

How Important is Endurance Exercise for a Healthy Living?

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Introduction

Along with strength, balance, and flexibility, endurance exercise is one of the four categories of exercise. All four types of exercise should be incorporated in a balanced workout programme, and the AHA's Recommendations for Physical Activity in Adults include simple endurance and strength-training standards.

They don't have to be done every day, but variety keeps the body fit and healthy while also making exercise fun. To maintain your body fit and healthy and to make your physical activity regimen interesting, you can undertake a range of exercises. Strength, endurance, flexibility, and balance can all be improved with a variety of activities. Yoga, for example, can help you gain more balance, strength, and flexibility. You can enhance your balance by doing a variety of lower-body strength-training routines.

Endurance Exercise

Endurance exercise, often known as aerobic exercise, comprises activities like walking, jogging, swimming, biking, jumping rope that increase your breathing and heart rate.

Endurance exercise increases your overall fitness and keeps your heart, lungs, and circulatory system healthy. As a result, those who engage in the appropriate amount of physical activity on a regular basis can lower their chance of developing diseases including diabetes, heart disease, and stroke.

How much is needed?

Increasing your endurance makes it easier to complete many of your daily tasks. Don't hurry into an exercise routine if you've been sedentary for a long time. If you haven't been active in a long time, it's necessary to gradually increase your activity level.

Begin with 10-15 minutes at a time and progressively increase. Adults should engage in at least 150 minutes (2 1/2 hours) of moderate to strenuous activity per week, according to the American Heart Association. A simple aim to remember is to exercise for thirty minutes five days a week. Some people will be able to accomplish more than others. Setting realistic goals based on your personal health and ability is critical.

Making Progress Day by Day

When you're ready, add additional physical activities to your regimen, increase the distance, length, or difficulty of your preferred activity, or undertake your activities more frequently. You may start by increasing the amount of time you spend practicing endurance activities, and then work your way up in difficulty. For example, over several days or weeks, progressively increase your duration to 30 minutes by walking longer distances. Then go for a brisk walk or climb a hill. Some Examples of endurance exercise are brisk walking, Running/jogging, dancing, bicycling, and stair climbing at work or at home.

What if a Person has Just Recovered from a Heart Attack or a Stroke?

After a heart attack, some people are afraid to exercise. Regular physical activity, on the other hand, can help you avoid another heart attack.

Doctors should prescribe exercise to stroke patients, according to the American Heart Association, because there is substantial evidence that physical activity and exercise after a stroke can improve cardiovascular fitness, walking ability, and upper arm strength.

If you've had a heart attack or stroke, consult your doctor before beginning any workout regimen to ensure that you're on the right track.

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