mind before beginning any task, whether it be office job, study, or creative activity. People who make fitness a priority in their lives are happier and more productive than others. Exercise does not imply that you must go to the gym or join a club on a daily basis; it just implies that you must engage in some kind of physical exercise, regardless of how or where you do it. Coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression may all be prevented or treated by exercise. Strengthening exercises supply the muscles with the right amount of resistance to help them gain endurance and strength [1]–[3].

Heart rehabilitation exercises are created and tailored to the individual's needs in order to enhance the circulatory system and prevent and treat cardiac illnesses and diseases. A well-balanced exercise routine may enhance overall health, increase endurance, and delay the aging process in numerous ways. Exercise improves not just your physical health but also your mental well-being. Regular physical activity is still an important habit for maintaining good health, delaying or preventing common musculoskeletal disorders like mechanical low back pain, neck and shoulder pain, and lowering the risk of coronary heart disease, hypertension, diabetes, osteoporosis, obesity, and colon cancer. Adolescence marks the transition from childhood to adulthood, and it is at this time that many lifelong habits, such as regular exercise, are established. Unfortunately, research has shown that physical activity levels decrease steadily throughout adolescence. You should exercise every day, regardless of your age or form. Exercise not only allows you to wear your favorite dress, but it also develops your muscles, keeps your

bones healthy, and enhances your skin, as well as allowing you to relax, sleep better, and have a stronger immune system [4]–[6].

Exercise helps to strengthen the cardiac muscles on a daily basis. It aids in the maintenance of healthy cholesterol levels. Physical exercise on a daily basis lowers the risk of stroke and heart disease. Exercise helps to reduce blood pressure and enhance circulation. Exercise aids in the loss of extra body weight, lowering blood pressure. Calories are burned as a consequence of exercise. Exercise, when combined with appropriate diet, is the most effective method to avoid obesity. If a healthy individual does not exercise on a regular basis, he may become physically unfit. If we do not engage in regular physical activity, our muscles' efficiency decreases. As a result, we must engage in daily physical activity. Exercise has been connected to a variety of physical and physiological advantages, as well as being a fun way to pass the time. People of all ages who are sedentary may enhance their health and well-being by getting more active on a regular basis at a moderate intensity. Regular exercise lowers blood pressure, lowers the risk of heart disease, stroke, certain cancers, and diabetes, and may also help to relieve stress, worry, and sadness. Being physically active is beneficial to your overall health at any age [7]–[10].

### *1.1. Exercise:*

Exercise is a kind of physical exercise that is organized, regulated, and repeated with the goal of training a certain body component. Exercise is beneficial for improving health and fitness, as well as for physical rehabilitation. Exercise may also be defined as any bodily activity that is done to improve or maintain physical fitness and general health.

### *1.2. Different types of exercise*

Endurance, strength, balance, and flexibility are the four fundamental characteristics of exercise and physical activity. The majority of individuals have a tendency of focusing on one activity or kind of exercise and believing that this is sufficient for their health. Each kind of exercise is unique, yet practicing all of them will provide you with additional advantages. Boredom is reduced and the risk of harm is reduced by mixing things up.

- Endurance, or aerobic, exercises raise your heart rate and breathing rate. They enhance your overall fitness while keeping your heart, lungs, and circulatory system healthy. Increasing your endurance makes it simpler to complete many of your daily tasks. This category includes activities such as walking or running, mowing, raking, digging, and dancing.
- Strengthening Your Muscles: Strengthening Your Muscles is a term used to describe the process of Even little gains in strength may have a significant impact on your abilities. Lifting weights and utilizing a resistance band with your own body weight are examples of this kind of workout.
- Balance: Balance exercises may help you avoid falling, which is a common issue among the elderly. Many lower-body strength workouts can also help you gain balance. Standing on one foot, heel-to-toe walking, and Tai Chi are all examples of this kind.
- Flexibility: Flexibility exercises help your body remain limber by stretching your muscles. Being flexible allows you to move more freely during other workouts and in daily activities. Shoulder and upper arm stretches, calf stretches, and yoga are some examples.

