

# Is physical activity more important in defining health benefits

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Physical activity is persistently increasing across all ages in U. S. However, there has been a deficiency in health-related fitness knowledge among college students. Physical activity has been associated to avert some of the diseases in the diabetes, hypertension among others. This issue is very imperative for physical educators because of the growing concern over the skyrocketing cases of obesity and reduced physical activities among youths in USA (Ferkel, et al., P. 218). Lack of exercise has been linked to colossal medical complications like cognitive decline, stroke, and coronary heart disease among others. Regular participation in physical activity is imperative to maintaining and improving good health (Blair, Cheng, and Holder, P. 380). Communities and organizations are usually encouraged to provide support to their members and staff to do physical activities. This can be achieved by offering and supporting programmes that intend to increase such activities. They can install fitness gymnasium among others. As physical fitness educators work in the present with many students, it is vital to make sure that the student's current physical activity is achieved by encouraging them to continue over a lifetime. Research has noted that transition from childhood physical activity to adult fitness is crucial to improving individual health throughout (Malina, P. 162).

The current physical activity guidelines for adults aged between 18 and 64 years consist of minimum one hundred and fifty of moderate-intensity physical activity or 75 minutes vigorous-intensity physical activity. These can be combined with muscle strengthening activities that strengthen all the major muscles. The four areas of target in doing the exercise are cardio

respiratory exercise, flexibility exercise, neuro-motor exercise and intensity exercise. Intensity of the exercise refers to the rate and extent to which the exercise is performed or the effort required to carry out an activity. The moderate intensity physical activity includes brisk walking, dancing, and domestic chores among others. Vigorous physical activity include running, fast cycling, aerobics and fast swimming among others (Kyröläinen et al. P. 912).

### Conclusion

Lack of performing physical activity has persistently contributed to the escalation of obesity and overweight. Therefore, individuals should always engage in performing daily physical activities to maintain their health fitness by averting diseases related to lack of exercise.

### Work cited

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