

PHYSICAL ACTIVITY FOR LIFE

Do you want to add years to your life? Or life to your years?

Feeling your best boosts your zeal for life!

So here is an article by APTSA on WORLD PHYSIOTHERAPIST DAY, 8th September, which might help you to improve your health by some simple activities and will guide you about the importance of physical activities for adults and children.

There are so many reasons why regular activity boosts your health. Read to learn what those are and how you can incorporate exercise into your day.

The [American Heart Association recommends at least 150-minutes of moderate activity each week](#). An easy way to remember this is 30 minutes at least 5 days a week, but three 10-minute periods of activity are as beneficial to your overall fitness as one 30-minute session. This is achievable! Physical activity may also help encourage you to spend some time outdoors.

Physical activity provides long-term health benefits for everyone! By being active, you will burn calories that you store from eating throughout the day and—it can be as easy as walking the dog or as rigorous as running a marathon. Providing opportunities for children to be active early on puts them on a path to better physical and mental health. It's never too late to jumpstart a healthy lifestyle.



IMPACT OF PHYSICAL ACTIVITY ON HEALTH:

It can help:

- Prevent chronic diseases such as heart disease, cancer, and stroke (the three leading health-related causes of death)
- Control weight
- Make your muscles stronger
- Reduce fat

- Promote strong bone, muscle, and joint development
- Condition heart and lungs
- Build overall strength and endurance
- Improve sleep
- Decrease potential of becoming depressed
- Increase your energy and self-esteem
- Relieve stress

PHYSICAL ACTIVITY RECOMMENDATIONS FOR ADULTS:

AHA Recommendation

For Overall Cardiovascular Health:

At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150

OR

At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity

AND

Moderate- to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

For lowering blood pressure and cholesterol

An average 40 minutes of moderate- to vigorous-intensity aerobic activity 3 or 4 times per week



PHYSICAL ACTIVITY RECOMMENDATIONS FOR CHILDREN:

As a group, children with a chronic disease or disability are less active than their healthy peers. There are many reasons for suboptimal physical activity, including biological, psychological and social factors. Furthermore, the lack of specific guidelines for 'safe' physical activity participation poses a barrier to increasing activity. Physical activity provides significant general health benefits and may improve disease outcomes.

- Can safely participate in sports without disease exacerbation.
- Should participate in moderate fitness, flexibility and strengthening exercises.
- Can participate in impact activities and competitive contact sports if their disease is well controlled and they have adequate physical capacity.
- Should be encouraged to be physically active as tolerated. Those with moderate to severe impairment or actively inflamed joints should limit activities within pain limits.
- Should gradually return to full activity following a disease flare.
- Should take individualized training (especially for children with severe joint disease) within a group exercise format for physical/social benefit. Physiotherapists on paediatric rheumatology health care teams should coordinate individual exercise programs.
- Should have radiographic screening for C1–C2 instability before participation in collision/contact sports if they have neck arthritis. If present, further evaluation is required.
- Should wear appropriately fitted mouth guards during activities with jaw and dental injury risk (per general population), especially if they have jaw involvement.
- Should wear appropriate eye protection (per general population) during activities with ocular injury risk.



PHYSICAL ACTIVITIES AND THE CALORIES CONSUMED:

The chart below shows the approximate calories spent per hour by a 100-, 150- and 200- pound person doing a particular activity.

Activity	100 lb	150 lb	200 lb
Bicycling, 6 mph	160	240	312
Bicycling, 12 mph	270	410	534
Jogging / Running, 7 mph	610	920	1,230
Jumping rope	500	750	1,000
Running / Jogging 5.5 mph	440	660	962
Running / Jogging, 10 mph	850	1,280	1,664
Swimming, 25 yds/min	185	275	358
Swimming, 50 yds/min	325	500	650
Tennis, singles	265	400	535

Activity	100 lb	150 lb	200 lb
Walking, 2 mph	160	240	312
Walking, 3 mph	210	320	416
Walking, 4.5 mph	295	440	572

So why not see for yourself? Once you find creative ways to fit physical activity into your life, we think you'll agree that the effort to get moving is worth it!

REFERENCES:

http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Physical-activity-improves-quality-of-life_UCM_307977_Article.jsp#.WbFEISgjHIU

<https://www.hhs.gov/fitness/be-active/importance-of-physical-activity/index.html>

<http://www.cdc.gov/physicalactivity/basics/children/index.htm>



Compiled by : APTSA academic department