



Cardio workouts through aerobics

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Abstract

Cardio vascular exercises have become very popular these days. Sports persons are being encouraged to undergo rigorous training in cardio workouts. But cardio training in aerobics is gaining quick popularity in all countries across the globe. Cardio workouts helps in maintaining physical fitness with improved respiration pattern , increased metabolism , supports positive outlook in life , improves hormonal profile & improves recovery ability. People are going for aerobic activities on a larger number with these benefits. But the challenges of cardio workouts has been researched in western countries with sports persons suffering from muscle soreness , Cortisol, stress hormone release ,weakened immunity , catabolism , etc., This paper examines the challenges of aerobic activity with interlinking researches on the side effects of over workouts. The paper analyses various types of aerobic exercises which have been increasing stress on players instead of making them fit & fine, they are suffering from over workouts & excessive aerobic activity can cause divergent mental disorders.

Key words: aerobic activities, cardio exercises, challenges, workouts, recent researches,

Introduction

Aerobic activity is a cardio vascular exercise which is the most adorable fitness activity especially in urban India .These cardio activity are always. Cardio, short for cardiovascular exercise , is any movement that gets one's heart rate up and increases blood circulation. There are various forms and methods of performing cardio exercise – all which will have specific benefits and guidelines . The benefits of exercise are abundant and well documented , and the best cardio workouts can increase the quality of life .

Benefits

1. improved heart health - The first one is an improved condition of heart . Heart is a muscle just like any other and in order to become strong must be worked . failure to work it, it will weaken over time and this can cause a variety of negative health effects. By getting the heart pumping at a faster rate on a regular basis you will keep it in shape and healthy ,Too many people are getting winded just performing simple exercises



such as walking up the stairs and the primary reason for this is because they are neglecting to work their heart muscle.

(Meyer & Meyer Aerobic training implications- 2000).

2. Increased metabolism- Another reason to perform cardio is for its positive effects on the metabolism. Along with speeding up heart rate , cardiovascular exercise also increases the rate of metabolism. the more intense the cardio session, the more noticeable increase one will feel metabolic rate. Intense interval sprints increase the metabolism; the highest with a process called EPOC (Excess Post- exercise Oxygen Consumption). An increased metabolism means an easier time maintaining weight (Meyer & Meyer Aerobic training implications- 2000).

3. Improved hormonal profile- Performing cardiovascular exercise also changes the hormonal profile considerably. It releases 'feel good' hormones that will help ease symptoms of depression and fatigue as well as releasing hormones that decrease the appetite. Sports persons with regular cardio exercises often have a much more constructive & optimistic outlook on life simply

because they are getting the stress- relief benefits from these hormones.

4. improved recovery ability -

Certain types of cardio exercise, usually lower, more moderately paced forms , can decrease recovery time too. If have just performed a hard session in the gym , hopping on the treadmill for a walk or light jog will help to remove some of the by-products that were created during the lifting session . This will help to reduce your DOMS (delayed onset of muscle soreness) and help bring more oxygen-rich blood to the muscle tissue improving in the repair and rebuilding process. this translates to your being able to get back into the gym quicker and work the muscles again.

5. Increases body mass-

Building muscle mass is a combination of an overloading stimulus and sufficient rest to allow the muscle to heal itself. If you skew this balance either direction, either working out too much or providing too much rest in between ,you aren't going to get optimal results. The more frequently you are able to work a muscle though the faster you will add additional new muscle . Cardio helps too far



as excess cardio done at such a high intensity that it places additional strain on the muscles is going to actually hinder recovery rather than aid it.

1. **Helps to manage diabetes-**

Lastly, for those who have diabetes, cardiovascular exercise helps them manage this condition. By performing the exercise, muscle's ability to utilize glucose increases this helps in muscular activity. Those who exercise regularly tend to have better control of their blood sugars and do not see as many blood sugar swings as those who don't. For diabetes curing this is important as they are extremely sensitive to changes in blood sugar levels. Reese & Reese creative aerobic exercises- 2001

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key components- regular cardiovascular exercise has several key components.. Any form of exercise will do, whether it is going for a walk, a bike ride or performing in an organized sport. (Douglas carol & others - Cardiovascular reactions to psychological stress: the influence of demographic variables journal of epidemiology & community health 2000). The important things is to keep body moving with several physical activity .Weight lifting,

unless done in a style fashion, would be considered anaerobic cardio exercise since you are not moving continuously. It would be anaerobic and would use a different energy system than that of cardio (the ATP- Cp system). (Reese & Reese creative aerobic exercises- 2001).

As you build up your fitness level, then you can concentrate on performing mores advanced forms of cardio such as interval training, tempo training sprints and so forth. First get started on building a solid cardio base though and then work from there. (Douglas carol & others - Cardiovascular reactions to psychological stress: the influence of demographic variables journal of epidemiology & community health 2000). Cardio is one thing you do not want to overdo in the beginning because spending hours upon someone doing a more moderate pace is really not going to give you any further benefits than someone doing a more moderate pace is really not going a more moderate volume. (Anitha Bean – A complete guide to strength training - Aerobics journal 2012) usually it is deemed better to increase the intensity of your cardio, rather than the volume. (Douglas carol & others - Cardiovascular reactions to psychological stress: the influence of demographic variables journal of



epidemiology & community health 2000).

The challenges - the aerobic exercise supports immune system, helps heart to pump blood more efficiently, and increases stamina level. (Kenneth H Cooper - aerobics programs for total well being 2014). But there is a cutoff point to these benefits, and if cardio workout sessions are elongated beyond limits it can harm body & fitness priorities. Over workouts might lead to several problems which include

1. A catabolic state, in which tissues of the body break down
2. Excess stress hormone release might lead to chronic diseases
3. Microscope tears in muscle fibers which will lead to risk of injuries
4. Finally a weakened immune system would harm the whole body.

Role of sports organizations- Dreaming about an enduring fit body, members of aerobic sports clubs join aerobic sessions & start workout sessions ceaselessly. These rigorous sessions burn out their stamina their body metabolism & tissue patterns. Instead of getting a healthy fit body, heavy workouts can make the sports persons weak & meek. (Kenneth H Cooper - aerobics programs for total well being 2014). A balance between work out sessions, duration & training is needed by the sports clubs

to manage physical & mental fitness. Sports clubs should draw a line of workout limit to members. They should also help the members to become aware of the negative effects of over workouts. Members should avoid coercive, rigorous & restless work out sessions. (Douglas carol & others - Cardiovascular reactions to psychological stress: the influence of demographic variables journal of epidemiology & community health 2000).

Conclusion- Cardio workouts can cause more harm than benefits if taken in an unplanned way. Sports persons always go for quick performance indicators rather than think about the side effects of such heavy & rigorous work outs. Sports organizations have to educate the members about over exercising. Sports clubs in haste to attract larger number of members go for continual workout sessions. The role of sports clubs & organizations in making sports persons & individuals aware of the problem of the workout. They should maintain a balance in workout session, bearing in mind that too much is always too bad. They should bear in mind that only with a fit mind & body a player's performance increases or at least remains stable.



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