*1.2.1. Depending on the overall effect on the human body Physical activities may be divided into two categories: aerobic and non-aerobic.*

- Aerobic exercise is defined as any physical activity that engages big muscle groups and causes the body to use more oxygen than it would at rest. Aerobic exercise is designed to improve cardiovascular endurance. Cycling, swimming, brisk walking, skipping rope, rowing, hiking, tennis, continuous training, and long slow distance training are all examples of aerobic exercise.
- Strength and resistance training, as well as anaerobic exercise, may firm, strengthen, and tone muscles while also improving bone strength, balance, and coordination. Push-ups, lunges, and dumbbell bicep curls are examples of strength exercises. Weight training, functional training, eccentric training, interval training, sprinting, and high-intensity interval training are all examples of anaerobic exercise that improve short-term muscular strength.

It may also be split into three categories based on the degree of the activity; heart rate is often used as a metric of exercise intensity. Heart rate may be a good indication of how difficult the activity is for the cardiovascular system:

- Light exercise: Doesn't make you sweat unless it's a very hot and humid day. Sleeping, writing, desk work, typing, and extremely sluggish walking, for example, are examples of the first group.
- Moderate exercise: It should increase your heart rate, make you breathe quicker, and make you warm enough to start sweating after approximately 10 minutes of exertion. Breathing gets more frequent and deeper. Bicycling, which requires very little work, calisthenics, home exercise, which requires light or moderate effort, are examples of the second one.
- Vigorous exercise: will make you sweat excessively within 3-5 minutes, raise your heart rate considerably, and make you breathe hard. Breathing is quick and deep. Running, jogging, jogging in place, calisthenics (e.g. pushups, sit-ups, pullups, jumping jacks), strong energetic effort, rope jumping are all examples of this kind of exercise.

### *1.3. Need of Exercise:*

Everyone recognizes the need of exercise in our everyday lives, but many of us are unaware of why or what exercise can do for us. According to a well-known statement, there is compelling evidence that individuals who live active lives are less likely to get sick and live longer. Exercise improves not just your physical fitness but also your mental health and overall feeling of well-being. Getting in shape doesn't have to mean spending hours on a treadmill at your local gym; it may also mean taking a dancing class or taking up a new activity like fencing or mountain biking. It may be a group or team sport, such as football or karate. Regardless matter the kind of exercise you pick, you will almost definitely meet new people and perhaps establish new connections. These goals may be met by engaging in 30-60 minutes of moderate-intensity activity five times per week, 20-60 minutes of vigorous-intensity exercise three times per week, or a mix of the two. It is also allowed to mix one continuous session with several shorter sessions (each lasting at least 10 minutes).

### *1.4. Exercise's Importance:*

Muscles, blood, bones, and other living tissue make up each of our physical bodies. We get sick when any of these become damaged or stop functioning correctly. Nobody enjoys being sick. As a result, it is essential that we maintain a healthy and fit physique. One method to keep the body healthy is to exercise it. Our muscles grow weaker and we are less able to perform tasks correctly if we do not exercise. Bones may also grow weaker with time, making them more prone to breaking. It's done for a variety of purposes, including promoting growth and development, avoiding aging, strengthening muscles and the cardiovascular system, improving sports abilities, weight reduction or maintenance, and just having fun. Physical activity strengthens the immune system and helps to avoid "affluent illnesses" including cardiovascular disease, type 2 diabetes, and obesity. It may also help to prevent stress and depression, improve sleep quality and act as a non-pharmaceutical sleep aid to treat diseases like insomnia, promote or maintain positive self-esteem, improve mental health, maintain steady digestion and treat constipation and gas, regulate fertility health, and enhance an individual's sex appeal or body image, which has been linked to a higher risk of cancer. Obesity in children and adults is a rising worldwide issue, and physical activity may help mitigate some of the negative consequences of obesity in children and adults. Some health care professionals refer to exercise as a "miracle" or "wonder" medication because of the broad range of advantages it may offer for many people.

During working hours, two to four hours of mild exercise is suggested in the United Kingdom. Walking and standing are examples of this. In the United States, the CDC/ACSM consensus statement and the Surgeon General's report recommend that every adult engage in moderate exercise for at least 30 minutes each day, such as walking, swimming, and domestic chores.

