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Research Article

Exercise physiology

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INTRODUCTION

In exercise, the liver generates extra glucose, while increased cardiovascular activity by the heart, and respiration by the lungs, provide an increased supply of oxygen. When exercise is very prolonged and strenuous, a decline, however, can occur in blood levels of glucose. In some individuals, there can also be cognitive and physical impairments due to dehydration. The COVID-19 Pandemic means that many of us are staying at home and sitting down more than we usually do. It's hard for a lot of us do the sort of exercise we normally do. It's even harder for people who don't usually do a lot of physical exercise.

But at a time like this, it's very important for people of all ages and abilities to be as active as possible. WHO's Be Active campaign aims to help you do just that- and to have some fun at the same time.

Remember – Just taking a short break from sitting, by doing 3-4 minutes of light intensity physical movement, such as working or stretching, will help ease your and improve blood circulation and activity.

Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers- all conditions that can increase susceptibility to COVID-19.

There are many benefits of regular exercise and maintaining fitness and these include:

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Exercise Increases Energy Levels

Exercise improves both the strength and the efficiency of your cardiovascular system to get the oxygen and nutrients to your muscles. When your cardiovascular system works better every hygiene seems easier and you have more energy for the fun stuff in life.

Exercise Can Help You to Maintain a Healthy Weight

The more you exercise the more calories you burn. In addition, the more muscle you develop, the higher your metabolic rate becomes, so you burn more calories even when you're not exercising.

Exercise Improves Brain Function

Exercises increases blood flow and oxygen levels in the brain. It also encourages the release of the brain chemicals. The part of the brain that controls memory and learning. This in turn, boosts concentration degenerative diseases such as Alzheimer's.

Regular Exercise Lowers Your Risk of Developing Type 2 Diabetes

Regular exercise helps to control blood glucose levels, which helps to prevent or delay the onset of type 2 diabetes. Additionally exercise helps to prevent obesity, which is a primary factor in the development of type 2 diabetes.

Staying Active Reduces the Likelihood of Developing Some Degenerative Bone Diseases

Weight bearing exercise such as running, walking or weight training lowers your risk of both osteoarthritis and osteoporosis.

Exercise May Help to Reduce the Risk of Certain Cancers

Being fit may mean that the risks of colon cancer, breast cancer and possibly also lung and endometrial cancers are reduced.

Active People Tend to Sleep Better

The Importance of sleep for more information.

Exercise improves your mood and gives you an improved sense of well-being- Physical activity stimulates the release of endorphins which make you feel better and more relaxed.

Exercises can help prevent and treat mental illnesses like depression -Physical activity can help you meet people reduce stress levels, cope with frustration, give you a sense of achievement and provide some important me time: all of which help with depression. Keeping fit can reduce some of the effects of ageing.

The Physical Activity Guidelines for Americans suggests that moderate-intensity activity allows you to talk but not to sing whereas more vigorous activity results in an inability to say more than a few words without pausing for a breath.

EXAMPLES OF MODERATE INTENSITY EXERCISE INCLUDE

- Brisk walking (100 steps/min)
- Dancing
- Swimming or aqua aerobics
- Gentle cycling (5-9 mph)
- Badminton or doubles tennis
- Volleyball.

EXAMPLES OF VIGOROUS INTENSITY EXERCISE INCLUDE

- Running
- Power walking
- Cycling faster than 10mph
- Aerobics
- Martial arts
- Competitive sports (football, rugby etc)
- Skipping/Jump rope
- Rowing.


CONCLUSION

The extensive Knowledge of exercise Physiology builds a strong foundation for professional groups like physical education teachers, coaches, fitness experts etc.,

Overall though, any activity that gets you moving, gets your heart rate up and gives you enough pleasure to do it regularly and often is good for you in almost every way.

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