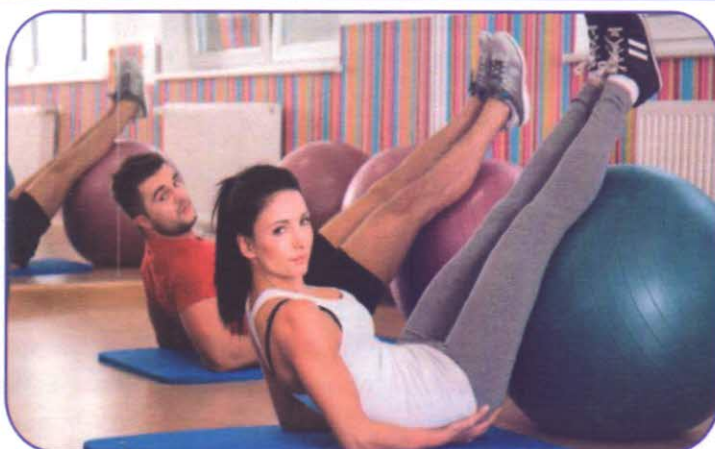


Kum. Radhika.M¹ and Dr. K. P. Martin²¹Research Scholar, DOS in Physical Education and Sports Sciences,
Karnataka State Women's University, Vijayapura.²Deputy register of evaluation, Karnataka State Women University, Vijayapura.**ABSTRACT**

Physical exercise and Aerobic exercise encompasses a variety of positive effects, from reducing health risks and maintaining healthy weight, to managing chronic conditions and boosting mood. People that exercise aerobically may very well live longer than those that do not. Short effects of exercise area unit typically easier to note, however many studies demonstrate that long-run effects exist that area unit even as fascinating and useful.

Maybe you're driven by the desire to lose weight, tone your thighs, shape your shoulders or flatten

your belly? Maybe you work out to ward off the big killers like heart disease, diabetes or cancer? But have you ever considered the powerful effects of exercise on your skin or hair? How about your libido or sleeping patterns? Take a look at the buffet of beautifying benefits that come from regular exercise and, next time you're searching for that extra incentive to lace up those sneakers, if they can't get you moving we're not sure what can.

KEYWORDS :Physical exercise and Aerobic exercise , reducing health risks and maintaining healthy weight.

INTRODUCTION :

Physical exercise and Aerobic exercise encompasses a variety of positive effects, from reducing health risks and maintaining healthy weight, to managing chronic conditions and boosting mood. People that exercise aerobically may very well live longer than those that do not. Short effects of exercise area unit typically easier to note, however many studies demonstrate that long-run effects exist that area unit even as fascinating and useful.

PHYSICAL EXERCISE:

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness.

AEROBIC EXERCISE:

Aerobic exercise is sometimes known as "cardio"- exercise that requires pumping of oxygenated blood by the heart to deliver oxygen to working muscles.

BENEFITS OF EXERCISE**Get an instant glow**

Forget fancy lotions and an expensive potion, exercise is one of the best ways to nourish and revitalise tired skin cells. Before you invest in another treatment mask, try taking a brisk walk or jog. By getting your heart

pumping and increasing circulation your skin receives a delicious dose of oxygenated blood that boosts detoxification and cell renewal. Did someone say gorgeous post-workout glow? “We tend to focus on the cardiovascular benefits of physical activity, and those are important. But anything that promotes healthy circulation also helps keep your skin healthy and vibrant,” says dermatologist Ellen Marmur, author of *Simple Skin Beauty*.

Reduce cellulite

Besides whipping your prized pegs into a shapely silhouette, yoga might help smooth out those spongy thighs. “Cellulite is a symptom of reduced lymph circulation,” says Atma JoAnn Levitt, head of the integrative weight-loss program at the Kripalu Centre for Yoga and Health. For those of you who skipped biology class, lymph is the bodily fluid that contains white blood cells.

According to Levitt, “Yoga helps lymph flow more freely through fatty areas, flushing toxins and reducing cellulite.”

Obesity Reduction

The “*American Journal of Clinical Nutrition*” in 1995 reported a study on the effects of aerobic exercise and dietary carbohydrate on energy expenditure and body composition in obese women. The 12-week study followed 23 obese women assigned to aerobic exercise or no exercise and either a low-fat or low-carbohydrate diet. Diet composition did not significantly influence body composition or energy expenditure changes, but there was greater weight loss with a low-carb diet when compared to a low-fat diet. Adding aerobic exercise to a low-carb diet resulted in favorable effects on body composition, physical activity and total daily energy expenditure.

Lift your libido

If your libido has been lacking lately, it might be time to hit the gym. No, not to scope out the buff bodybuilders; even without the eye candy, working out will have a physiological and psychological effect on your sex drive. Regular aerobic exercise and strength training can increase your stamina, improve your body image, elevate your mood and enhance your libido.

Reverse the ageing process:

Jumping on the treadmill or cross trainer for 30 minutes can be an instant way to blow off tension by boosting levels of soothing brain chemicals like serotonin, dopamine, and nor epinephrine. What's fascinating, though, is that exercise may actually work on a cellular level to reverse the toll of stress on our ageing process. In a study conducted in 2011, researchers from the University of California found that stressed-out women who exercised vigorously for an average of 45 minutes over a three-day period had cells that showed significantly fewer signs of ageing compared to women who were stressed and not active.

Sleep better:

The National Sleep Foundation reports that exercise in the afternoon can help deepen shut-eye and cut the time it takes for you to fall into dreamland. They don't call it beauty sleep for nothing, either! In deep sleep the body secretes a growth hormone that helps repair and rebuild body tissues, playing a big part in maintaining collagen matrix and promoting that glow of youthfulness that comes from a great night's sleep.

Improving Your Heart Health:

To keep your heart healthy, the American Heart Association recommends at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise weekly. If you aren't currently exercising regularly, talk with your doctor about how to get started safely and setting personal goals. Because hypertension typically causes no signs or symptoms, it's also important to have your blood pressure checked regularly.

7. Enjoy luscious locks:

Looks like your locks might benefit from a good workout too. Go from lacklustre to luscious without sitting for several hours at the salon. Regular exercise improves blood flow to your scalp, keeping your hair stronger and healthier. Your hair follicles are nourished by the oxygen-rich blood flow that rushes antioxidants to the area, destroying free radicals before they can damage your hair. "Exercise is also a big stress reliever," says Los Angeles-based celebrity trainer and physiologist Amy Dixon. "Lower stress means your hair is less likely to be brittle or, worse, fall out."

CONCLUSION:

Regular physical exercise and aerobic exercise promotes complete health of an individual. Regular physical exercise and aerobic exercise helps to overcome many problems of health; it protects physical health to overcome physical problems. Regular physical exercise and aerobic exercise reduce cellulite, Improve Heart Health, Sleep better. Reverse the ageing process.

REFERENCES

- 1 Wilmore, J., Knuttgen, H. 2003. Aerobic Exercise and Endurance Improving Fitness for Health Benefits. *The Physician and Sportsmedicine*, 31(5). 45. Retrieved October 5, 2006, from ProQuest database.
- 2 de Vos, N., Singh, N., Ross, D., Stavrinou, T., et al. 2005. Optimal Load for Increasing Muscle Power During Explosive Resistance Training in Older Adults. *The Journals of Gerontology*, 60A(5), 638-647. Retrieved October 5, 2006, from ProQuest database.
- 3 O'Connor, D., Crowe, M., Spinks, W. 2006. Effects of static stretching on leg power during cycling. *Turin*, 46(1), 52-56. Retrieved October 5, 2006, from ProQuest database.