

IMPROVING QUALITY OF LIFE THROUGH PHYSICAL EXERCISE

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Abstract

To increase the quality of life, the key factor is to maintain an optimal health, the factor without which success cannot be achieved. Maintaining optimal health is conditioned by a multitude of aspects: physical exercise, healthy eating, organized schedule, rest, positive thinking, avoiding stress and harmful habits (smoking, alcohol, drugs). Practicing physical exercises systematically leads to a good physical condition. In other words, they interrelate. The movement achieved by energy consumption done in skeletal muscles produces a number of changes in the muscle strength, cardiovascular endurance, mobility-suppleness, coordination, toning, body composition, which become beneficial attributes to health and a good physical condition. Exercise through its many variants can help maintain health and implicitly increase the quality of life, of "living well". An active life is recommended to all, everyone is encouraged to carry out physical activities of any kind, so as to maintain a good physical and implicitly psychic tonus.

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1. Introduction

In today's society, improving people's quality of life has led many researchers to look for answers, solutions, design programs and implement them nationally, with each state trying to raise its own bar, create the best possible standard of living for people.

To increase the quality of life, the main thing is to maintain an optimal health, the factor without which success cannot be achieved. Maintaining optimal

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health is conditioned by a multitude of aspects: physical exercise, healthy eating, organized schedule, rest, positive thinking, avoiding stress and harmful habits (smoking, alcohol, drugs).

Health policies must take into account all aspects of life from birth to old age. The services and recommendations offered by each state to its people, the result of long studies, research, monitoring must promote a healthy lifestyle, with physical exercise as an important component, which results in an increase, improvement of quality of life and well-being.

2. Discussion

Optimal health is associated with a healthy lifestyle and a good physical condition. Practicing physical exercises systematically leads to a good physical condition. In other words, they interrelate. The movement achieved by energy consumption done in skeletal muscles produces a number of changes in the muscle strength, cardiovascular endurance, mobility-suppleness, coordination, toning, body composition, which become beneficial attributes to health and a good physical condition.

An education in this sense, started in the family, supported by the school through the statutory policy, continued and sustained in adolescence and then in adult life are steps that each individual concerned with his or her own health and well-being must ascend.

Children are guided and supported by the family in childhood, and then follow the example of parents, family. They will continue with this habit if they find that this preoccupation raises their self-esteem, creates a body image they are satisfied with [1], whether this trend fits into the concerns of the group they belong to, or if it gives them the physical and emotional comfort they need. When it has become a way of life it is perceived as an addiction, a state of well-being.

Each individual forms a certain lifestyle (even if changes occur during life due to age and new needs and changes in the scenery) especially during the growth and maturing period, the predominant component being the genetic one, to which are added the principles and values of the environment in which one lives.

Each growth period undergoes changes and influences from the entourage in which the individual is raised and develops in: a dance or a judo instructor in kindergarten, a monitor for the first steps on the slope, a physical education teacher, a friend with whom you played basketball, an aerobic gymnastics teacher or a show on how to keep your body and soul toned and vigorous. All might become a trigger, which can positively influence an active, sporty lifestyle.

Any type of movement is welcome and adds to an active, healthy life and implicitly to one's well-being. However, when work is carried out in an organized, systematic framework, coordinated according to a calendar plan and possibly under the guidance of a specialist in the field, the results are unlikely to be seen.



In childhood and youth people do not realize the benefits of an active and healthy lifestyle, although they will receive lifelong signals from own body, we just need to listen to our own body and pay more attention to it. Healthy habits are ingrained from childhood: healthy diet, rich in minerals and vitamins, with many fresh fruits and vegetables, sufficient water, no fizzy juices, food additives and dyes, with plenty of physical activity and time spent outdoors, without the temptation of TV and computer. Family and school play an important role during this time. Subsequently, the free time diminishes, but the time given to physical activities, which must be generously inserted into the children's schedule, should not be neglected. In addition to physical education classes, long walks in nature, jogging or a sport practiced as a hobby or even a performance sport should not be lacking. Cycling, roller skating, swimming at the pool, playing badminton, football or various games practiced by children and youth complete the multitude of options available to raise healthy and happy children.

Well-being is the balance between mind, body and spirit that is achieved by the action of the key factors, resulting in optimal health that denotes prosperity and personal happiness. Poor mental health suggests frustration, a disharmony in directing and managing energy resources, diminished self-confidence, negative thoughts, anxiety, depression, lack of motivation, disorganization, lack of willing for self-improvement. All these fears and discomfort will generate a decrease in the quality of life, which can be changed if you intervene from the first signs, by improving your own condition, on several levels, with specialists, starting with the psychologist, nutritionist and of course with a systematic exercise program recommended by the sports teacher.

Exercise through its many variants can help maintain health and implicitly increase the quality of life, of "living well". An active life is recommended to all, everyone is encouraged to carry out physical activities of any kind, so as to maintain a good physical and implicitly psychic tonus. The benefits of practicing physical exercises are immense: increasing the capacity for effort; forming a correct posture; increasing strength, suppleness of joints and muscles; stimulating circulation; increasing self-confidence; improving self-image; increasing self-esteem; relaxation, stress relief.

Physical exercise has diversified as society evolves, so that nowadays the systematisation of physical exercises is done according to several criteria. Physical exercise can be characterised by an adaptable form and content, depending on the objectives, requirements and purpose for which it was chosen to practise.

Physical exercise is the operational means available to everyone and ... now that everything has become technological and human physical involvement is reduced, the need for physical exercise is increasingly promoted, being considered the "wonder medicine."

