

The Benefits of Aerobic Exercise

Background/Definition of Problem/Policy Issue:

The benefits of aerobic exercise are simple and easy to comprehend. Aerobic exercise is helpful for weight control. If one follows the procedure of regular physical activity as well as combined with healthy eating habits, they will lose weight as well as maintain that weight in the most efficient and healthy way possible. Aerobic exercise helps in many ways.

The most common way that it helps is by using the excess calories that your body would have been storing as fat. This is possible because the number of calories you eat and use each day regulates your body weight. Many activities that we do everyday are considered aerobic exercise and we do these activities no matter what. Such activities include sleeping, breathing and digesting food. Any additional physical activity that one does will use extra calories and help maintain a healthy weight better.

Aerobic exercise also helps with stress. When doing aerobics daily, you give yourself a sense of commitment and control. These very qualities help you counteract stress. Aerobics can also help to relax tense muscles, which also relieves the body's stress.

Aerobic exercise also helps the body by making the heart stronger and more efficient. "Aerobic refers to any exercise that helps you use oxygen more efficiently by reaching and maintaining your Target Heart Range – which is the safest range of heart beats per minute." (New Fitness)

A growing problem in our society is that of obesity. More than half of the population in the United States is obese and that number is increasing. If more and more people could just focus on eating healthy, as well as participating in daily aerobic activity this problem would decrease significantly. With the use of aerobic activity, individuals can enlarge their heart, as well as increase its blood stroke volume. Aerobic activity also helps produce more oxygen to the body and help use oxygen more efficiently, therefore leading to an increase of the fat that the body can burn. Aside from helping maintain a healthier fit body, aerobic exercise can also help with balancing one's emotions. It helps people to cope with other emotional and psychological stress. (Weight loss for all)

As you can see, aerobic exercise helps the body in many ways. Its greatest victory though, will be saving the world from the growing epidemic of obesity. Twenty-five minutes every day is all you need to get your body back into fit and healthy shape. Aerobic exercise is not hard either; simple tasks such as walking the dog or taking the stairs instead of the elevator all contribute to making you a healthier being.

Statement of the Issue/Policy:

"One goal of Healthy People 2010 is to increase the number of people who participate in daily physical activity" Healthy People encourages people to become physically active because of all the benefits it offers. On average, those that are physically active tend to outlive those that are inactive. It has been proven that regular physical activity enhances quality of life for all people.

Aerobic exercise has also been proven to prevent coronary heart disease. This is such a great finding, on account that coronary heart disease is the leading cause of death in the United States.

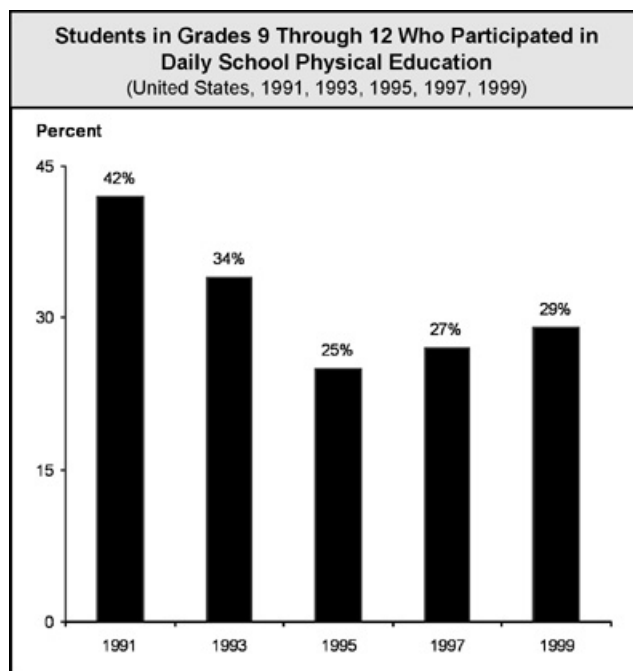
Aerobic exercise is also very beneficial for those with bone or joint problems. It has been proven that with aerobic exercise, people's muscle and cardiovascular functions improve. It has also been proven, that aerobic exercise improves physical performance. Another improvement it has is that of cardiorespiratory fitness.

