



Physical Activity and Yoga: Towards Healthy Life Span

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Physical activity is a bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above the basal level. But yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. Both upgrade various vital health parameters. Therefore, this paper is focused on benefits of physical activity and yoga towards healthy life span. In a contemporary era, there are millions of people not elaborated in any types of physical activity, even in yoga practice in order to promote the healthy life.

These therefore act on the various systems of human body since childhood and physical inactivity may be path for non communicable diseases like diabetic, blood pressure, heart diseases and cholesterol in early years. Currently trend, non communicable diseases are huge challenges encountered by types of age groups. Therefore, appropriate physical activity is necessary for healthy life span. There are various types of physical activities such as aerobic, anaerobic, resistance, combined and leisure sports that can be recommended for various age groups.

Besides yoga also plays an important role in enhancing healthy life in children, adults, youth and older people. Basically yoga has some its own branches such as asanas, pranayama, dhyana and suriyanamaskara. This promotes basic physical fitness qualities, cardiovascular and respiratory system of body. Moreover, it has impacted the circulatory, digestive, endocrine, excretory, immune, muscular, nerves, respiratory, and skeletal system. Movements involved in yoga and physical activity may differ but both improve the similar healthy life required parameters. However proper physical activity positively produce impact on health variables factors such as fat proportion, lean body mass tissues, metabolism rate, resting heart rate, high density of lipoprotein, VO₂max, lactate threshold, cardiac output and stroke volume.

Sedentary life style may have negative impact on these parameters thus which will lead to disorder and unhealthy life therefore 30 to 60 minutes physical activity is remedy to overcome unhealthy life and physical activity is a non pharmacological medicine for healthy life span. American College of Sports Medicine also emphasized that regular above mention physical activity and yoga practice may ensure healthy life span particularly among children who have to keep both routine physical activity and yoga practice since childhood for better improvement of mental and physical factors. This will be effective on life span.