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## **Sedentary Life Style, Cardiovascular Problems, Diabetes And Physical Exercise**

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### **Abstract**

*Sedentary life style will contribute to the early onset and progression of life style disease such as cardiovascular disease, hypertension, diabetes and obesity. It also increases the risks of asthma, stress cancer, lipid disorders, osteoporosis and other psychological related disorders. Physical exercise improve musculoskeletal function, or maintain a state of psychological-being. . 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 , Physical Exercise contribute to control or minimize Diabetes, Blood pressure Obesity and Cardiovascular Diseases.*

### **Introduction**

The word “Sedentary” is coined from the Latin word “Sedere” which means “to sit” hence Sedentary behaviour is a term used to characterize those behaviours that are associated with low energy expenditure. This includes home, business centres, long screen time, car driving prolonged sitting at work, and leisure time. Sedentary lifestyle is one of the major causes of life style disease disability around the world. Approximately two million deaths every year are attributable to sedentary lifestyle; the findings from a WHO study on risk factors suggest that sedentary lifestyle is one of the ten leading causes of death and disability in the world. **Sedentary lifestyle** 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.

### **Sedentary Lifestyle contributed Bad 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 Sedentary life style contribute to low Density lipoproteins (LDL). Physical exercise stimulates enzymes that help move LDL from the blood (and blood-vessel walls) to the liver. From there, the cholesterol is converted into bile or excreted. So the more you exercise, the more LDL your body expels

### **Sedentary Lifestyle ,Cardiovascular Problem and Exercise**

The adrenal medulla releases epinephrine during exercise and increases epinephrine levels at higher exercise intensities. Epinephrine increases the amount of blood that your heart pumps. Epinephrine also enhances your ability to use muscles during exercise by widening blood vessels, which

lets your muscles get more oxygen-rich blood and reduce the risk of cardiovascular diseases. 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. The cardiovascular system is responsible for pumping blood throughout the body thereby providing a rapid-transport system to distribute oxygen to the body cells and also remove carbon dioxide from the body with other waste products. Cardiovascular diseases have behavioural correlates and that **Sedentary Lifestyle** is related to cardiovascular disease. Metabolic diseases which result from inactivity further expose individuals to cardiovascular impairment. **Sedentary Lifestyle**, 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.

### **Sedentary Lifestyle, Diabetes and Exercise**

Diabetes which results from the body's inability to effectively utilize insulin. Insulin is a hormone that regulates your glucose, or blood sugar, by transporting it to muscles and tissues that use glucose for energy. Excessive insulin in your blood reduces your sensitivity to insulin and can lead to diabetes. Physical Exercise might increase your insulin sensitivity by reducing blood concentrations of insulin. Blood insulin levels begin decreasing after Physical exercise, and might increase your sensitivity to insulin at rest.

### **Conclusions**

Sedentary life style 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.

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