



Aerobic and yogic exercise for healthy life

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Abstract

Aerobic exercise is physical exercise of relatively low intensity that depends primarily on the aerobic energy-generating process. Aerobic literally means living in air and refers to the use of oxygen to adequately meet energy demands during exercise via aerobic metabolism. Yoga is a science of healthy living. For a common man yoga is a fashion for keeping himself healthy and fit. While for some others it's a boon for developing their concentration, memory and creativity. Aerobic and yogic exercises help to improve muscle strength, flexibility, stamina, immune stability, perceptual sharpness, intelligence, memory, emotional stability and altogether maintain a positive physical and mental health. Hence health professionals are forced to accept the paradigm shift in the approach of understanding human health problems. The frustrated patients are now moving towards alternative non-scientific therapies for a better living. Aerobic and Yoga exercise with its multifold advantages, is gaining popularity in all parts of the world. Aerobic and Yoga is the best way to get relieved from mental stress and tensions practice of yoga makes a human being free from all mental tensions. Aerobic and Yoga exercises are easy way of keeping up healthy and mental peace. Aerobic and Yogic exercises are the one of the most important tools in developing body fitness and overcome over weight and obesity

Keywords: Aerobic, Yoga, Fitness, modern life, lifestyle

Introduction

Aerobics refers to a variety of activities like walking, jogging and running for a measured time. This is sufficient for a short distance runner and yet in short time helps to produce beneficial changes in the body, especially in the action of the lungs, heart and blood circulation (Mitchell and Daka, 1980). Aerobic fitness is defined as the ability of the lungs, heart, and blood vessels to pass needed amount of oxygen and other things as nutrients to the cells to meet the demands of sustained activity. Aerobic capacity is usually assessed by measuring maximal oxygen consumption (www.Medicinenet.Com). When you're ready to begin exercising and start slowly. You might walk five minutes in the morning and five minutes in the evening. Any physical activity is better than none at all.

The word aerobic means "with oxygen," meaning that your breathing determines the amount of oxygen that gets to your muscles. Oxygen in your muscles is what helps them to move, giving you the strength to exercise. Your body creates this energy by using stored carbs and fats in combination with oxygen.

The next day, add a few minutes to each walking session. Pick up the pace a bit, too. Soon, you could be walking briskly for at least 30 minutes a day, five days a week, and reaping all the benefits of regular aerobic activity. You can gain even more benefits if you exercise more. Also aim to sit less and move more during the day. Aerobic exercise uses continuous, rhythmic movement of large muscle groups to strengthen the heart and lungs (cardiovascular system). When you exercise, your muscles demand more oxygen-rich blood which, in turn, makes your heart beat faster to keep up.

In general, to increase your aerobic fitness you should exercise intensely enough to reach your target heart rate range. Your target heart rate range is 60% to 80% of your maximum heart rate. A general formula to determine your

Maximum heart rate is 220 minus your age. (For example, if you are 50 years old, your maximum heart rate is 170 and your target heart rate range is 102 to 136.) Check your heart rate as you exercise and try to keep it within your target heart rate range. In addition to checking your heart rate as you exercise, be sure to monitor how you feel. Aerobic exercise should be challenging, but you should not feel out of breath or so fatigued that you have to stop your workout.

Yoga is an ancient Indian art of exercise which literally means 'union' in Sanskrit. This union refers to the union of body and soul, physical body and the mental processes along with the spirit. Yoga is a science not less than 5000 years old which can help a human life to move towards higher states of harmony and peace both as an individual and a social being. Yoga is done through several breathing exercises, postures and meditation. Although mankind has entered an era of well advanced hi-tech medical facilities which makes life more comfortable, the expected quality of life still seems to be far from reality. Problems like stress, anxiety, restlessness, nervous breakdown, other stress related ailments, fatigue breaking up of families, suicides are all on an exponential rise.

