

# Physical activity and health and physical fitness and exercise

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Physical Activity and Health, Physical Fitness and Exercise Lack of exercise is an habit that may be very vital to us, yet sometimes it seem to us like we're enjoying life when we can do most of the things we want at a sitting without much movement. The habit leads to rise in cardiovascular diseases as well as putting on of too excessive weight or obesity. Research shows that too little attention could have been given to unhealthy weight gain (Erllichman, Kerbey, & James, 2002). Other than obesity, an inactive lifestyle has been linked to many other diseases. This kind of lifestyle where there is minimal or reduced activity is associated with the industrial development which has seen the invention of automobiles like motor vehicle and television. Research also shows, through obesity experts, that the modern phase of obesity epidemic is much associated with the reduced human activity brought about by the industrial development (Garry, Neeltje, & Klaas, 2001). To qualify the relevance of this theory, a research that was done in an Old Order Amish Community in North America proved that these people have a very high level of activity lifestyle, which was used to explain why they have low prevalence of obesity. This group of people does not drive automobiles, use electrical appliances, and they do not also employ other modern conveniences (David, Patrick, & Getrude, 2004). Regular exercise is a very important component of effective health promotion regimens, the only problem being the correct amount of exercise required daily as well as the correct daily caloric expenditure. There is an imbalance in lifestyle due to the technologically oriented conditions which allow unprecedentedly sedentary lifestyle (Boyd & Stanley, 2003). Therefore, physical activity is very critical for a healthy living and through physical fitness and exercise, we can do

away with lots and lots of unnecessary diseases.

## References

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