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Benefits Of Physical Exercise During Lockdown Period

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INTRODUCTION:

Presently, the whole world is suffering from biggest health-related problem due to spread of Corona. This has forced us keep ourselves locked down in our homes to avoid the spread of Corona. In India, the government has advised to keep ourselves in lockdown. This is to prevent the community spread of Corona virus.

The complete lockdown for longer duration has several effects on us. These include physical, psychological, emotional and social effects. The government through AYUSH and other medical agencies has issued guidelines to be followed by us during lockdown period for avoiding the effects of long-term lockdown.

In such adverse times, the physical exercise can work as best remedy for treating all these problems. Regular exercise has several effects on our body. It has physical, psychological, emotional and social benefits which can be summarized as follows.

Physical benefits: The physical benefits of engaging in exercise are well known. The exercise is the best way of enhancing various physical capabilities. It is the best way of preventing occurrence of any disease and fighting infection. Various body systems get benefited by physical exercise. They are as follows.

1. Enhanced physical efficiencies such as strength, speed, endurance, flexibility and balance.
2. Increased immunity towards infections due to increased level of WBCs.
3. Increased muscle strength
4. Better bone density and joint strength
5. Improved lung capacity and oxygen intake
6. Properly managed blood pressure. The exercise removes bad cholesterol and enhances cardiac functioning
7. Improved digestion and assimilation of food taken which leads to better nourishment and ability to resist infections
8. Balanced level of blood sugar causes improved immunity
9. Proper removal of toxic products from the body

All these lead to better immunity towards any kind of infection from viruses or bacteria.

Physical exercise is the best method of keeping illness away.

Psychological benefits: One of the worst effects of lockdown is that the person suffers from various psychological problems. As there is more time available and less work to do, it is obvious that the person starts thinking about various negatives things. The rumors also play ugly role in such situation. Thus it becomes very important that the person should remain psychologically stable and poised. The exercise helps a lot in this direction in following ways.

1. Elevated mood as exercise causes increased release of feel-good hormones
2. Decreased anxiety caused by various negative inputs about the future prospects
3. Exercise leads to lack of depression caused by isolation and inactivity
4. Regular exercise induces sound sleep and complete recovery
5. It leads to decreased stress level



6. It leads to enhanced capacity of handling the pressure in a better way
Social benefits: The engagement in physical exercise has several social benefits. The physical exercise performed with family members is one of the best way of relaxing and improving relations.

1. Even though it is not allowed to go outside the homes during lockdown, it is best time to spend quality time with all family members
2. By engaging in physical activities suitable for all age groups with all family members, the relations with other family members get improved
3. It leads to better understanding and affinity towards family members
4. Through social media also one can spread the importance of physical activities during lockdown period

Conclusion:

Thus it can be concluded that, engagement in various forms of physical exercise not only provides creative ways of investing the time available during lockdown period but also it has several physical, psychological and social benefits. This will not only help in serving the nation in creative way but also help us individually.

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