

Benefits of Exercise – Health And Fitness for Working Womens

Kavitha Sangana Gouda M

Research Scholar

Department of physical education

Gulbarga university kalaburagi

Abstract

The main purpose of the study to measure the benefits of exercises for working women's to maintain their health and fitness. To reduce the working women's from mental and physical stress. Since from memorable time it is said that a healthy mind and soul lies in a healthy body. A healthy body is not just nourished by a balanced diet but also with physical exercise. A daily schedule and booziest life may take away physical stress but brings near to the dangers and disorders which ultimately becomes fatal. A common denominator among people who successfully manage their weight and stay fit is that they exercise as a matter of habit. Physical exercise comes at the top of human priority list, one who avoids it will not just cheat his own body but also lose a chance to stabilize a normal weight and stay healthy for a life time. Key words: physical exercise, health, fitness and working women's.

- ❖ The most grateful blessed CURSE one who escapes from exercise is “OBESITY”.
- ❖ This seems to be carried as lovely legacy generation after generation.
- ❖ The long lasting ultimate alternative to rescue from this curse is physical exercise.
- ❖ In physical exercise each movement has its own Excellency which favors a human body to come out of risk presently and in future also.
- ❖ This present matter is mainly focused on obesity/weight loss as every 4th person sitting here is a prey of overweight let's search a boon to avoid it to be as every 1st or 2nd person.
- ❖ Lack of exercise makes a person confused to be extraordinary aware and also confused to have desired food for example if you wish to have a cup of tea (100 ml) during a friends chat meeting.
- ❖ We will be aware as you will take 70 calories more from routine when you are in diet not in practice of exercise.

- ❖ A single tea spoon sugar has 20 calories.
- ❖ These keep a mind disturbed, hurting and a body restless as you could not go with desired food at formal times.
- ❖ 1 tea spoon sugar is materialized by simple 35 – 40 sit ups.
- ❖ 1 cup extra tea is being neutralized by 20 times curling of legs, 20 times down and cross stretching.
- ❖ Thus you can make up to diet by only physical exercise.
- ❖ Physical exercise involves various concepts such as moderate activities, these are the activities were in one can expend approximately.
- ❖ 200 calories an hour, for example if you do housework for 20 minutes, three times a week, you've accrued one hour of activity and have burned 200 calories.
- ❖ Below are the clinical evidences that moderate activities performed regularly throughout your week, can be helpful in weight control and may be protective against heart diseases.
- ❖ Climbing stair for one hour through out a week.
- ❖ Parking vehicle far away from your destination to increase walking for an accumulated one hour a week.
- ❖ Walking for pleasure (not exercise) at least one hour a week.
- ❖ Moderate job activities (E.g., Stocking shelves, moving materials, lifting objects).
- ❖ Performing moderate yard/garden work for an accumulated o one hour a week.
- ❖ Moderate house work (Scrubbing floors, sweeping floors, washing windows) for an accumulated one hour a week.

Climbing Stair Case



Object Lifting



Garding



House Work



Scrubbing



Sweeping

Vigorous Activities

- ❖ It includes expending 350 calories or more an hour when performed at least three hours a week, these activities promote fat loss and greatly reduce your risk of heart disease.
- ❖ Brisk walking, jogging, running, biking or swimming at least two to three hours a week (Aerobic exercise machines such as tread mills and stationary bicycles count here).

- ❖ Participating in calisthenics or general exercise at least two to three hours a week.
- ❖ Playing strenuous racquet sports (tennis, handball, or squash) at least two or three hours a week.
- ❖ Playing other strenuous sports (i.e., basket ball, volleyball, martial arts, skipping etc.) at least two to three hours a week.
- ❖ Lifting weights at least two to three hours a week.



- ❖ Diet, nutritious food, low calorie food etc. are some buff and irritating concept when a person is found to do it all his life in contrary to these words which gives pleasure and self confidence is physical exercise.
- ❖ Food behavior and exercise behavior are highly interactive, with a powerful connection operating between the two.
- ❖ If you exercise on a regular basis, a rather amazing phenomenon occurs, you will begin to experience a weakening desire to overeat or binge.
- ❖ Your food behavior will be to change almost automatically and you'll make healthier food choices as a matter of routine.
- ❖ It has been proved that a person who inculcated the regular exercise habits will become conservative in selection of food.
- ❖ When a once weight/obese person visit a physician, he will diagnosed, medicated and sent to a dietician but why not to physical instructor??????
- ❖ The answer is that though the physical exercise is mandatory for human body, yet least attention is given.
- ❖ The dietarian may give lengthier chart of what not to eat, which may won't be workout for him and comes out ultimately to the ground of obesity or less will perform excessive dieting which leads to the destruction and shrinking of body cells and tissue.

- ❖ As per study on this concept we all physical instructors wish to recommend each and every person to have a physical exercise chart and then a diet chart.
- ❖ Physical exercise has enumerable positive effects which mainly includes mental relaxation, nervous stimulations at regular interval, proper development and functioning of hormone levels and greater stamina at higher level.
- ❖ The following table reveals the physical and psychological benefits of exercise.

Benefits of Exercise

Exercise advantages

- | | |
|----------|--|
| Physical | <ul style="list-style-type: none">❖ Reduced body fat❖ Faster metabolism❖ Greater proportion of body defining muscle❖ Shapelier figure (women); more chiseled physique (men)❖ Improved appearance❖ Easier to maintain weight loss❖ Increased strength and endurance❖ More energy❖ Better flexibility and mobility❖ Protection against bone loss and osteoporosis❖ Stronger immunity and resistance to disease❖ Greater cardiovascular fitness❖ Reduced risk of diabetes❖ Reduced risk of developing some cancers.❖ Less desire to smoke, use alcohol or overeat.❖ Improve sex life❖ Slowing down of the aging process |
|----------|--|

References

- 1) Kylasov A, Gavrov S (2011). *Diversity Of Sport: non-destructive evaluation*. Paris: UNESCO: *Encyclopedia of Life Support Systems*. pp. 462–491. ISBN 978-5-8931-7227-0.
- 2) Stampfer MJ, Hu FB, Manson JE, Rimm EB, Willett WC; Hu; Manson; Rimm; Willett (2000). "Primary Prevention of Coronary Heart Disease in Women through Diet and Lifestyle". *New England Journal of Medicine*. **343** (1): 16–22. PMID 10882764. doi:10.1056/NEJM200007063430103.
- 3) Hu FB, Manson JE, Stampfer MJ, Colditz G, Liu S, Solomon CG, Willett WC; Manson; Stampfer; Colditz; Liu; Solomon; Willett (2001). "Diet, lifestyle, and the risk of type 2 diabetes mellitus in women". *The New England Journal of Medicine*. **345** (11): 790–797. PMID 11556298. Doi:10.1056/NEJMoa010492.
- 4) "Exercise". *Medical-dictionary.thefreedictionary.coms*
- 5) "Diet, Exercise, and Sleep". *National Sleep Foundation*. Retrieved 20 April 2016.
- 6) "WHO: Obesity and overweight". *who.int*.