

International Symposium on *Sport for all!*



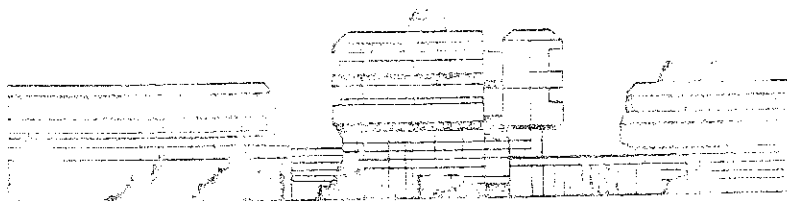
BENEFITS OF THE EXERCISE ON HEALTH

Lieutenant Murat DURAKAN (Turkey)

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Many health authorities today agree that the individual can play a significant role in improving health care, reducing unnecessary and premature deaths and controlling health costs. The physical training or exercise takes an important part for good health and well-being. Exercises when applied over a sufficient time period cause physiological changes that lead to improved physical performances.

One of the benefits of the exercises on health is the prevention of coronary heart disease. However, physical activity benefits may not be limited to the primary prevention of coronary heart disease. Physical activity may reduce the occurrence or severity of coronary heart disease. Because training results in cardiac efficiency. Heart beat, or pulse, can be influenced by blood pressure, body temperature and exercise. The average rate is considered to be 72 beats per minute, though the normal range, depending, in part, on physical conditioning and size can be anywhere from 54 to 80 in adults. The decreased heart rate results from training.

One of the risk factors associated with heart attack is the obesity. The risk of heart attack increases as the proportion of body fat increases. For example people who are considered 20% or more over fat, have a mortality rate from cardiovascular disease that is 2 times of sport practice on health is the changes in body composition induced by training are as follows;



**Warendorf - Germany
22 - 28 September 1996**

Even people who are physically very fit, once they stop exercising, will find their physical fitness drops to a level no higher than that of ordinary subjects. The tendency is remarkable especially in respirocirculatory function. Moreover, subjects who are physically very fit, will not show significant differences if they do not do physical exercises more than three times a week. However, ordinary people whose level of physical fitness is low and have little experience in physical training will obtain higher physical fitness and improvement in respirocirculatory function if they exercise only once a week.

In conclusion it is certain that sport practice when applied over a sufficient time period, causes physiological, psychological and social changes that lead to improved health and well-being. So, in order not to take any risk, an individual program should be planned based on personal capabilities and impairments.

Thank you
