

## **Aerobics: health benefits**

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**Aerobic exercise-** is any physical activity that makes you sweat causes you to breathe harder and gets your heart beating faster than at rest. It strengthens your heart and lungs and trains your cardiovascular system to manage and deliver oxygen more quickly and efficiently throughout your body. Aerobic exercise uses your large muscle groups, is rhythmic in nature and can be maintained continuously for at least 10 minutes.

### **The 20 benefits of aerobic exercise**

The benefits of aerobic exercise to protect the heart are very well known. But exercise is not only beneficial for the heart and muscles. Other benefits of exercise include:

- 1. Better cardiac function:** The heart gets more blood per beat. That means that the heart rate is reduced in times of relaxation and during the exercise.
- 2. Weight loss:** During exercise the body burns fat and as a result the total body fat is reduced.
- 3. Improving mental health:** Regular exercise releases the endorphins, the natural painkillers of the body, which among other things reduces stress, anxiety and **depression**.
- 4. Helps the immune system:** Numerous studies have shown that people who exercise regularly are less prone to mild viral infections such as **colds** or flu.
- 5. Reducing diseases:** The extra weight is an aggravating factor in the emergence of: heart disease, high blood pressure, stroke, diabetes and certain types of cancer. The risk to develop some of these diseases decreases as we lose weight. There is data showing that walking can reduce the risk of osteoporosis and the complications involved. While exercises such as swimming and water aerobics may help people with arthritis.

**6. Increases longevity:** Research by the *University of Harvard*, published in the *New England Journal of Medicine* in 1986, revealed that for the first time there was a scientific link between exercise and longevity. Since then, other research confirms this initial assessment.

**7. Increases body resistance:** Maybe during or immediately after exercise you feel tired, but in the long-term exercise increase the strength and the sense of well-being **keeping fatigue away**.

**8. Improves muscle health:** Exercise encourages the development of microscopic blood vessels that provide sufficient quantities of oxygen in the muscles and keep away from the muscles metabolic wastes such as lactic acid. This process can reduce the discomfort felt by those suffering from chronic muscle pain and back pain.

**9.** Increases the maximum consumption of oxygen by the body

**10.** Improves cardiovascular and cardiovascular function

**11.** Increasing the supply of blood to muscles and the ability to make better use of oxygen

**12.** Lowers heart rate and blood pressure

**13.** Lowers the accumulation of lactic acid which causes pain and muscle burning

**14.** Lowest systolic and diastolic blood pressure in patients suffering from hypertension (high pressure)

**15.** Increasing levels of good HDL cholesterol in the blood

**16.** Reduces high blood triglycerides

**17.** Improvement of glucose metabolism reduces insulin resistance and therefore lowers the risk of diabetes or regulates better the disease if it has already occurred.

**18.** Reduces psychological stress, **improves mood** with more vitality, reduces risk of depression or anxiety

**19.** Greater resistance to fatigue

**20.** Helps us to **sleep** better

### **What to do before start exercising**

#### **Consult your doctor**

The first and most important step before starting any exercise program is to consult your doctor. This is applicable to all ages but especially those over 40 who smoke, drink, do sedentary work, are overweight or have a chronic problem.

#### **Tips for a good exercise**

- Exercise 3 To 5 times a week
- Suggested duration is between 20 to 30 minutes and level of intensity from 50 to 80% of the maximum of your ability.
- Wear a good pair of trainers.
- For any activity you choose, you need the first 5 to 10 minutes to warm up and also devote the last 5 to 10 minutes for stretching after intense exercise to prevent possible injury.
- Do not forget to that when starting an exercise program, start slowly and gradually increase intensity and duration. It can take some weeks to arrive in 20 to 30 minutes of continuous exercise.

**Conclusion:** Aerobics is good physical exercise for our body. It strengthens our heart and lungs and trains our cardiovascular system to manage and deliver oxygen more quickly and efficiently throughout our body. It is beneficial for the heart and muscles health and also its having many other health benefits. Before starting aerobics one must consult doctor in special cases.