

# Impacts on Physical Activity Outcomes

Nicolos John\*

Head of Department, University of Health Education, Bolivia

## Commentary

Physical activity is defined by the World Health Organization as any physiological movement that needs energy expenditure and is produced by skeletal muscles. Physical exercise encompasses all forms of movement, whether it is done for fun, to go to and from locations, or as part of one's job. Walking, cycling, wheeling, sports, active recreation, and play are all popular ways to stay active. They can be done at any level of competence and for enjoyment by everyone. Physical activity has been shown to aid in the prevention and management of noncommunicable diseases such as heart disease, stroke, diabetes, and a variety of malignancies. Physical activity also aids in the prevention of hypertension, the maintenance of a healthy body weight, and the improvement of mental health, quality of life, and well-being. 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.

### Weight management

Are you trying to reach or maintain a healthy weight? In order to maintain a healthy body weight, lose excess body weight, or maintain successful weight loss, both food and physical exercise are essential. When you consume more calories through eating and drinking than you burn, including calories burned during physical activity, you gain weight. It's critical to maintain a healthy calorie balance. When it comes to weight loss, the amount of physical activity required varies substantially. To reach or maintain a healthy weight, you may need to be more active than others.

### Reduce your health risk

**Cardiovascular disease:** In the United States, heart disease and stroke are two of the major causes of death. Following the guidelines and getting at least 150 minutes of moderate-intensity aerobic activity per week can reduce your risk of developing these diseases. Physical activity can help you minimize your risk even more. Physical activity can also help to decrease blood pressure and cut cholesterol levels.

**Type 2 diabetes and metabolic syndrome:** Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is some combination of too much fat around the waist, high blood pressure, low High Density Lipoproteins (HDL) cholesterol, high triglycerides, or high blood sugar. People start to see benefits at levels of physical activity below the recommended 150 minutes a week. Additional amounts of physical activity seem to lower risk even more.

**Some cancers:** Physical activity lowers your risk of developing some malignancies that are frequent. Adults who engage in more physical activity had a lower risk of developing cancer, according to research. Enhance the

*\*Address for Correspondence: Nicolos John, Head of Department, University of Health Education, Bolivia; E-mail: john.n@yahoo.com*

**Copyright:** © 2022 John N. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

**Received** 04 January, 2022, Manuscript No. JBHE-22-54708; **Editor Assigned:** 05 January, 2022, PreQC No. P- 54708; **Reviewed:** 17 January, 2022, QC No. Q- 54708; **Revised:** 24 January, 2022, Manuscript No. R- 54708; **Published:** 31 January, 2022, DOI: 10.4172/2380-5439.100004

quality of your life. If you've had cancer, evidence suggests that engaging in regular physical activity not only improves your quality of life, but also your physical fitness.

**Strengthen your bones and muscles:** It's critical to safeguard your bones, joints, and muscles as you become older since they support your body and allow you to move. Maintaining the health of your bones, joints, and muscles can help you complete your regular activities and stay physically active. Moderately vigorous aerobic, muscle-strengthening, and bone-strengthening physical activity can help decrease the loss of bone density that occurs as people age. Hip fractures are a significant health problem that can have life-altering consequences, particularly in older adults. People who are physically active have a lower risk of hip fracture than those who are not.

### Improve your ability to do daily activities and prevent falls

A lack of capacity to undertake ordinary activities such as climbing stairs, grocery shopping, or playing with your grandchildren is referred to as a functional constraint. Reduce the risk of falling by improving physical function. Multicomponent physical activity is beneficial for older persons to improve physical function and reduce the risk of falling or harm from a fall. Multicomponent physical exercise combines several different types of physical activity, such as aerobics, muscular strengthening, and balance training. As part of a multicomponent physical activity programme, you can undertake it at home or in a communal environment [1-5].

### Increase your chances of living longer

Physical activity, according to research, can lower your risk of dying young from common causes of death, such as heart disease and various malignancies. This is noteworthy in two ways: Physical activity is one of the few lifestyle decisions that has such a significant impact on your health. Physically active people have a 33 percent lower risk of all-cause death than those who do not exercise for 150 minutes per week. To minimize your risk of premature death, you don't need to engage in a lot of activity or vigorous-intensity activities. Benefits start to accumulate with any amount of moderate- or vigorous-intensity physical activity.

## References

1. Humphreys, Brad R., Logan McLeod and Jane E. Ruseski. "Physical activity and health outcomes: evidence from Canada." *Health Econ* 23 (2014): 33-54.
2. Beets, Michael W., R. Glenn Weaver, Gabrielle Turner-McGrievy and Jennifer Huberty, et al. "Physical activity outcomes in afterschool programs: a group randomized controlled trial." *Prev Med* 90 (2016): 207-215.
3. Donnelly, Joseph E. and Kate Lambourne. "Classroom-based physical activity, cognition, and academic achievement." *Prev Med* 52 (2011): S36-S42.
4. Yu, Jiani, Jean M. Abraham, Bryan Dowd and John A. Nyman, et al. "Impact of a workplace physical activity tracking program on biometric health outcomes." *Prev Med* 105 (2017): 135-141.
5. Gordon-Larsen, Penny, Robert G. McMurray and Barry M. Popkin. "Determinants of adolescent physical activity and inactivity patterns." *Pediatr* 105 (2000): e83-e83.

**How to cite this article:** John, Nicolos. "Impacts on Physical Activity Outcomes". *J Health Edu Res Dev* 10 (2022): 04.