
Snapshot of Scientific Evidence for Remunerations of Physical Activity on Public Well-Being in Different Settings and Contexts

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Abstract

Eating healthy diet, managing stress, exercising and having good night's sleep may help to human feel emotionally and physically fit. But, in busy hustle and bustle of work and family commitments, physical health often gets overlooked, or even ignored, until there is problem requiring medical attention. This article reviews to learn what persons can do to live in healthy life while managing emotionally and physically vigorous. Based on studies, most common physical health and wellness issues affecting community members are obesity, hunger, chronic disease, infectious disease and mental health. A regular physical activity is one of the most important things persons can do for betterment of health. This can help to control body weight, lessen hazard of cardiovascular disease, lower blood cholesterol level and blood pressure, reduce risk of heart attack, diabetes, cancers, osteoporosis and metabolic syndrome, strengthen bones, muscles and joints, improve mental health and mood, improve ability to do daily activities and prevent falls if a person is an older adult, recover better from period of hospitalization, and increase chances of humans for living longer. Physical activity or exercise can improve health and reduce risk of developing certain conditions or diseases including unhappiness, nervousness and prevent chances of grief. Physical activity can also help to manage body function, feel better with more energy, better mood, feel more relaxed and sleep better. Most healthy children and adults should be active on a daily basis, and there should be mix of both leisurely physical activity and structured exercise. Examples of leisurely physical activity include hiking, biking and walking, while examples of more structured forms of exercise include strength training, running and sports. Physical activity includes endurance (activity for heart, lungs, circulatory system), flexibility (perform gentle reaching, bending and stretching to keep muscles relaxed and joints mobile) and strength (resistance exercise to strengthen muscles, bones and improve posture). Flexibility training should be performed daily, including stretches for all major muscle groups in order to maintain mobility. When anyone is not sure about becoming active or boosting level of physical activity because afraid of getting hurt, it is good news to take moderate-intensity of aerobic activity, like hurried walking that is generally safe for most individuals. When persons have chronic health condition such as arthritis, diabetes or heart disease, it is better to talk with Physician to find out physical activity plan that matches his abilities to avoid being inactive.

Keywords

Exercise, Health Benefits, Physical Activity, Wellness, Fitness

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1. Introduction

Health is the overall condition of a living organism at a given time and it is the soundness of the body, freedom from disease or abnormality, and the condition of optimal well-being. It is the overall condition when the body is functioning as it is designed by nature to function. Physical health is critical for overall well-being and is the most visible of the various dimensions of health, which also includes social, intellectual, emotional, spiritual and environmental health. Some of the most obvious and serious signs when peoples are unhealthy appear physically. So, addressing this dimension is crucial for anyone attempting to sustain overall health and wellness.

Prior to the onset of modern medical, traditionally physical health has been considered as someone physically healthy if he or she is not stricken with a serious illness. With modern medical innovations came longer life spans, which changed the way in which physical health is defined. Today's definition can consider everything ranging from the absence of disease to fitness level. Physical activity goals are important to research because behavioral goals, or the reasons for doing a particular behavior, are associated with motivation, self-regulation and adherence. The most important physical activity goals identified are sense of well-being, weight loss, health benefits, stress reduction and weight maintenance or toning. In a study, the goal cluster solution has validated and suggested relevant sociocultural influences and potential effects on behavioral regulation. Data showed that weight and health related goals have sociocultural influences and are associated with more extrinsic and less intrinsic behavioral regulation compared to stress reduction and sense of well-being goals (Carver and Scheier, 1998; 2000; Bagozzi and Edwards, 2000).

When anyone is not sure about becoming active or boosting level of physical activity because due to afraid of getting hurt, the good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most peoples, so, start it slowly. Cardiac events such as a heart attack are rare during physical activity. But, the risk does go up when somebody suddenly become much more active than usual. For example, somebody can put himself at risk if do not usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That is why it is important to start slowly and gradually increase the level of activity, and even 60 minutes a week of moderate-intensity aerobic activity is good. Looking for to stay at a healthy weight, both diet and physical activity play a critical role in controlling body

weight. Normally, a weight is gained when the calories anyone burns, including those burned during physical activity, are less than the calories eaten or drunk. When it comes to weight management, peoples may need to be more active than others to achieve or maintain a healthy weight and use of balancing calories becomes more significant (Hunt et al., 2008; Ngune et al., 2008; Sarwar et al., 2013; 2014; 2015 a; 2015 b; 2015 c).

