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Physical Inactivity, Health Outcomes and Exercise

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Abstract

Physical inactivity has a negative impact on anxiety, depression, mood, and wellbeing, all of which may impact on academic achievement too. Physical inactivity increases all causes mortality, doubles the risk of hyper and hypo tensions, cardiac related disease, diabetes and obesity. It also increases the risks of asthma, stress cancer, lipid disorders, osteoporosis and other psychological related disorders. Reduced physical activity which characterizes Physical Inactivity leads to accumulation of excess calories and fatty acids. This is because weight maintenance depends largely on the number of calories absorbed through food intake and the number expended through physical activity and metabolism. Physical exercise improve musculoskeletal function, or maintain a state of psychological-being and Exercise contribute to control or minimize Diabetes, Blood pressure Obesity and Cardiovascular Diseases.

Introduction

Physical Inactivity is one of the major causes of life style disease disability around the world. Approximately two million deaths every year are attributable to Physical Inactivity; the findings from a WHO study on risk factors suggest that Physical Inactivity is one of the ten leading causes of death and disability in the world. Physical inactivity increases all causes mortality, doubles the risk of hyper and hypo tensions, cardiac related disease, diabetes and obesity. It also increases the risks of asthma, stress cancer, lipid disorders, osteoporosis, depression anxiety and other psychological related disorders. This includes home, business centres, long screen time, car driving prolonged sitting at work, and leisure time. Inevitably, the results are increased levels of different chronic disease such as asthma, stress, cancer, lipid disorders, osteoporosis, depression anxiety etc .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

Impact of Physical Inactivity on health outcomes

Physical inactivity increases all causes mortality, doubles the risk of hyper and hypo tensions, cardiac related disease, diabetes and obesity. It also increases the risks of asthma, stress cancer, lipid disorders, osteoporosis, depression anxiety and other psychological related disorders. Levels of inactivity are high in college students too. In the India, chronic diseases are now the leading causes of death. Currently, world health organisation assessed the global burden of disease from several health risk factors, including Physical Inactivity. Sedentary behaviour(Physical Inactivity) contributes to a major public health problem that effects huge numbers of people in the globe. In developed countries especially in India more than half of adults are insufficiently active. Poverty, crime, Crowding, poverty low air quality, and a lack of parks, sports and recreation facilities, and sidewalks make physical activity a difficult choice. Even in the sub urban and rural areas sedentary increases due to watching television, are increasingly popular. Inevitably, the results are increased levels of different chronic disease such as asthma, stress, cancer, lipid disorders, osteoporosis, depression anxiety etc .

Health Risks Associated with Physical Inactivity

Physical inactivity increases all causes mortality, doubles the risk of hyper and hypo tensions, cardiac related disease, diabetes and obesity. It also increases the risks of asthma, stress cancer, lipid disorders, osteoporosis and other psychological related disorders. World Health Organization (WHO), identified obesity as a worldwide public health problem affecting over 100 million people. Reduced physical activity which characterizes Physical Inactivity leads to accumulation of excess calories and fatty acids. This is because weight maintenance depends largely on the number of calories absorbed through food intake and the number expended through physical activity and metabolism. Lucas, Ward and Brain (2008) identified Physical Inactivity attributed to risk of obesity in students. An individual, who is sedentary, absorbs and stores a lot of calories because of reduced energy expenditure. These unwanted calories may lead to 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.

Impact of physical exercise on health outcomes

Physical Exercise that involves intense bursts of energy also stimulates the release of thyroxine from your thyroid gland. Physical Exercise can help you control or reduce your weight because testosterone and thyroxine speed up your metabolism. Physical exercise as bodily movement prescribed to correct impairment, improve musculoskeletal function, or maintain a state of psychological-being. Physical exercise Release contracted muscles, tendons, and fascia, Mobilize joints, Improve circulation, Improve respiratory capacity, Improve coordination, Reduce rigidity, Improve balance, Promote relaxation, Improve muscle strength

Conclusions

Physical Inactivity is a seriously growing health problem in the 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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