Exercise is very Important for all the Age
M. A. Murtoza
Guinness World Record Holder and Martial Art Trainer, India

Abstract:
Regular exercise helps to increase immunity, promote freedom and reduce disease. Sometimes exercise can even help partially reverse the signs of aging. It feels good, but it is also good for maintaining mental health and memory. Whether a person is sick or healthy, there are many ways to maintain happiness, enhance self-confidence and become more energetic. You may be trying to start and maintain normal activities as an individual. Some groups feel weakened by practical restrictions. Or illness, some people may be worried about falls or injuries. If a person is not used to an activity routine, then they may not know where to start. Another explanation for mature people who do not practice adequately is that they admit that they are too light or too old, which is wrong. They seem to believe motivation to relax or just relax, but in fact, they are the best motivation to get up and take action. Exercise can lower blood pressure. Improve mood and help a person maintain overall well-being. No matter what someone says, sports are also fun. Exercise is good for everyone, regardless of age or mood. Not expected to go to the leisure center or do physical exercises. The main part of any activity routine is the development of life, whether it is trivial or not. Everyone should discuss before starting any activity or brainstorming plan. Work with your doctor to choose the best plan for your specific needs.

I. ADVANTAGE OF EXERCISE

Exercise helps mature adults lose or maintain weight. As we grow old, our body’s digestion rate slow downs, making it difficult to maintain healthy weight. Exercise can improve digestion and help strengthen muscle mass, thereby promoting the consumption of more calories. When a person’s weight stabilizes, their overall health will improve & remain in harmony. Exercise can reduce the chance of developing chronic diseases and can also reduce the impact of existing infections. Part of the health benefits of active exercise for adults is to improve heart health, increase immunity, improve work-related stomach diseases, and improve bone thickness. Reduce the risk of persistent diseases such as diabetes, coronary artery disease, colon cancer and etc. Exercise can improve adaptability, versatility and balance. It can add more power and improve it. Adults undergoing weight training will also reduce side effects from persistent conditions.

II. BENEFITS

Regular physical activity is one of the most important things you can do for your health. If you’re not sure about becoming active or boosting your level of physical activity because you’re afraid of getting hurt, the good news is that moderate-intensity aerobic activity, such as brisk walking, is generally safe for most people. Some benefits of physical activity can happen right after a session of moderate-to-vigorous physical activity. Benefits include improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.

III. REFERENCE

[1]. Jim Smathers