

# Exercise and its Importance to Overall Health

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What is health? Health is the overall well being of one's self. Health comes from the old English word "hale" meaning "wholeness."

The most famous modern definition of health was created during a Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (*Official Records of the World Health Organization, no. 2, p. 100*) and entered into force on 7 April 1948.

*"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."* <http://www.medicalnewstoday.com/articles/150999.php>

Think of this as a triangle, representing the health of a person. Arguably exercise or recreation is the glue that keeps it together.

- Physical – exercising keeps your muscles and organs functioning properly
- Mental – exercise helps keep our emotions from overwhelming us. By estimation, the brain has about 100 million MIPS worth of processing power while recent super-computers only has a few million MIPS worth in processor speed.
- Social well being – keeping exercise fun and worth doing and how does that effect us socially?

Lets look at some factors that influence our physical, mental and social well being.

- Diet – you control what you eat, but exercise effects how your body deals with what you eat.
- Sleep – you control when you sleep but exercise effects how efficient your sleep is
- Recreation – exercise is a part of recreation – time spent for therapeutic refreshment of one's body or mind
- Socializing – exercise effects your social well being, making you not a hermit, you are around people that do what you do
- Emotions – what do you do when something bothers you?

If these aspects are not maintained properly what happens to the body is it cannot function at 100 percent.

Being healthy is not about eating right, sleeping enough, working out, social relationships and fun, it is all of them – it is a lifestyle. Affect one of these negatively and find yourself tired, stressed out, sick, lethargic etc.

So that is a little overview of why exercise is important to overall health. But how? How can going to the gym and lifting weights, swimming, playing baseball, skiing, or any form of exercise help me to be healthy? Causes of death USA 2005:

- Heart disease: 652,091,
- Cancer: 559,312,
- Stroke (cerebrovascular diseases): 143,579,

- Chronic lower respiratory diseases: 130,933,
- Accidents (unintentional injuries): 117,809,
- Diabetes: 75,119,
- Alzheimer's disease: 71,599,
- Influenza/Pneumonia: 63,001.

What about daily impairments or pain? How often do you hear of people complain of these? How is their overall health when these are bothering them and how does exercise affect them? How can exercise help mend these impairments?

- Low Back pain
- Upper Back Pain
- General Stiffness
- Weakness
- Stress
- Joint Pain

What is it that Personal Trainers do?

- Assess – what are the client's goals – Are they training for life or training for a sport
- Set them up with a proper program which meets their goals – with remedial exercise, cardiovascular exercise, and stretching

Training for life – Health and well being; I denote as basic maintenance and consist of cardiovascular exercise, resistance training and increasing their activity level. Finding the individual leagues or recreation that is fun and keeps them active, and possibly exercising twice to three times a week depending. Very important to set goals to reach or else training becomes boring.

Training for a particular sport is more complicated:

- Dynamics of the Sport
- Stages in training – Off season, Pre Season, Competition
- Power, Endurance, Speed triangle
- Areas of weakness of the athlete, and expectations

Training Regimes when you are in the gym

- Cardiovascular exercise is always underrated
- Stretching is always underrated
- Resistance depends on focus
  - isometric vs. isotonic
  - plyometrics
  - isolation vs. compound

All have their place depending on where in your training season you are, and what you are training for.

Exercise is the cheapest form of health care we have available to us, and it is probably the least used.

After listening to this presentation and knowing that you are all human, i challenge you to be healthier. Make healthier choices, find out what happens to your stress level.....who likes what all of your friends do all the time? Ever get bored always doing the same stupid stuff at your friends house.....give your body what it wants when you eat, reset your brain like you reset your computer,