2. Major Constituents of Fitness

There are primary components related to health fitness and secondary components associated to performance based fitness involved in all physical activities (Eddy et al., 1990; Brabazon, 2006; Stessman et al., 2009) as cited follows:-

2.1. Primary Components of Fitness

Four primary components also known as the components of health related fitness that are important to improve physical health are as follows:-

2.1.1. Cardiorespiratory Capacity

Cardiorespiratory capacity is the ability of the body to take in oxygen (respiration), deliver it to the cells (circulation), and use it at the cellular level to create energy (bioenergetics) for physical work (activity). In fitness, it is also refer to cardiorespiratory capacity as aerobic capacity. This capacity includes aerobic endurance (how long), aerobic strength (how hard) and aerobic power (how fast). Some of the long-term adaptations of cardiorespiratory training are decreased resting heart rate, decreased risk of cardiovascular disease, improved endurance, increased stroke volume and cardiac output.

2.1.2. Muscular Capacity

It refers to the spectrum of muscular capability and this includes muscular endurance (ability to apply force over a long period of time or to complete repeated muscle contractions), muscular strength (ability to generate force, or the maximum amount of force that a muscle can exert in a single contraction) and muscular power (ability to generate strength in an explosive way). Some of the long-term adaptations of improving muscular capacity are increased strength, improved muscular endurance, increased basal metabolic rate, improved joint strength and overall posture.

2.1.3. Flexibility

This one is the range of movement or amount of motion that a joint is capable of performing. Each joint has a different amount of flexibility. Some of the long-term adaptations of

improved flexibility are decreased risk of injury, improved range of motion, improved bodily movements, and improved posture.

2.1.4. Body Composition

That one is the proportion of fat-free mass (muscle, bone, blood, organs and fluids) to fat mass (adipose tissue deposited under the skin and around organs). Some of the long-term adaptations of improving body composition are decreased risk of cardiovascular disease, improved basal metabolic rate and improved bodily function.

2.2. Secondary Components of Fitness

The secondary components of fitness also known as the components of performance based fitness are involved in all physical activity and are necessary for daily functioning. Athletes experience different levels of success depending on how well these secondary fitness components are developed. Although the primary components of fitness are thought to be the most important, someone should not ignore the secondary components because of their importance in the completion of daily tasks. The secondary components include the following:-

2.2.1. Balance

This is the ability to maintain a specific body position in either a stationary or dynamic (moving) situation.

2.2.2. Coordination

This activity is the ability to use all body parts together to produce smooth and fluid motion.

2.2.3. Agility

This action within the limit of secondary components is the ability to change direction quickly.

2.2.4. Reaction Time

Within the secondary components, it is the time required to respond to a specific stimulus.

2.2.5. Speed

This situation relates to the ability to move rapidly and speed is also known as velocity (rate of motion).

2.2.6. Power

Power is the product of strength, and speed and power is also known as explosive strength.

2.2.7. Mental Capability

This one is the ability to concentrate during exercise to improve training effects as well as the ability to relax and enjoy the psychological benefits of activity (endorphins).

3. Health and Wellness

Health is a dynamic process because it is always changing. All peoples have times of good health, times of sickness and may be even times of serious illness. As our lifestyles change, so does our level of health. Those of us who participate in regular physical activity do so partly to improve the current and future level of our health. We strive toward an optimal state of well-being. As our lifestyle improves, our health also improves and we experience less disease and sickness. When most peoples are asked what it means to be healthy, they normally respond with the four components of fitness mentioned earlier (cardiorespiratory ability, muscular ability, flexibility and body composition). Although these components are a critical part of being healthy, they are not the only contributing factors. Physical health is only one aspect of our overall health. The other components of health (Sarwar *et al.*, 2013; 2015 a; 2015 b) that are just as important as physical health include the following:-

3.1. Social Health

This is an ability to interact well with peoples and the environment and to have satisfying personal relationships.

3.2. Mental Health

This ability is to learn and grow intellectually. Life experiences as well as more formal structures (e.g., school) enhance the mental health.

3.3. Emotional Health

It is an ability to control emotions so that somebody may feel comfortable in expressing them and can express them appropriately.

3.4. Spiritual Health

It is a belief in some unifying force and it varies from person to person, but has the concept of faith at its core.

Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviours and attitudes. If we take responsibility for our own health and well-being, we can improve our health on a daily basis. Certain factors influence our state of wellness, including nutrition, physical activity, stress-coping methods, good relationships and career success. The social, economic, cultural and physical environment in which peoples live, their lives have a significant effect on their health and wellbeing. Although genetics and personal behaviour play a strong part in determining an individual's health, good health starts where we live, where we work and learn, and where we play. In it, we examine the development of beliefs about what

is right and wrong, and how relationships, social class, income and education affect health and wellbeing. Peoples should know about the importance of these factors to individuals throughout their lives. Improving community health requires taking a broader view of the conditions that create health and wellbeing, from how we plan and develop our urban spaces and places, to the opportunities for employment, recreation, and social connection available to all who live in them. Each day we work towards maximizing our level of health and wellness to live long, full and healthy lives. The pursuit of health, personal growth and improved quality of life relies on living a balanced life. To achieve balance, we need to care for our mind, body and spirit. If any of these three areas is consistently lacking or forgotten about, we will not be at our optimal level of health. We are constantly challenged with balancing each of these three areas throughout life. As fitness professionals, experts have a responsibility to guide and motivate others to improve their level of health and wellness. We can promote a holistic approach to health (mind, body and spirit), but not just to encourage physical activity. As good role models, we should demonstrate positive health behaviours that assist in improving our own health and the health of others. If our focus is strictly on the physical benefits of exercise, we are doing a disservice to our clients and we are not fulfilling our professional obligation. In addition to the benefits of physical activity on improving health and reducing risk factors for chronic disease, it has been shown to be effective in improving mental health, which is also a major cause of disability worldwide (Sulaiman et al., 2007; Swinburn, 2008).

4. Benefits of Physical Activity

As fitness professionals, experts spend a great deal of time inspiring and assisting others in their pursuit of improved health. Education is an important aspect of this and we must promote the benefits of regular activity and help to peoples for understanding why they should be active and why each of these benefits is important to long-term health. The physical health benefits of physical activity are clear and these include lower blood pressure and cholesterol, and maintenance of a healthy weight. Some other examples of benefits include improved mental health and wellbeing, social engagement, enhanced sleep and reduced risk of fractures (Bishop, 2005; Heesch and Brown, 2008).

5. Guidelines for Physical Activity

For maintaining health and reducing risk of health problems,

health professionals and researchers have recommend a minimum of 30 minutes of moderate-intensity physical activity on most preferably all days of week or month. Physical activity or exercise can improve health and reduce the risk of developing several diseases like type two diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. A number of studies have found that exercise helps to lessen depression. There are many views as to how exercise helps to peoples with lowering of depression. Exercise may block negative thoughts or distract peoples from daily worries. Doing any physical activity is better than doing none and If someone currently do no physical activity, may start by doing some, and gradually build up to the recommended amount for to be active on most, preferably all days every week. Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week. Perform muscle strengthening activities on at least two days each week. Increases in daily activity can come from small changes made throughout the day, such as walking or cycling instead of using the car, getting off a tram, train or bus a stop earlier and walking the rest of the way, or walking of the children to school. It is a good idea to see a family Physician before starting physical activity program if persons are aged over 45 years, because physical activity can cause pain in chest, have spells of severe dizziness, are at a higher risk of heart disease, have heart disease or heart problems, and females are pregnant (Craft et al., 2007; Martin and McCann, 2005).

Pre-exercise screening is used to identify peoples with medical conditions that may put them at a higher risk of a experiencing a health problem during physical activity. It is a filter or safety net to help for deciding if the potential benefits of exercise outweigh the risks for health. Usually, the benefits will far outweigh the risks. Consider a copy of the adult's pre-exercise screening tool and discuss it with Physician, or allied health exercise professional. Most importantly, regular activity can improve the quality of our life. A minimum of 30 minutes a day can allow to enjoy these benefits of physical activities as a good opportunity to be active. Try to find the time for some regular, vigorous exercise for extra health and fitness benefits. Minimize the amount of time spent in prolonged sitting and break up long periods of sitting as often as possible. Exercising with other persons provides an opportunity for increased social contact. Increased fitness may lift the mood and improve sleep patterns of individuals. Exercise may also change levels of chemicals in our brain, such as serotonin, endorphins and stress hormones (Sims et al., 2004; Nieman, 2005). Scientists

say to make wise choices about physical activity as a way to improve health, it is advice to accumulate 60 minutes of physical activity every day to stay healthy or improve health. The recommendations in the physical activity guide include as follows:-

5.1. Endurance

On 4 to 7 days a week, perform continuous activity for the heart, lungs and circulatory system, and the time required for an improvement depends on effort.

