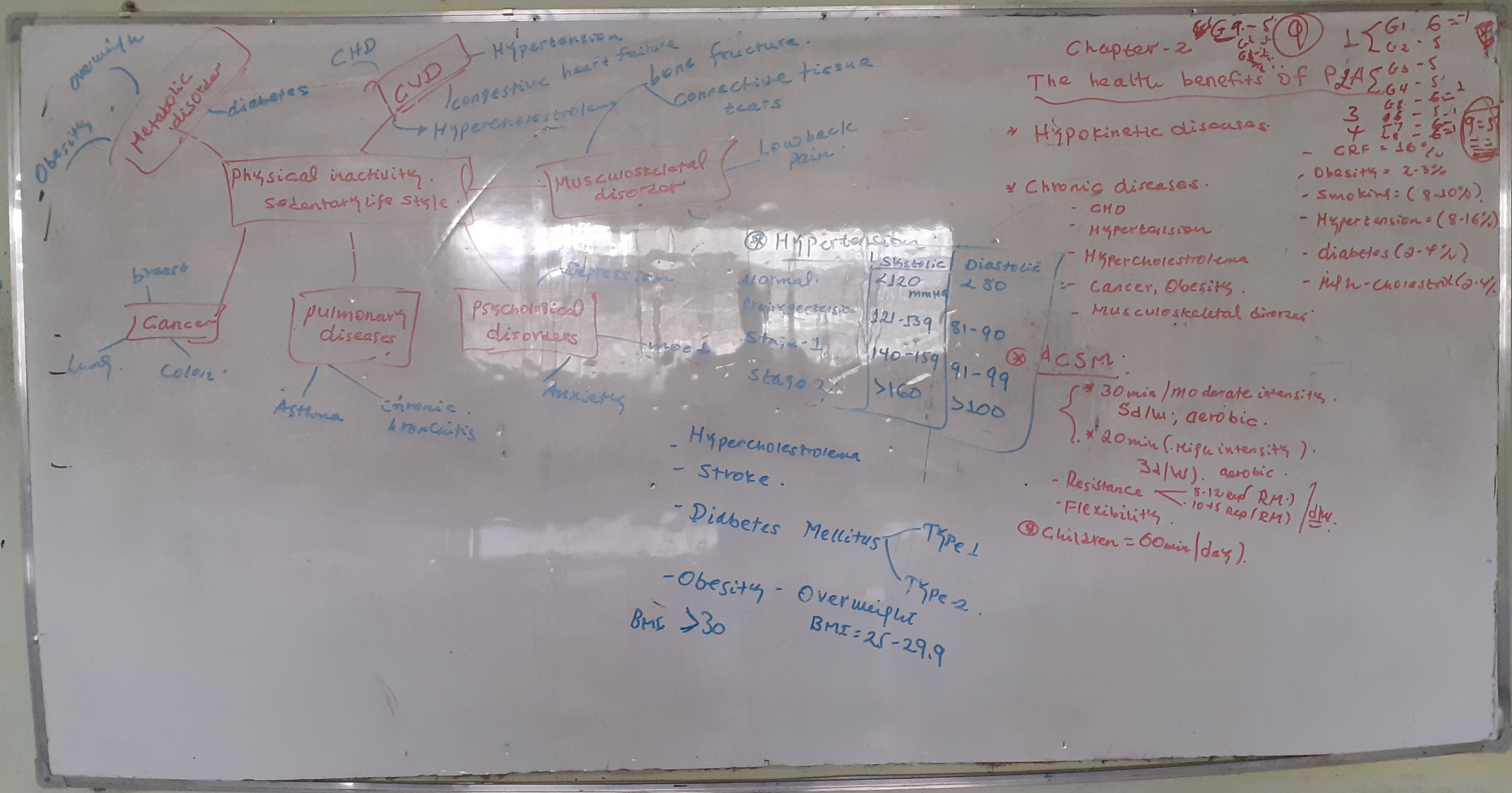

Chapter-2
The health benefits of PA
Metabolic disorder
overweight
Obesity
diabetes
CHD
CVD
Hypertension
congestive heart failure
Hypercholesterolemia
bone fracture.
connective tissue tears
Physical inactivity.
Sedentary life style.
Musculoskeletal disorder
Low back pain.
Cancer
breast
lung.
colon.
Pulmonary diseases
Asthma
chronic bronchitis
Psychological disorders
Anxiety
Hypertension
Systolic
Diastolic
Normal.
<120 mmHg
<80
Pre-hypertension
121-139
81-90
Stage-1
140-159
91-99
Stage 2
>160
>100
- Hypercholesterolemia
- Stroke.
- Diabetes Mellitus
Type 1
Type 2.
- Obesity - Overweight
BMI >30
BMI = 25-29.9
* Hypokinetic diseases.
* Chronic diseases.
- CHD
- Hypertension
- Hypercholesterolemia
- Cancer, Obesity.
- Musculoskeletal disorder
- CRF = 16%
- Obesity = 2-3%
- smoking = (8-10%)
- Hypertension = (8-16%)
- diabetes (2-4%)
- Hyperlipidemia (2-4%)
ACSM:
* 30 min/moderate intensity.
5d/w; aerobic.
* 20 min (High intensity).
3d/w). aerobic.
- Resistance
8-12 rep/RM.)
10-15 Rep/RM)
/d/w.
- Flexibility.
Children = 60 min/day).