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- Executive Editor

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Regular Exercise As Stress Buster

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We are all aware of the adverse effects of oday's life style. Every aspect of human life is becoming more and more stressful nowadays. Everyone is running after success and money day in and day out. But it's high time to consider and think about real meaning of success and prosperity. Nothing can replace the value of good health. Human being can enjoy the fully only in healthy state, both physical and mental.

For achieving success, everybody is stretching the limits ignoring vital aspects of life such as good health, sound sleep, regular exercise, healthy habits, nutritious diet etc. This carelessness is leading to so many psychophysical anomalies amongst various sections of society. These problems are being faced by both rich and poor. Everybody is facing stressful life with different intensities.

The most natural and powerful solution to this condition is involvement in regular exercise. Regular exercise has innumerable positive effects on psycho-physiological health of a person.

The positive effects of regular exercise can be enlisted as follows.

1. Regular exercise burns out stress producing hormones such as adrenaline and cortisol. It stimulates production of endorphins which make the person happy and cheerful.
2. It induces sound sleep by releasing stress relieving hormones. This leads to complete recovery of the body and mind.
3. The metabolism process gets improved due to exercise. This causes increased absorption and utilization of nutrients from the ingested food.
4. Better brain and body coordination results from regular exercise. The functions of brain improve significantly. Thus, the person can perform all kinds of mental and physical work more effectively.
5. It keeps excellent blood flow to all the muscles of body keeping them active and alive.
6. The exercise can lead to excellent cardiac functioning. This helps in keep blood pressure at proper level and reducing cholesterol levels. The stress is most significant contributing factor of heart attacks. The exercise and proper diet is the only long lasting solution for this problem.
7. During exercise, the respiration process works at greater rate leading to ample supply of oxygen to all the cells of body. This leads to increase vigor and vitality.
8. The joints are extremely important as they can't withstand physical stress for very long period. Exercise provides proper supply of essential nutrients to bone, ligaments and muscles of the joints leading to strengthened joints.
9. Due to participation in regular exercise, your self-image improves. One feels lot better and controlled with strong muscles and active joints.
10. There are specific symptoms of physical and mental stress which can be easily detected. It may range from muscle sore ness, joint pain, fatigue, insomnia, anger, irritability, fear etc.
11. It is observed that, there is correlation between mental and physical stress and vice versa. These disorders are known as psychosomatic disorders. There is manifestation of metal stress in physical form such as muscle soreness and tension, stretched face, fatigue, loss of concentration, headache, insomnia etc. One feels thirsty and drowsy in the state of panic. The skin becomes pale, face flashed, headache and heaviness, stomach bloating, pain in the chest, coughing, hyper ventilation etc. are some of the symptoms of psychosomatic problems.
12. All of these problems can be cured by participation in regular exercise without any medication. Because exercise not only benefit body but also mind of the human being.
13. The exercise may be moderate to severe depending on the fitness level of a person. But it should be regular. The patterns of exercise may be modified and varied to avoid monotony. The exercise can



be done individually or in group, with or without equipments, at suitable time. But the most important thing is it should be very regular.

14. The Yogic Asanas and meditation are the best forms of exercise for stress relief. It is gaining popularity amongst various sections of the society. It is cheap and can be performed by anyone at any suitable place.

References

www.health.harvard.edu/staying-healthy/exercising-to-relax