5.2. Flexibility

On 4 to 7 days a week, perform gentle reaching, bending and stretching to keep muscles relaxed and joints mobile.

5.3. Strength

On 2 to 4 days a week, perform resistance exercise to strengthen muscles and bones and improve posture. Also adopt activity guidelines for improving health as stated below:-

1. Perform 30 minutes or more of moderate-intensity physical activity on most days of the week for cardiovascular health, but the 30 minutes need not be continuous.
2. Performing 1 set of 8 to 12 repetitions of resistance training for the entire body is necessary to maintain and develop muscular strength and endurance.
3. Flexibility training should be performed daily, including stretches for all major muscle groups, in order to maintain mobility

As a result, always remember that someone should talk to healthcare provider to find out whether these physical activity methods are right for him or her before starting them. These tips are intended for typical adults, but not necessarily for persons who are experiencing medical problems (Mughal *et al.*, 2015; Khalid *et al.*, 2015).

6. Limitations of Physical Activity on Public Health

A physical limitation refers to having difficulty in performing any of physical activities. Physical limitation is important because of its relationship with the ability to live independently and to overall quality of life. Recent studies show that the onset of physical limitations occurs later in today's older population than in earlier cohorts of the elderly. The prevalence of physical limitations increases with age, as does the number of physical limitations among adults aged 50 years and over. Limitations in physical functioning are

reported by a significantly higher proportion of both short-term (54%) and long-term (53%) cancer survivors, than by age-matched non-cancer controls (21%). The commonest problems experienced (crouching/ kneeling, standing for long periods, walking short distances, and lifting / carrying a load) are all vital for carrying out basic daily activities, such as house and garden work, shopping and childcare. Epidemiologic studies of physical activity among patients with end-stage renal disease are lacking. Limitations in physical activity are common among new end-stage renal disease patients and these, in part, are related to pre-existing cardiovascular disease, malnutrition, and mental health. Heart disorders can limit a person's ability to perform physical activities. One way to evaluate the severity of a heart disorder is to determine how limited this ability is. Physicians may use the functional class system to make this evaluation like mild disease, ordinary physical activity may not be limited, moderate disease, ordinary activity causes symptoms, moderately severe disease, less-than-ordinary activity causes symptoms, and severe disease, symptoms occur during rest, and any physical activity makes them worse. However, this system is not foolproof, because even serious heart disorders may cause no symptoms if peoples reduce their activity level to compensate for the disorder (Katzmarzyk and Tremblay, 2007; Stack and Murthy, 2008).

7. Conclusion

The resources and information in this article are designed to educate the members of community about physical health and wellness topics and to provide information about how to make social environments healthier places for spending a good life. These data suggest that health and weight-related physical activity goals are more related to social norms and associated with less optimal behavioral regulation compared to goals related to sense of well-being and stress reduction. A person's health and wellbeing is affected by a number of different factors. A person should know about factors that contribute positively to health and wellbeing such as a balanced diet (improved immunity, feeling healthy, controlling weight), adequate rest and sleep (improved concentration, refreshes body, restores energy), regular exercise (improved fitness, weight control, circulation, mobility), supportive relationships (friends, family, professionals, improved self-esteem, self-worth), adequate financial resources (social security benefits, free prescriptions, free dinners, pension, mobility allowance), and stimulating work, education and leisure activity (improve mental ability, valued). Our body is a gift from almighty Allah (God - Creator of universe) and by taking care of our body physically and spiritually we will be blessed from him. Spiritually by choosing to obey the word of wisdom,

obedient to the laws and guidance of almighty Allah, peoples can remain free from harmful addictions, have control over the life, gain the blessings of a healthy body and an alert mind, and may live happier and more popular or more attractive. Physically, to care for our body, eat nutritious food, exercise regularly and get enough sleep. Practice balance and moderation in all aspects of our physical health. Also, avoid extremes in diet that could lead to eating disorders, do not intentionally harm the body and avoid dangerous activities that put body at risk of serious injury. Do not use tobacco products or any form of alcohol because these are addictive and harmful to the body and spirit. Being under the influence of alcohol, it weakens the judgment and self-control of a person, and drinking can also lead to alcoholism, which destroys individuals and families. To increase physical activity using behavioral or social approaches, the task force recommends school-based physical education, individually-adapted health behavior change programs and social support interventions in community settings.

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