The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. In this way Yoga assists us in coping with everyday demands, problems and worries. Yoga helps to develop a greater understanding of our self, the purpose of life and our relationship to God. On the spiritual path, Yoga leads us to supreme knowledge and eternal bliss in the union of the individual Self with the universal Self. Yoga is that supreme, cosmic principle. It is the light of life, the universal creative consciousness that is always awake and never sleeps; that always was, always is, and always will be. Yoga is a science of healthy living. For a common man yoga is a fashion for keeping himself healthy and fit. While

for some others its a boon for developing their concentration, memory and creativity. It helps to improve muscle strength, stamina, immune stability, perceptual sharpness, intelligence, memory, emotional stability and altogether maintain a positive physical and mental health.

Aerobic and yoga for healthy life

Aerobic exercise keeps your muscles strong, which can help you maintain mobility as you get older. Exercise can also lower the risk of falls and injuries from falls in older adults. And it can improve your quality of life. Aerobic and yoga for modern helps you find some time to reconnect with yourself in this busy world. Yoga that is simply helps you to feel good in body and mind. Yoga for everyone and yoga is the perfect antidote to the stresses and busyness of modern life. It strengthens the body, improves flexibility and range of motion whilst clearing the mind and helping relaxation and sleep.

Yoga postures for the body, combined with simple breathing exercises and some time for guided relaxation at the end. As a teacher I shares what I enjoy, what I have experienced and explored in my own body and that which has spoken to me in some way and I feel will benefit others. I believe that making even a small amount of time in your life for yoga can be hugely rewarding whatever your age, fitness level, shape or size.

Now a day's aerobic and yogic exercises are the best tool for healthy life style. It's play important role to maintain fitness and cultivates awareness, relaxation, concentration and meditation. Most of research has proved that aerobic and yogic exercises are preventing disease, promote health and have curatives abilities therefore many professionals use them to manage psycho-somatic stresses and disease.

Healthy life - body, mind and soul

For healthy life with oneself and the environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life. The result shows that lots of peoples suffer from physical and mental tension such as stress, anxiety, insomnia, and there is an imbalance in physical activity and proper exercise. This is why methods and techniques for the attainment and improvement of health, as well as physical, mental and spiritual health.

Aerobic and Yoga exercises health originated and gave us valuable, practical instructions for the body's strength, breath, heart health, mood, concentration, relaxation and free from diseases. Yoga may also inspire you to become a more conscious eater. One of the benefits of yoga is how the practices resonate through other areas of your life.

Benefits of aerobic and yogic exercises

The importance of aerobic and yogic exercises in our daily lives to lead a healthy life. Yogic exercises helps in the development of the mind, body and soul as well as aerobic exercise helps to develop the strength and healthy heart. Our body becomes disease free and helps in the development of an individual. Health is not only related to body but one should have a peaceful soul, mind and perfect toned for leading a good healthy life.

For healthy lifestyle everyone have to focus on fitness. Based on the aerobic and yogic exercises help the mind, body and good fitness shows that body feeling free from any illness. Yoga improves health by improving how you see the

world, which calms the spirit and decreases stress. Today, people have practice yogic exercise to improve their physical, mental and spiritual wellbeing.

Yoga has a lot of definitions floating around in today's world. The term 'yoga' has its origin in Sanskrit. It means to 'unite' yoga helps the body to unite with the other vital metaphysical aspects of the mind and spirit. It is also defined as a lifestyle which aims to have a healthy mind within a healthy body. Yoga aims to calm and compose our minds and help us focus clearly on what really matters good health and the happiness that accompanies it. The practice of yoga was first develop on India and has evolved over thousands of years.

Founds a healthy lifestyle

A regular practice gets you moving and burns calories and the spiritual and emotional dimensions of your practice may encourage you to address any eating and weight problems on a deeper level. A stronger heart doesn't need to beat as fast. A stronger heart also pumps blood more efficiently, which improves blood flow to all parts of your body. Move more, eat less indicates that's the adage of many a dieter should be adequate. We already know that aerobic and yogic exercise can increase strength, improved good fitness, flexibility and healthy life span.