## 2. DISCUSSION

Regular exercise strengthens the heart and lungs, allowing the cardiovascular system to supply more oxygen to the body with each pulse and the pulmonary system to raise the maximum quantity of oxygen the lungs can absorb. Exercise reduces blood pressure, lowers total and low-density lipoprotein (LDL) cholesterol (bad cholesterol) levels, and raises high-density lipoprotein (HDL) cholesterol levels (the good cholesterol). Heart attacks, strokes, and coronary artery disease are all reduced as a result of these beneficial benefits. Furthermore, individuals who exercise frequently are less likely to get colon cancer and some types of diabetes. Exercise strengthens muscles, enabling individuals to do activities they would not be able to accomplish otherwise or to execute them more easily. Muscle strength and joint range of motion are required for any physical job. Both of these characteristics may be improved with regular exercise. Exercise stretches muscles and joints, increasing flexibility and reducing the risk of injury. Exercise may also assist to improve balance by strengthening the tissues surrounding joints and throughout the body, reducing the risk of falling. Weight-bearing activity like brisk walking and weight training helps to build bones and prevent osteoporosis. The following are some additional health advantages:

### 2.1. *Reduce anxiety and stress:*

One of the most frequent mental advantages of exercise is stress reduction. Exercise may aid in the management of both physical and emotional stress. Exercise also raises norepinephrine levels, a hormone that helps to regulate the brain's stress response. Stress levels are significantly reduced when you are exercising. Physical activity that is both aerobic and anaerobic is beneficial to one's overall health. According to research, 30 minutes of exercise five or more days a week helps to reduce anxiety and mental stress. Physical exercise, on the other hand,

makes you weary, so you're more ready to sleep. Sleep that is of high quality may enhance overall health and decrease stress. When it comes to anxiety, the warmth and hormones produced during and after physical activity may assist individuals with anxiety problems relax. Anxiety sensitivity may be reduced by doing some moderate-to-high intensity aerobic exercise on the track or treadmill.

### *2.2. Boost happy chemicals:*

Exercise produces endorphins, which are happy and euphoric chemicals. Exercise has been proven in studies to improve symptoms in clinically depressed people. As a result, physicians advise that individuals who are depressed or anxious do so. Exercise may be equally as helpful as antidepressant drugs in treating depression in certain instances. Exercise-induced increased energy levels aid in a person's ability to stay fresh and cheerful. Following a good fitness regimen may make the day more enjoyable and bright. Working exercise for 30 minutes a few times a week may improve your attitude immediately.

### *2.3. Improve self-Confidence and self-Image:*

Self-esteem and a good self-image may both be boosted by physical fitness. Exercise, regardless of weight, size, gender, or age, may rapidly improve a person's sense of beauty, or self-worth. It has been shown that doing aerobic exercise and weight training in a shorter amount of time can assist to enhance self-esteem. One of the most recent studies confirmed the findings of the majority of previous studies, which found a significant link between physical activity and self-esteem using various study designs and self-esteem scales. This result may be used to suggest that college students with low self-esteem engage in more physical exercise. Even if you're going to start your exercise outdoors, Exercising in the great outdoors may also help to boost self-esteem.

### *2.4. Increase brainpower:*

Cardiovascular exercise has been proven in tests on mice and men to generate new brain cells (known as neurogenesis) and enhance overall brain function. A rigorous exercise, according to studies, boosts levels of a brain-derived protein (BDNF) in the body, which is thought to aid decision-making, higher thinking, and learning.

### *2.5. Sharpen memory:*

Physical exercise improves memory and the capacity to learn new things when done on a regular basis. Sweating boosts the formation of memory and learning-related cells in the hippocampus. As a result, studies have connected children's brain growth to their degree of physical fitness. However, exercise-based brainpower isn't only for kids; regular exercise may also help adults improve their memory. Running sprints enhanced language recall in healthy individuals, according to a research.

### *2.6. Improves muscles and bones strength:*

Depending on the nature of the physical activity, exercise entails a sequence of continuous muscular contractions of either long or short duration. Muscular-strengthening exercises may aid in the growth or maintenance of muscle mass and strength. By maintaining joints in correct alignment, strong muscles and ligaments decrease the likelihood of joint and lower back discomfort. Additionally, exercise improves the circulatory and respiratory systems, allowing for improved oxygen and glucose supply to the muscle. Hip fracture is a serious health condition



that can have life-changing negative effects, especially if you're an older adult, according to research. Doing aerobic bone strengthening physical activity of at least a moderately intense level can slow the loss of bone density that comes with age, as well as that hip fracture is a serious health condition that can have life-changing negative effects, especially if you're an older adult. People who engage in 120 to 300 minutes of at least moderate-intensity aerobic exercise per week, however, had a reduced risk of hip fracture, according to studies.

