



Benefits Of Aerobic Activities In Adaptation At Daily Life

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Abstract:

This present paper describe on how important is aerobic in human life, what is aerobic and how to improve physical fitness through aerobic activity, and how improvement could be adapted in aerobic and what kind of benefits we can get through aerobics. These are all about questions which are being tried to resolve in this paper.

Key words: aerobics, meaning of aerobics, kind of aerobics, benefits of aerobics.

1.Introduction

In this wealthy world peoples concentration towards wealth, they ignore the value of health because adaptation of sanitary life style and lack of physical fitness activity, physical activity is the very much needy for human being to stay physically fit, but in this sanitary life peoples suffers from so many several kind of health disorders due to lack of physical activity, so if we study properly the most of disorders are related to cardio vascular problems, because we neglect the regular exercises like morning walk and evening walk, irregular diet, stiken to daily work routine

Aerobic is a world which is means 'with oxygen' it is particularly related to human cardiovascular, according to fitness expert aerobic means what activities which we will do continues rhythmic activity, motivating music with more intake oxygen for a period of ten to fifteen minutes that called aerobic, statement of aerobic which is related to word of endurance which is define that ability to sustain work for prolonged periods. Aerobic strength is needy on age and sex and it can be better by training. Aerobic related exercises is very much concentration to raises the heart rate slightly out of breath and sweaty example fast walking, jogging, cycling, stairs up walk, skipping and also swimming, nowadays, the follow of aerobics has become the most happening fitness trend among the youth ,Aerobic classification refers to cardiac, lungs, muscles, blood vessels Aerobic is one of the good exercise to burn fat fast, rather than other type of physical activity, because its contain flexibility, muscular strength and cardio workouts

Aerobics related exercises is very easy to perform and it is consist to lift its oxygen intake, and its take very short place to perform aerobic activity, benefits of exercise is its ability to help control body weight, and also its reduce our fat very instantly, improve the cardiovascular fitness and heart and circulatory system of the body, It is generally perform to mind and there is no doubt to learn throw aerobics instructor who can decide the intensity of training load, prescribed aerobics training are part into different levels of intensity and difficulty in our daily routine we do many physical work, and this work capacity depends on how effectively our body cardiovascular working.

Aerobic training is differ with other fitness training, because the atmosphere of the aerobic training is fully sophisticated and advanced and good music atmosphere motivate to do aerobics, so now a days childrens, and young generation going behind aerobic classes, The proceed of aerobic training is excellent for physically and mentally and this will motivate to make you breathe longer, stay better and keep physically fit in fact, the best aerobic exercise for you depends on your level of health and strength,.

Not only is performing aerobic exercise interesting, but also is very helpful for physical condition. In fact aerobic comes along many kinds such as water aerobics, treadmill fitness, step aerobics, dance aerobic.

2.Benefits Of Aerobics

- Aerobics helps to manage over weight and obesity
- It give good body structure and shape to aerobic trainers
- Its enhance the capacity of cardio respiratory
- Reduces the risk in first stage diabetes
- Its proved that its act to reduce blood pressure
- Aerobics increase the capacity of resistance
- Its increase the capacity of muscular strength endurance
- Its mainly act to resist fatigue in sports and games
- It's give very good shape to lower body
- Decrease anxiety and depression and keep our mind active and positive
- Aerobic training efficiently burns more calories especially bad cholesterol
- It's very useful to sprinters, swimmers, and cyclists, because they has to reach in very less time.
- Aerobic exercises can do anybody, according to choose their own level of intensity or passion.
- Aerobic exercises require proper warm ups and wormdown, or else it can chance to sports injury or muscle cramp or might be occur giddiness.
- To keep up fit our body, we should do aerobic workouts at least 4 times a week. the only we can extend our health level.
- Aerobic certainly increase the level of flexibility, cardiac muscle strength and other
- Its enhance the capacity of lungs and respiration.

3.Conclusion

It is concluded that the result of the present paper is aerobic activity exercise reduce the level of chronic problems and cardio related disorders, and adaptation of aerobic in our life can change to healthy and sick less life.

4.Reference

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