Improving immune system functionality

Regular physical activity may help protect memory, reasoning, judgment and thinking skills (cognitive function) in older adults. It may also improve cognitive function in children and young adults. It can even help prevent the onset of dementia and improve cognition in people with dementia. Aerobic exercise reduces the risk of many conditions. These conditions include obesity, heart disease, high blood pressure, type 2 diabetes, metabolic syndrome, stroke and certain types of cancer.

Aerobic and yogic exercises probably improve immune function, but, so far, meditation has the strongest scientific support in this area. It appears to have a beneficial effect on the functioning of the immune system, boosting it when needed and lowering it when needed. Aerobic and yogic exercise also keeps your mind sharp and overall fitness.

Healthy lungs function

You may feel tired when you first start regular aerobic exercise. But over the long term, you'll enjoy increased stamina and reduced fatigue. You can also gain increased heart and lung fitness and bone and muscle strength over time.

Some of yogic practitioner tends to take fewer breaths of greater volume, which is both calming and more efficient. In addition, yoga has been shown to improve various measures of lung function, including the maximum volume of the breath and the efficiency of the exhalation. Yoga also promotes breathing through the nose, which filters the air, warms it (cold, dry air is more likely to trigger an asthma attack in people who are sensitive), and humidifies it, removing pollen and dirt and other things you'd rather not take into your lungs.

Strengthen your heart and live longer

Many of Studies show that people who participate in regular aerobic and yogic exercise live longer than those who don't exercise regularly. They may also have a lower risk of dying

of all causes, such as heart disease and certain cancers. Aerobic exercise is cardiovascular exercise, or cardio, that gets your heart pumping. During aerobic exercise, your blood pumps quickly throughout your body and your lungs take in more oxygen. Depending on the intensity of the exercise, aerobic exercises can be performed for long periods of time. Your cardiovascular and muscular systems work together to help you perform a continuous activity that you can sustain for at least 30 minutes.

Increases mental health and self-esteem

Aerobic and yogic exercise may ease the gloominess of depression, reduce the tension associated with anxiety and promote relaxation. It can improve your mental well-being and your self-esteem. It can also improve your sleep.

Many of us suffer from chronic low self-esteem. If you handle this negatively—take drugs, overeat, work too hard, sleep around—you may pay the price in poorer health physically, mentally, and spiritually. If you take a positive approach and practice yoga, you'll sense, initially in brief glimpses and later in more sustained views, that you're worthwhile or, as yogic philosophy teaches, that you are a manifestation of the Divine. If you practice regularly with an intention of self-examination and betterment—not just as a substitute for an aerobics class—you can access a different side of yourself. You'll experience feelings of gratitude, empathy, and forgiveness, as well as a sense that you're part of something bigger. While better health is not the goal of spirituality, it's often a by-product, as documented by repeated scientific studies. The aerobic and yogic exercises are work to improve your health, but there's more in the yoga toolbox.

Conclusion

Aerobic and Yogic exercise in particular is a kind of workout style, which enhances both physical and mental health. Aerobic and Yogic exercise in modern life style as important as other thinks it helps us in different ways and different levels in modern life. One of the most important benefits of aerobic exercise is that it can increase your life expectancy. Research shows that people who include regular aerobic and yogic exercise in their fitness routine live longer than those who don't exercise

This article provides some general guidelines to help you improve aerobic fitness and gain the many health benefits associated with it. Because everyone has individual health needs and concerns, the fitness suggestions here may not be the best approach for you. The most important thing is to incorporate exercise into your daily routine and to stick with it. Recent research shows that some health benefits can be gained by exercising at a moderately intense level for 30 minutes during most days of the week. Only 30 minutes can be done all in one stretch or broken up into shorter intervals. A 10-minute brisk walk three times a day is just one way to get started on a healthier and fitter lifestyle.

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