

# BODY FITNESS PROLONGS LIFE.,TISSUES THRIVE ON ACTIVITIES, MEN,S SENNA INCARPORE SANO.A HEALTHY MIND IN A HEALTHY BODY.

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## ABSTRACT:-

Studies have shown that people who exercise on regular basis from early life into old age and maintain appropriate Fitness by regimen of exercises and weight control have the benefits of prolong life. Mortality (death ratio) is three times less in the most fit people than in the least fit, specially between the ages of 50-70, As body fitness cholesterol level. Low density lipoprotein, (LDL) and High density Lipoproteins (HDL), which all reduce Heart attacks and Brain strokes. Secondly and most importantly athletically fit persons have more bodily reserves to call on when he or she does become sick.

## INTRODUCTION.

The main objective of exercise and physical activities is:

- i) Organic vigor, cardio respiratory & endurance, Muter development.
- ii) Neuro muscular skills.
- iii) Leisure time objectives or Recreational value.
- iv) Self realization, self respect, self esteem.
- v) Emotional stability & personal control.
- vi) Democratic value, respect for leader & to be a good follower.
- vii) Mental development, co - operation, Co-ordination and respect for and abide by rule
- viii) Social competency, socialization, group adjustment, & in society and self concept recognized.
- viii) Spiritual & moral strength.
- vi) Cultural appreciation.

Exercise or physical activity increase motar & organic fitness, strength, power, endurance, speed, stamina, agility, Neuro muscular skill development, cardiorespiratory edurance, Flexibility better, socially adjusted and physically active member of the society, reduces involvement in criminal activities and delinquency.

Exercise have benefits if regularly under taken and regular Rhythmic exercise involving large muscle groups such as swimming, running, cycling, jogging have been shown to increase maxim rate of oxygen transport, which enables the person to use small percentage of the Aerobic capacity. Exercise response of coronary arteries of

the heart is evidently only before degenerative (old age) changes have occurred.

- 1.Exercise makes the Myocardium ( heart muscle) resistant to hypoxia ( lack of oxygen in blood) and improves the oxygen uptake.
2. Increase the fibrinolytic activity of blood.
3. Blood remain in fluid state, does not clot and less chances of ischemic heart diseases or Angina and heart attack (Myocardial infarction).
4. Exercise reduces the resting systolic blood pressure.
5. Exercise reduces the multiple risk factors of Hypertension (Hyperlipidemia (Fat), Hyperglycemia (Blood sugar level) and (Hyperuricemia (high Blood uric acid level). Exercise improves diabetes mellitus, increase insulin glucose uptake by cells.
6. In smokers the Etiology (cause) is carbon monoxide (co) in ischemic heart diseases which form carboxy haemoglom and replaces oxygen which causes thickening of blood vessels and narrowing of blood vessels, and clot formation and heart attacks.  
Exercise lowers carboxy hemoglobin and lessens the Atheroma formation and clot formation.
7. Psychological effects. It lowers the sympathetic tone, decrease heart rate, Blood pressure particularly during exercise and rest.  
Exercise relieves feeling of depression, person thinks clearly feels high and sleeps better.