



THE LINK BETWEEN PHYSICAL EXERCISING AND THE INCREASE IN LIFE EXPECTATION

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Abstract

Physical exercises done in a systematic way and proper regularity are the best investment for a healthy heart contributing to a reduction in cardio-vascular diseases risk, reducing fat, regulating blood pressure, cholesterol and sugar levels and it also reduces stress, creating the well-being state. The fact that physical exercises and physical activities follow basic rules is a must as random or excessive exercising could have the opposite effect, causing great imbalances throughout the body. Physical exercising and its beneficial effect on the psychological part of human acts as a powerful tonic on the nervous system: courage, optimism, will and self-pacing are enhanced.

Keywords: *life expectation, physical exercising, health, well-being*

JEL Classification: I10; I20, I30

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1. Introduction

The beneficial influence of physical exercising in maintaining health and their usefulness for prolonging life are well documented facts from ancient times. The well-known Latin phrase *mens sana in corpore sano*, meaning a healthy mind in a healthy body reveals the undistructible link between the physical and psychological well-being. More and more people become interested in their personal appearance, their personal and their family health, their living surroundings from the ecological point of view, aiming eventually, a better life.

The use of physical exercising is a safe and efficient means for maintaining and obtaining optimum physiological parameters, for the increase of the biological potential, getting the body to work at its maximum, which creates a well-being state, “bien etre”, “wellbeing”, at any age. The selection, adaptation and right dosage of following exercises as well as the rhythm needed for the execution are main factors which alleviate, optimize and “lead to well-being but also to a change in the sedentary style of life” (Nae, 2011).

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The fact that physical exercises and physical activities must follow basic rules is a must as random or excessive exercising could actually have the opposite effect, causing great imbalances throughout the body.

A systematic practice of the right physical exercise keeps the heart running smoothly as well as the lungs, has a positive effect on the nervous, bone and muscle systems but also on digestion, kidney function, respiration and glands, which lead to having positive biological parameters, to a functional balance on all body levels, boosting its strength against all aggression factors as well as increasing stamina.

In today's society, the experience of body movement gains special dimensions, being defined by both amount and variety. This experience manifests itself as a choice on personal and social plans, revealing the cultural status of each subject. Health is the immediate concern for each of us, with an emphasis for older people, if were to consider the worrying death status in Romania but also in other countries as well.

Should we analysis life expectancy – a reflection of medium human existence span, based on mortality statistics and the quality of life, we will observe that results vary in different ways, according to each country's development stage, climate and geographical area, which determines specific mortality.

Data. According to "World Health Statistics 2016. Monitoring health for the SDGs" report, the average life expectancy on a world level was of 71,4 years, in 2015. Birth life expectancy for women was 73,8 years, with 4,8 more than that of men (69,1). Top countries include Japan, Switzerland and Singapore with an average life span of 83,0 years. On the opposite side, the lowest birth life expectancy was registered in Sierra Leone, 50,1 years (2015).

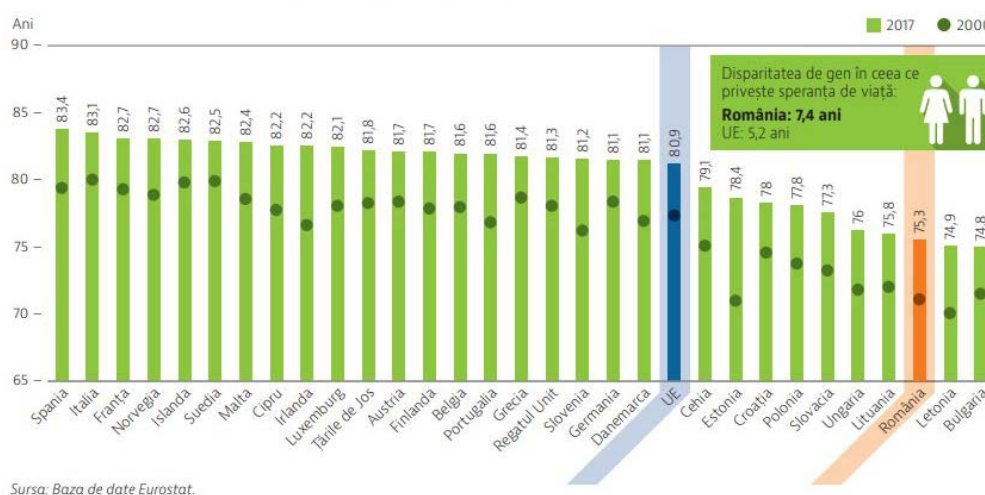


Figure 1.

https://www.lasig.ro/pictures/xprimm/sperantadeviata_m.jpg

In 2014, life expectancy in the EU was of 80,9 years. Despite EU's significant advances in population health, there are still huge gaps between member states. The highest values for life expectancy were recorded for Spain (83,3 years) and Italy (83,2 years).

Although birth life expectancy for Romania has increased by more than 4 years during 2000-2017 period (from 71,2 to 75,3 years), it remains amongst the lowest of the EU and nearly 6 years behind the Community medium, according to a report published by the European Commission.