### 2.7. Reduce the Risk of Heart Diseases:

The heart is a muscle that requires regular exercise to remain in good condition. When the heart is trained, it can pump more blood through the body and continue to function at peak efficiency with little effort. This will most likely assist it in being healthy for a longer period of time. Regular exercise also helps to maintain the flexibility of arteries and other blood vessels, maintaining proper blood flow and blood pressure. Exercise helps to strengthen the cardiac muscles on a daily basis. It aids in the maintenance of healthy cholesterol levels. Physical exercise on a daily basis lowers the risk of stroke and heart disease. The American Heart Association (AHA) recommends that you exercise 30 minutes five days a week to enhance your heart health and lower your risk of heart disease. You can even split it up into three 10-minute sessions three times a day to make it more doable.

## 3. CONCLUSION

Exercise enhances your overall health and feeling of well-being in addition to making you physically fitter. Physical activity or exercise may help you avoid illnesses including type 2 diabetes, cancer, and heart disease. Exercise on a daily basis may help to decrease stress and anxiety, enhance brain capacity, sharpen memory, and strengthen muscles and bones. Physical activity and exercise may improve your health both now and in the future. Most significantly, regular exercise may help you live a healthier lifestyle. You may get these advantages by exercising for at least 30 minutes a day.

### REFERENCES:

- [1] D. G. D. Christofaro *et al.*, "Adolescents' physical activity is associated with previous and current physical activity practice by their parents," *J. Pediatr. (Rio. J.)*, 2018, doi: 10.1016/j.jped.2017.01.007.
- [2] R. Gal, A. M. May, E. J. van Overmeeren, M. Simons, and E. M. Monnikhof, "The Effect of Physical Activity Interventions Comprising Wearables and Smartphone Applications on Physical Activity: a Systematic Review and Meta-analysis," *Sports Medicine - Open*. 2018, doi: 10.1186/s40798-018-0157-9.
- [3] C. Foster, J. B. Moore, C. R. Singletary, and J. A. Skelton, "Physical activity and family-based obesity treatment: a review of expert recommendations on physical activity in youth," *Clinical obesity*. 2018, doi: 10.1111/cob.12230.
- [4] J. S. McPhee, D. P. French, D. Jackson, J. Nazroo, N. Pendleton, and H. Degens, "Physical activity in older age: perspectives for healthy ageing and frailty," *Biogerontology*. 2016, doi: 10.1007/s10522-016-9641-0.
- [5] A. Watson, A. Timperio, H. Brown, K. Best, and K. D. Hesketh, "Effect of classroom-based physical activity interventions on academic and physical activity outcomes: A systematic review and meta-analysis," *International Journal of Behavioral Nutrition and Physical Activity*. 2017, doi: 10.1186/s12966-017-0569-9.
- [6] E. Füzéki and W. Banzer, "Physical activity recommendations for health and beyond in currently inactive populations," *International Journal of Environmental Research and Public Health*. 2018, doi: 10.3390/ijerph15051042.
- [7] F. Sun, I. J. Norman, and A. E. While, "Physical activity in older people: A systematic review," *BMC Public Health*, 2013, doi: 10.1186/1471-2458-13-449.

- [8] M. A. Farooq *et al.*, “Timing of the decline in physical activity in childhood and adolescence: Gateshead Millennium Cohort Study,” *Br. J. Sports Med.*, 2018, doi: 10.1136/bjsports-2016-096933.
- [9] R. M. Weggemans *et al.*, “The 2017 Dutch Physical Activity Guidelines,” *Int. J. Behav. Nutr. Phys. Act.*, 2018, doi: 10.1186/s12966-018-0661-9.
- [10] S. Beuchat-Mamie, N. Sperisen, P. Molnar, and S. Koçer, “Physical activity and cancer,” *Praxis*. 2018, doi: 10.1024/1661-8157/a003064.