

PHYSICAL EXERCISE

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INTRODUCTION

- Physical activity is what we all do, but whether it is appropriate and adequate is what we can not say.
- Exercise is a form of physical activity
- It can be defined as activity done to sustain health that requires physical effort.

- *Exercise* is physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body.
- *Exercise* is used to improve health, maintain fitness and is important as a means of physical rehabilitation.

TYPES/FORMS

- Physical exercises are generally grouped into three types, depending on the overall effect they have on the human body:
 - Aerobic Exercise
 - Anaerobic Exercise
 - Flexibility

TYPES/FORMS

AEROBIC EXERCISE:

- Physical activity that uses large muscle groups.
- Causes the body to use more oxygen than it would while at rest.
- The main goal is to increase heart and blood vessel endurance
- Examples include total body exercises like: brisk walking, jogging, running, skipping rope, swimming, cycling, tennis playing and some sports.

TYPES/FORMS

ANAEROBIC EXERCISE:

- Utilizes few or isolated muscle groups in the body.
- Includes strength and resistant training.
- Can firm, strengthen, and tone muscles, as well as improve bone strength, balance, and coordination.
- Examples include: weight lifting, push-ups, crunches, bicep curls using dumbbell, pull-ups.

TYPES/FORMS

FLEXIBILITY EXERCISE:

- Stretches and lengthens muscles.
- Activities such as stretching help to improve joint flexibility and keep muscles limber.
- The goal is to improve the range of motion which can reduce the chance of injury.

BENEFITS

- Several benefits but to list a few
 - Increasing growth and development
 - preventing aging
 - strengthening the muscles, heart and blood vessels.
 - weight loss or maintenance
 - help prevent stress and depression.
 - increase quality of sleep and act as a non-pharmaceutical sleep aid to treat diseases such as insomnia

BENEFITS

- Frequent and regular physical exercise boosts the immune system.
- helps prevent "diseases of affluence" such as cardiovascular disease, type 2 diabetes, and obesity.
- maintain steady digestion and treat constipation and gas.
- help promote or maintain positive self-esteem.
- Help regulate fertility health and makes you more attractive.
- Improves mental health and self-esteem

RECOMMENDATIONS

- CDC recommends:
 - 150min per week of moderate intensity exercise such as brisk walking or
 - 75mins per week of vigorous exercise such as running etc
 - A balance of all three categories of exercise is recommended to attain optimal health

TAKE HOME POINT

- Physical exercise is an accessible, affordable and available preventive measure to so many diseases and its importance cannot be over emphasized.
- Make a conscious decision to do regular, adequate and appropriate exercise.

CONCLUSION

- A little here and a little there the house is built
- Little drops of water makes a mighty ocean,
- Bodily Exercise profiteth little.....ensure you gain that little.

THANK YOU
FOR
LISTENING