Romania's health system is having financial issues as well as structural ones caused by poor government. There isn't a systematic evaluation system for performance and transparency is generally, missing. The number of health ministers has reached 20 in the last decade complemented with frequent changes in the National Health Insurance Authority. This combination affects the stability, coordination and reform progress, according to the same report, published on 28th of November 2019.

Discussion. The number of people with an active lifestyle keeps dropping due mostly to technology and lack of time, poor sports education as well as other popular occupations such as video games, computer and phone addiction and social media.

The physical education culture is the one which helps a person maintain their health, boosts his/hers work capacity and illness resistance. Physical exercising and its beneficial effect on the psychological part of human acts as a



powerful tonic on the nervous system: courage, optimism, will and self-pacing are increased.

Dragnea A. and Bota A. (1999) state: physical exercising is not only about systematic repeating but also about the possibility to build and assemble an exercising pattern that is unique to each subject with the mentioned skills, manifested externally as physical exercising.

Physical exercising, movement in general, have therapy effects, most helpful in preventing Alzheimer and Parkinson diseases. Physical activity treats depression and enhances memory bringing special benefits: healing and maintaining health, preventing illness. Physical activity also makes us more exuberant, confident, happier, helps the release of endorphins, the “happiness” hormone, inducing good spirits.

It has been proven that physical activity may increase the appreciative perception of own body and overall well being (Pop, Ciomag, 2014). People who have never practiced physical activity on a systematic level, as aging process starts to affect their bodies, they become heavy, sluggish, painful and rigid on the joints, back gets curved, movement becomes slow, wobbly and clumsy. Physical exercises also prevent the degradation of muscular and bone tissues, favor optimum muscular and bone resistance and help keep a slim fit and mobility. Even at considerable age, those who lead an active life and exercise look younger and welcome life.

„In the past years, mass sports exercising has seen a rapid growth and a spectacular diversification as the fitness concept kept on expanding by combination of both older and new techniques” (C. Hantau, 2012).

More and more people claim that good health is deteriorating as they progress through the years.

The European Commission keeps track of the lifespan people can reach, without having disabilities on different ages.

The well-being and people health are conditioned by various factors, such as:

- Systematic physical activity;
- Healthy diets;
- Adequate sleep;
- Having a healthy relationship;
- Socializing with close friends;
- The ability to adapt to change;
- Fun hobbies;
- Education levels;
- Self-esteem;
- Relaxation;
- Fulfilled career.



Any lack in the mentioned factors can damage the wellbeing state and the health.

In Romania, small funds are allocated on health, with a much lower intensity than other countries in the EU, both per capita and as a GDP percentage (5.2 % in 2017, compared to the 9,8% of the EU average). Insufficient money into the health system affects Romania's capacity to sustain and care for citizens' health properly, a situation which gets harder and harder to manage as the population keeps on aging.

Environmental factors also play a vital role. Sometimes, an unsafe environment is enough to affect health. Air protection, water and ground pollution prevention means are primal concerns for the corresponding authorities but also for us as we can also reduce pollution by reutilization, recycling and reducing our consumption. The period of time that we just crossed, the pandemics that engulfed the whole planet, provided a chance for it to breathe and recover to some extent.

All factors that influence wellbeing are linked. Having a safe job gives a stable financial situation, friendships, and a belonging feeling. Pertaining to a certain religion can bring emotional balance and support. Spiritual wellbeing is an essential part of life which gives meaning and hope for the continuation of mankind.

Material wellbeing provides us with good living conditions and a stable social status. Personal life satisfaction can be affected by the stress caused by working overtime for the increase in personal budgets. Research show the greatest effect on our wellbeing is done by interpersonal relationships and not by financial aspects.

As for the intellectual aspect, wellbeing is defined via the thinking state. Mental stimulation leads to gaining new skills, improving memory and stimulates creativity. The brain is just like a muscle; if it's trained and put to work, it will always be sharp and will gain an even higher processing capacity, with time.

Wellbeing can also be determined by the satisfaction of work, of a built career, experience, and safety of training in our chosen professional area of expertise. However, perhaps the most important aspect of wellbeing is physical condition. A healthy lifestyle can decrease illness risk and maintain optimum health levels.

Longevity is usually associated with genetic influence (only 25% - according to Odense University researchers of Denmark) but numerous research efforts have shown interesting, different perspectives for a long and healthy life by having an active and healthy lifestyle (75%). What we eat also influences a long and healthy life: by following a vegetable rich diet and combining it with green-leafed plants, moderate consumption of meat and fish, avoidance of milk-based products, alcohol, sugars and artificial sweeteners and keeping nuts, whole cereals and vegetables parts of the daily menu, would be the key to a long and healthy life.



Conclusion

Having a healthy diet, along with physical exercising can ensure a vital mental and physical tonus for increasing life quality and prolonging life expectancy. On the opposite side, leading a sedentary life, having bad eating habits and harmful vices will damage health and diminish the chance for a healthy aging.

Social wellbeing identifies by belonging to a group whether it's family, class mates, work colleagues, to whom we feel emotionally connected. Loneliness and isolation are extremely harmful.

Emotional wellbeing means self-acceptance, optimism, self-respect and the capacity for sharing feelings.

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