Physical exercise is used for training/strengthening motor skills, for acquiring and developing skills, qualities, knowledge and technical skills specific to



sports branches or for harmonious development, obtaining/maintaining health. Physical exercise, through form and structure, ensures the development and maintenance of the body's capacities, as well as its functionality.

Physical exercise can be represented by movements specific to professions that require a certain type of physical effort, activities carried out in the household, simple or complex actions that we perform daily for the purpose of relaxation, chilling-out. The actions we perform daily: going to school/work, running after the bus, climbing stairs, gardening, washing windows/carpets, riding a bike, running, swimming, jumping the rope, skiing, badminton in the park, carrying shopping bags, all involve physical exertion and a certain type of movement, in which more or less muscle groups are involved.

Physical exercise can be characterized by the action, movement of the body or its segments: rotation, translation, twisting, abduction, adduction, balancing on various terrain.

The physical effort made to achieve the most correct, complete and with the maximum amplitude of the exercise can be appreciated by volume, intensity, complexity. The necessary psychic effort or the degree of requirements of the psychic processes involved in order to achieve a more efficient form of the chosen physical exercise.

The practical physical exercise is defined by **form** - the sequence of the component movements/sequences, the relations between them and the **content** - the external, visible aspect, which can give the qualitative attribute of the action.

Gh Cârstea states that form can be appreciated by the position of the body and segments, the direction and amplitude of the movement, the rhythm, the tempo and the system of arrangement of the subjects in space [2].

Martin, quoted by Wineck [3], argues that the form of an exercise is defined by a kinematic and a dynamic component. The kinematic component is the result of the spatial-temporal landmarks: the speed of execution, the trajectory of motion, the scale, the extensive and the temporal phases that define it. The dynamic component is characterised by the internal and external forces of motion.

The classification criteria of exercises are multiple, even so the various effects of different types of exercises cannot be exhausted:

- analytical and global exercises;
- simple and complex exercises;
- standardised and personalised exercises;
- special exercises.

The technique of each exercise could be defined as the most efficient process used to perform certain motor tasks.

Depending on the motor skills which were predominantly addressed, we could exercise strength, speed, coordination, suppleness, as well as combinations thereof.

By type of load/resistance:

- exercises with partner;



- exercises with dumbbells/bars/weightings;
- exercises with sandbags, with rubber strips/tires.

By the nature of the effects, they can be classified:

- preparatory exercises;
- specific exercises;
- competition exercises.

According to the biological systems involved:

- neuromuscular exercises;
- cardio-respiratory exercises;
- metabolic exercises.

By the nature of muscle contraction, exercises can be static, dynamic and mixed.

According to the intensity of the physical effort, the exercises can be maximal, submaximal, supramaximal, etc. There are many other criteria by which exercises can be classified, important is their effect on the human body, their positive, beneficial effects, being used also for prophylactic, curative purposes in certain diseases.

Although a characteristic of the present times is inactivity, the practice of physical activity, of physical exercise also has a beneficial effect on the mindset – thoughts, emotions, motivation, satisfaction. Besides the physiological benefits, there are also notable results in social, psychological, and as an overall picture, the increase in life expectancy.

It is obvious, demonstrated and argued that the effect of physical exercises is that of body harmony, vital functions are cared for in optimal parameters, personality is polished, strengthening certain attributes: perseverance, self-control, self-discipline, motivation, increases self-esteem, self-confidence, transforming these habits into an orderly, healthy, active, disciplined lifestyle. One should not ignore the advantages of practicing physical exercises which overcome the difficulties related to concentration, attention, motivation, stress control, learning, initiative, decisions, creativity.

To all the natural, daily activities that any person performs (shower, getting dressed/undressed, travelling for work, sitting/standing up, shopping, eating meals, walking, cleaning the house, walking the pet), if personal results are added to the emotional and social plan, the overall picture of each individual will be: confidence in their own abilities, optimism, satisfying self-image, hope, motivation and self-improvement.

Media sources, information and specialized materials emphasize the importance of physical exercise on people's health: a way for everyone to maintain or regulate body weight, stress relief, detachment from everyday problems, a means of relaxation and reducing the risks of illness, but nevertheless many people neglect their own health, giving less and less time for physical activity. People have become



increasingly sedentary and addicted to fast food, and health problems have not hesitated to appear, with specialists [4,6] stating that inactivity has become one of the biggest problems of the 21st century.

Many specialists have tried to demonstrate through various studies and data, the benefits of exercise and how the lack of it deteriorates health, well-being and, implicitly, the quality of life.

A number of voices that insist on being heard suggest the implementation of a compulsory form in education through the policy of each state, with a sufficient number of lessons, thus supporting a mandatory need for physical effort, which can ensure optimal health.

Everyone knows that a healthy youth is the treasure of every country and the opportunity to increase the life expectancy of that country: we now know that regular physical activity of 150 minutes/week of moderate intensity physical activity reduces the risk of numerous chronic issues, preserves health and function (both physical and mental) into old age, and extends longevity. The current challenge is to develop programs and interventions to promote physical activity for all in our increasingly sedentary societies [5].

3. Conclusion

We recall the importance of family and school at an early age to create programs and habits with a lot of physical activity so that these habits become a lifestyle for the rest of one's life. Creating this addiction is very important for the future of every child, who will become an adult growing up with the pleasure and joy of exercising and a healthy, vigorous and strong teenager. Thus, the adult's decision to continue with these habits is easy to acknowledge and materialise. A child who has grown up sedentary will hardly move into adulthood to become active and incorporate physical movement into his schedule. A young man who has been thus raised and educated will find it easy and necessary to continue to ensure his well-being and physical and mental comfort.

Studies conducted in different countries have come to the conclusion that: "every adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week" [7].

Authors' Contributions. All authors have equally contributed to this study and should be considered as main authors.

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