

## **Impact of Physical Inactivity on Health**

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### **Abstract**

*Physical Inactivity is type of lifestyle which an individual or group adopt that do not permit regular physical activity. It is related to with less physical activity or no physical as well as sporting activity , prolonged sitting at work, in communities, work sites, schools cars, homes and public places have been restricted in ways that minimize individual movement and muscle related activities. People sit more and move less. This shift from a physically demanding life to reduced physical activities has exposed people to high risk of developing various health conditions. Even in the sub urban and rural areas physical inactivity increases due to watching television, are increasingly popular.*

### **Introduction**

Physical Inactivity is type of lifestyle which an individual or group adopt that do not permit regular physical activity. A person who lives a Physical Inactivity may be known as a “Couch Potato” This term was invented by a comic artist Robert Armstrong in the early 70’s. He showed a group of couch potatoes in his series of comics that featured sedentary characters who constantly watched television as a form of meditation. Trough various publications in newspaper, magazines and broadcasts, this term “Couch Potato” became very popular as one characterized by inactivity and long sitting. Sedentary Lifestyle as distinct class of behaviours is characterized by little or no physical movement and low energy expenditure . Sedentary because of physical inactivity while others are classified based on their engagement in activities that do not require high energy consumption.

### **Physical Inactivity and Obesity**

Obesity is one of the emerging health related problems of the younger age especially those in urban areas due to urbanisation, industrialization ,and over-eating tendencies. And these factors miss the opportunity to take part in sporting or physical activity. Obesity in children and adolescents are associated with health risk of insulin resistance leading cardiovascular and enhance the bad cholesterol. Other health risks of obesity in children include I risks of asthma, stress cancer, , osteoporosis, depression anxiety and other health related disorders including Blood pressure and Diabetes.

### **Physical Inactivity and cholesterol**

Cholesterol is one of the three major classes of lipids manufactured by the liver and transported to the body cells by low Density lipoproteins (LDL) and utilized for the formation of steroid hormones, bile acids and vitamin D Cholesterol is useful to the body but it does not need to be part of our diets because the liver produces the amount needed by the body. The low level of density lipoprotein causes heart related problem and hypertension, high density lipoproteins are useful for

maintenance of a healthy heart. It is worth mentioning here that Physical Inactivity contribute to low Density lipoproteins (LDL) .

### **Physical Inactivity and Cardiovascular Risk**

The cardiovascular system consists of the heart and blood vessels. When the body is at rest cardiovascular disease as one caused by unhealthy lifestyle including smoking, poor diet and sedentary behaviour . Cardiovascular diseases have behavioural correlates and that physical inactivity is related to cardiovascular disease (CVD)]. Metabolic diseases which result from inactivity further expose individuals to cardiovascular impairment. Physical in activity, unhealthy diet and obesity associated with sedentary lifestyle are health risks for cardiovascular disease which are now on the increase in developing countries creating a double burden to these countries already suffering from the effects of infectious diseases

### **Physical Inactivity and Diabetes**

Physical inactivity contribute to diabetes which results from the body " s inability to effectively utilize insulin. The prolonged screen time, sitting time, driving and reading time among others are behaviours strongly associated with increased eating and weight gain which attributed to greater risk of diabetes . In addition , The international journal of behavioural nutrition and physical activity conducted a survey of 63048 middle aged Australian men about their average sitting time per day and diagnosis of any relate d lifestyles disease including diabetes and hypertension.

### **Conclusions**

Physical Inactivity is a seriously growing health problem in th globe Physical Inactivity will contribute to the early onset and progression of life style disease such as cardiovascular disease, hypertension, diabetes and obesity. Healthy body through participation in sporting activities and physical work is necessary for increasing the working capacity and maintaining physical fitness of any individual to perform his daily tasks vigorously without undue fatigue ,to spare the energy to enjoy leisure time activities.

Finally, this paper provide a greater insight to eliminate the risks of diseases such as diabetes mellitus, chronic obstructive lung diseases, osteoarthritis diabetic, articulation pains, hypertension, and cardio vascular problems to the people.

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