



ROLE OF EXERCISE IN WEIGHT MANAGEMENT

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Abstract: Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. It also improves mental health, helps prevent depression, helps to promote or maintain positive self esteem, and can even augment an individual's sex appeal or body image, which is also found to be linked with higher levels of self esteem. Childhood obesity is a growing global concern and physical exercise may help decrease some of the effects of childhood and adult obesity. Health care providers often call exercise the "miracle" or "wonder" drug—alluding to the wide variety of proven benefits that it provides. Exercise helps to control your weight by using excess calories that otherwise would be stored as fat. your body weight is regulated by the number of calories you eat and use each day. Everything you eat contains calories, and everything you do uses calories, including sleeping, breathing, and digesting food. Any physical activity in addition to what you normally do will use extra calories. Regular exercise is an important part of effective weight loss and weight maintenance. It also can help prevent several diseases and improve your overall health. It does not matter what type of physical activity you perform--sports, planned exercise, household chores, yard work, or work-related tasks--all are beneficial. Whether you are trying to lose weight or maintain it, you should understand the important role of physical activity and include it in your lifestyle.

Keywords: Exercise, Weight Management, Physical Activity, Health

Introduction:

Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. It also improves mental health, helps prevent depression, helps to promote or maintain positive self esteem, and can even augment an individual's sex appeal or body image, which is also found to be linked with higher levels of self esteem. Regular exercise is an important part of effective weight loss and weight maintenance. It also can help prevent several diseases and improve your overall health. It does not matter what type of physical activity you perform--sports, planned exercise, household chores, yard work, or work-related tasks--all are beneficial. Whether you are trying to lose

weight or maintain it, you should understand the important role of physical activity and include it in your lifestyle.

The Role of Exercise in Weight Management

The benefits of exercise are many, from producing physically fit bodies to providing an outlet for fun and socialization. When added to a weight control program these benefits take on increased significance. We already have noted that proper exercise can help control weight by burning excess body fat. It also has two other body-trimming advantages (1) exercise builds muscle tissue and muscle uses calories up at a faster rate than body fat; and (2) exercise helps reduce inches and a firm, lean body looks slimmer even if your weight remains the same. Remember, fat does not "turn into" muscle, as is often believed. Fat and muscle are two entirely different substances and one cannot become the other. However, muscle does use calories at a faster rate than fat which directly affects your body's metabolic rate or energy requirement. Your basal metabolic

rate (BMR) is the amount of energy required to sustain the body's functions at rest and it depends on your age, sex, body size, genes and body composition. People with high levels of muscle tend to have higher BMRs and use more calories in the resting stage.

Benefits of Regular Exercise

The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these seven ways exercise can improve your life.

Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. You don't need to set aside large chunks of time for exercise to reap weight-loss benefits.

Exercise combats health conditions and diseases

In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

Exercise improves mood

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

Exercise boosts energy

Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently.

Exercise promotes better sleep

Regular physical activity can help you fall asleep faster and deepen your sleep. Just

don't exercise too close to bedtime, or you may be too energized to fall asleep.

Exercise puts the spark back into your sex life

Individuals who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

Exercise can be fun

Exercise and physical activity can be a fun way to spend some time. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Find a physical activity you enjoy, and just do it. If you get bored, try something new.

The bottom line on exercise

Exercise and physical activity are a great way to feel better, gain health benefits and have fun.

Conclusion:

To sum up, we can say that regular exercise is an important part of effective weight loss and weight maintenance. It also can help prevent several diseases and improve your overall health. It does not matter what type of physical activity you perform--sports, planned exercise, household chores, yard work, or work-related tasks--all are beneficial. Whether you are trying to lose weight or maintain it, you should understand the important role of physical activity and include it in your lifestyle.

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