In life, it is important to develop a regular physical activity. Doing activities on a regular basis provide stability and commitment in one's life. It also means that you are staying on track with maintaining a healthy body condition.

"Healthy People 2010 offers opportunities to ensure that physical activity and fitness become part of regular healthy behavioral patterns." Healthy People 2010 also "encourage any type or amount of physical activity"

Epidemiologic Picture:

Only about 23 percent of adults in the United States report regular, vigorous physical activity that involves large muscle groups in dynamic movement for 20 minutes or longer 3 or more days per week. Only 15 percent of adults report physical activity for 5 or more days per week for 30 minutes or longer, and another 40 percent do not participate in any regular physical activity.



Source: CDC, NCHS. Youth Risk Behavior Surveillance System (YRBSS), 1991, 1993, 1995, 1997, 1999.

Internet Resources:

The Benefits of Aerobic Exercise. 2003. November 12, 2006.

<http://www.weightlossforall.com/aerobic-benefits.htm>

Prepared by Allyssa Ehlers for PCH 201 Wellness, Fall 2006

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<http://www.faqs.org/nutrition/Erg-foo/Exercise.html>

Physical Activity and Fitness. Healthy People 2010. November 12, 2006.
<http://www.healthypeople.gov/document/html/volume2/22physical.htm>

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1. The Benefits of Aerobic Exercise. New Fitness. November 12, 2006.
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2. Physical Activity and Fitness. Healthy People 2010. November 12, 2006.
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(Class Handout)

The Benefits of Aerobic Exercise: 10 Ways To Get Physical!

Take Your Feet-

Forget about asking your folks for a ride. Put your feet to the ground and start walking. Your feet will thank you, your heart will thank you, and Mother Nature will thank you for helping cut down on air pollution.

Try In-line Skating-

Fun, fast, and easy to learn, in-line skating is a great way to spend a day outside with friends. Remember to wear the gear: a helmet and knee, wrist, and elbow pads.

Take the Stairs-

Forget the elevator. By simply taking the stairs every chance you can, you'll get a workout without even thinking.



Walk the Dogs-

Whether you volunteer or get paid, dog walking is a fun, furry way to be physically active.

Bike There-

Mountain bikes are it! They go wherever you take'em. So grab your friends and hit the trail. Of course, wear a helmet.

Earn Extra Cash-

That's right. Make money while helping your body. Try mowing lawns, weeding gardens, shoveling snow, and cleaning garages.



Turn Up the Music -

Shake, rattle, and roll to your favorite tunes. It doesn't matter what you do as long as you move to the beat.

Baby Sit-

Sounds silly, but if you've never kept up with a toddler you're in for a big surprise. They move—and they move fast! Keeping your eye on a tot can challenge even the quickest teen.

Lap It Up-

Swimming, diving, even water polo are all great activities and a real splash to do with friends. So don't be a drip, learn to do a flip.

Play One-On-One Basketball-

Talk about a total body workout. First person to 21 wins!!!

<http://www.fns.usda.gov/tn/tnrockyrun/ways.htm>

More Benefits:

1. The heart enlarges.
2. The heart increases its blood stroke volume.
3. Resting heart rate slows, less than 60 beats per minute indicates good physical fitness
4. Oxygen is used more efficiently resulting in increased fat burning during exercise
4. More available energy due to greater amounts of ATP and PC for immediate power needs
5. Increased endurance
6. Lower blood pressure
7. Reduced risks in developing diabetes and other diseases
8. Increase in good cholesterol, decrease in bad cholesterol
9. Faster recovery after exercise
10. More efficient cardiovascular system
11. A positive body composition change, more muscle less fat

12. Better chance of maintaining healthy weight later in life

13. Help in coping with all other emotional and psychological stress

<http://www.weightlossforall.com/aerobic-benefits.htm>