

The best things about Physical Exercise that maintains the quality of life

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Physical exercise has been perceived as a morally insignificant topic especially when it is not in the domain of a competitive sport. In relevance to Aristotelian ethical theory, physical and mental activities are affirmed. Aristotelian emphasizes that physical human enhancement leads to moral value (Stocker and Michael 469). Additionally, regular physical exercises improve one's quality of life. Researchers have proved that constant exercise does away with health problems, which have raised the alarm globally, and that exercising makes you feel as good as you should be. Vascular training builds a healthy heart and a powerful breathing system.

By staying active, people can keep their bodies healthy and live better. Physical exercise accrues many benefits alongside the apparent benefit of having a good physique, and physical and health satisfaction can be achieved through seizing the exercising opportunity. In relevance to ethical theories such as Aristotelian and Welfarism, physical human enhancement is emphasized to expand physical, moral, and healthy values.

The Aristotelian theory is concerned with finding the mode of action that results in a well-lived life. In order to achieve a lean and steady weight that everyone desires, it is significant to grasp how exercising burns off undesirable fats by understanding how exercise is crucial in burning off fat by developing muscles and speeding up the metabolism rate. Adding lean muscles enables one to lose at least a hundred calories daily even in body rest. You can perform intensive weight. Metabolic rate is determined by accumulated body muscle in that more muscle leads to a higher rate of metabolism. The highest way to fasten metabolism is through exercise. Physical activity aims at reducing body fats and increasing lean muscles. Through the increase of lean muscles, the metabolism rate increases hence, the weight is cut too leading to a healthier body. What is the point of living the rest of this life yearning for a slender physique when you can just begin exercising and gain it in no time?

Despite exercise being a physical activity, it is also a mental activity. Researchers have proved that people who conduct exercises have high confidence and self-esteem. It is also evident that physically active people do not have anxiety and depression issues (Scully et al. 115). Activity grants people energy, enabling them to have positive outlooks on life, and it helps reduce stress and tension. Through exercises, the body discharges endorphins, which creates relief feeling in the brain. Exercising also improves brain and memory functioning. Exercise classes also improve mental positivity and, hence, a sense of physical self-worth. Being stronger, better, and faster at exercising causes an increase in self-worth, therefore, as a matter of fact, physical exercise is significant to all humans. This also sweeps away anger feelings and frustrations enabling people to relate effectively to each other in a friendly way.

Exercise is perhaps not all attributed to physical appearance but is also related to actual health and well-being. People's well-being refers to what is good for them as depicted in Welfarism theory. Individuals should conduct physical activities as they keep themselves healthy. People nowadays consume high levels of fats in fast foods unknowingly making heart diseases to be rampant. People should, therefore, exercise to avoid this common illness, which has contributed to massive deaths over the decade. The primary cause of this condition is obesity. However, this situation can easily be prevented or controlled by exercising. Exercising prevents a couple of diseases such as stroke, diabetes, some types of cancer as well as heart diseases. Although diet offers rich nutritional value, it is not an efficient and reliable method of ensuring a healthy body. Most researchers have indicated that many people who acquire a fit body grow big again after a while. Worsening the dieting method, the regained fat intensely harms a person's body. Exercising improves self-esteem and confidence.

Exercise is superior in ensuring long-term effects. After losing the excess pounds, one may feel relieved, but the real struggle is maintaining fitness for the long term (Coast et al. 1190). A slight increase in physical activity is enough to stay balanced. More regular exercise should be conducted to maintain muscle gain and fat loss. People should know that exercising does not necessarily mean that one has to overpressure himself by going to the gym or running all day. It merely implies that one should add a couple of minutes to their daily usual exercise routine. To ensure the effectiveness of the activity, a change in the intensity of the physical exercise established a timeframe, which is a necessary practice that causes long-term sensation. Maintaining the benefits of physical exercise is a continuous journey that must be adhered to to fully incorporate its importance.

Physical exercises have led to the emergence of new disciplines such as Sporting and Exercise Psychology. The sporting discipline has enabled the rise of new professional practices involved in physical activities, including health promotion, physical activity teaching, and exercise instructors. Psychologists in the sports and exercise field have varied views of physical activity. Physical exercise is a medium for health and well-being, a medium for deploying human potential, and a medium for social transformation. High-performance athletes are consistently near their maximum potential as far as physical ability and strength are concerned. Physical exercise provides body fitness and a financial source for investors and professionals who build their careers around this discipline.

There is a statistic cover that people exercising every day for about fifteen minutes have lower mortality risks as compared to those who do not exercise (Warburton and Darren 805). Sick people who exercise each day are less likely to die earlier. Exercising each day decreases the all-cause and cancer mortality risks; therefore, the best thing to do is to exercise to remain healthy. Males who take time for physical exercise regularly are less likely to experience erectile dysfunction than those who do not. According to many current researchers, many men who indulge themselves in physical activities have a low risk of sexually related complications as compared to those who do not exercise at all. Prevention is always better than cure; just as the proverb goes, exercising offers people the platform to prevent many complications in health matters. It is therefore essential to consider exercising as a routine that should be prioritized before other things.

The best thing about exercise is that it can be integrated with other hobbies, and people like to make it more interesting (Moore et al. 610). For instance, exercise can be enhanced by listening to music while working out. This gives the exerciser more energy to continue the exercise routine. The exercise follows an effective disposition strategy through listening to music, which reduces fatigue and effort. When someone does something passionately, he or she attains the set-forth goals and objectives with ease. Integrating hobbies and exercise and making exercising a hobby by itself is a bold step towards healthy living for everyone in society. This is because health matters to everybody. Training should not be perceived as a tedious activity but as a crucial routine for improving our lifestyles.

Even though exercising has a wealth of benefits, several drawbacks stand out. Firstly, some physical exercise requires finances to be able to access training facilities. Subscriptions as gym members can prove costly, especially for middle and lower-class people. Also, hiring personal trainers and sports psychologists takes expensive measures regarding cost. Most employed and overworking entrepreneurs lack the time required for exercise. Another drawback is that exercise requires dedication to maintain a regular exercise timetable. Constant workouts are of great importance in the bid to successfully experience the effectiveness and benefits of exercise. Additionally, too much exercise is never good for anyone. Most people do not know the limits of regular physical exercise and overwork their bodies with the aim of attaining their anticipated training goals in a short period. It is mostly catastrophic to old and middle-aged people as well as out-of-shape people who are bound to strain in physical exercise to gain a balanced weight. It is essential for all people to follow a regular and sound exercise program.

In summary, physical exercise improves and maintains the quality of life since it is important in promoting a positive attitude and improving self-confidence. Physical activity helps keep doctors away from offering additional medical care. This is done by reducing risks attributed to health care complications and directly preventing diseases. Physical Exercise does not necessarily have to be dull and feared. It should be a source of fun and a reliever of depression, anxiety, and stress. In exercising, one is allowed to be involved in activities that give one pleasure and relief. Useful physical exercise calls for regular workouts to add value to one's life. The significance of physical fitness can never be emphasized enough. In the current society that is driven towards a more deskbound lifestyle; there is a higher demand for the increase in daily physical activities to ensure weight maintenance and a fit cardiovascular. Unfortunately, most people do not exercise due to the various misconceptions and myths about exercising.

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