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RECOMMENDED LEVEL OF PHYSICAL ACTIVITY AND YOGA DURING YOUNG AGE AND OLD AGE

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Abstract: *In the present Scenario, physical activity and yoga is very important for everyone but all of them are confused in selecting the right physical activity and yoga both. Generally, old aged people are very confused to perform correct physical exercises and different yoga asana because physical activity and yoga asana differ with the age and sex. In this article we are trying to suggest the recommended level of physical activity and yoga asanas for young age and old age people. So, with the help of this article young and old aged people may understand that which kind of physical activity and yoga they have to perform and with help of what kind of activity they may gain happy and fruitful life.*

Keywords: *Young age, Old age, Physical activity, Yoga*

Introduction: Any organized bodily movement produced by skeletal muscles that requires energy expenditure is called physical activity^[1]. It includes all types of incidental and planned movement including activity that occurs during work, play, transportation, household chores, recreation, exercise and sport. Exercise is a subcategory of physical activity that is planned, often with the objective of improving or maintaining aspects of physical fitness. Increased physical activity can be built in to everyone's daily life and does not have to be strenuous to provide significant health benefits. While the more you can do the better, doing some physical activity every day is better than doing none. Physical activity can enhance your overall physical health. The effects of physical activity include lowering your blood pressure, blood cholesterol and blood sugar levels. Being active also ensures your bones and muscles stays strong (use it or lose it). Because of the beneficial effect of physical activity on many bodily functions, it can assist in the prevention or management of many long-term health conditions. Research shows that physical activity is one of the most effective treatments for reducing pain and improving mobility in people with osteoarthritis (Arthritis Australia, 2011).

There are many forms of yoga which differ in specific practices, while maintaining the purpose of directing the mind and body^[2]. Specifically, the development of a strong and flexible body which is free of pain, a balanced autonomic nervous system enabling all physiological systems to function optimally and a calm, clear and tranquil mind^[3]. Yogasanas not only work to bring fitness and vigour to physical body, but also harness our will and emotions to improve our power of analysis, insight and vision. They calm the mind and steadily the emotions, still not losing the sharpness of intellect which is the key to human progress. The science of yoga is dedicated to helping people to change their personalities and lifestyles. All yoga exercises and processes aim at purification, nervous control and co-ordination of muscles. They give gentle exercise to the body as a whole including individual organs. The simplicity of technique, lack of fatigue and non-requirement of any accessories are great advantages of yogic exercises. The caloric requirement of these exercises is much lower than that of other physical exercises^[4].

Recommended Levels of Physical Activity: The recommended guidelines for the amount of physical activity that individuals should engage in On a routine basis in order to obtain or

maintain health and fitness has been developed by leading national/international bodies. Although they may vary on specifics, the general features are all similar. The example presented below is taken from the American College of Sports Medicine and the American Heart Association guidelines and is widely used [5]. To maintain good health and fitness of age group 18-65 years, the following recommendations is given -

1. An individual will perform moderate-intensity aerobic (endurance) physical activity for a minimum of 30 minutes on five days each week or vigorous-intensity aerobic activity for a minimum of 20 minutes on three days each week.
2. Combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation. For example, a person can meet the recommendation by walking briskly for 30 minutes twice during the week

and then jogging for 20 minutes on two other days.

3. These moderate- or vigorous intensity activities are in addition to the light intensity activities frequently performed during daily life (e.g. self care, washing dishes, using light tools at a desk) or activities of very short duration (e.g. taking out trash, walking to parking lot at store or office).
4. Moderate-intensity aerobic activity, which is generally equivalent to a brisk walk and noticeably accelerates the heart rate, can be accumulated toward the 30-minute minimum by performing bouts each lasting 10 or more minutes.
5. Vigorous-intensity activity is exemplified by jogging, and causes rapid breathing and a substantial increase in heart rate.
6. In addition, at least twice each week adults will benefit by performing activities using the major muscles of the body that maintain or increase muscular strength and endurance.

Table: Physical Activity and Yoga

Young Age	Old Age
Race walking, fast running	Walking, jogging
Weight training	General exercise like alternate toe touch
Aerobic dancing	Slow aerobics
Bicycling 10 miles per hour	Slow bicycling for 15 minutes
Jumping rope	No jumping
Heavy gardening like continuous digging	General gardening
Pranayama, Anulom-Vilom	Pranayama, Anulom-Vilom
Fast Kapalbhathi	Kapalbhathi
Tuff Asanas like Dhanurasana, Mayurasana, Shirshasana etc.	Easy asana like Padmasana, Shukhasana, Vajrasana etc.

Benefits of Physical Activity and Yoga for Young Age People: Physical activity is very important for everyone when adults perform fast running then they improves their muscle tone, strengthen power and muscles became stronger. Weight training is the key to the development of muscular strength and gain progressively resistance power that can be achieved by selected weight training exercises like dumbbell, bench press, half squat, leg press etc. Aerobic dance improves the activeness in the body. Cycling is an aerobic exercise which gives you all the benefits of jogging and swimming. Skipping with rope provides a good means for exercising the whole body which strengthen leg and arm muscles. When heavy gardening is done for a long time, one can increase their stamina [6].

Benefits of Yoga: Pranayama is very beneficial for lungs and respiratory system. It also helps in mental relaxation, relieves irritability and is good for detoxification. Fast Kapalbhathi Detoxifies and cleanses body by removing stale air and toxins from lungs and brings mental clarity. It

also strengthens abdominal organs and wall normalizes bowels. Dhanurasana increases circulation to heart and lungs, improves oxygen intake, opens diaphragm and expands the chest region, improves respiratory conditions, increases spinal strength and flexibility and tone of spinal muscles. Shirshasana helps us to circulatory system towards the brain and improves the sharpness of mind. Mayurasana helps in digestive system, nervous system and functioning of internal organs.

Benefits of Physical Activity and Yoga for Old Age People: In addition to preventing falls, being physically active on a regular basis helps older adults to stay physically and mentally healthy, achieve and maintain a healthy weight, move with less muscle soreness and joint stiffness, sleep better and have more energy, feel more relaxed and positive, meet new people and have fun and stay independent longer and enjoy retirement and life in general. To optimize the benefits of physical activity on your health, it is important to do physical activity that targets

different areas of the body. Three key areas to target are-

Endurance/Fitness Activities: These are the activities which place demand on the heart and lungs. Some common physical activities to enhance endurance/fitness like walking, bike riding, swimming, dancing and aerobic exercises.

Strength Training Activities: It aims to maintain or increase our muscle strength. Examples like standing up and sitting down, lifting weights, stepping up and down steps and strength training exercises.

Balance, Mobility and Flexibility (Stretching) Activities: These are the activities that aim to improve balance, reduce falls, allows us to safely move around obstacles and on uneven surfaces and maintain or improve our muscle and joint flexibility. Walking on sand, going up and down steps, dancing, balance exercises (including balance classes) are a few examples.

Benefits of Yoga: Pranayama consists of developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence. It helps in developing awareness of one's mind and helps to establish control over the mind. Kapalhati improves the capacity of lungs and reduces abdominal fat. Padmasana improves the strength of calf and thigh muscles. Shukhasana relaxes all the muscles of the body and Vajrasana improves the digestion^[7].

Why Young Age People Perform High Intensity Activity

- They have more power to perform any physical activity.
- Speed, Endurance, Flexibility and strength is higher in this age group.
- Neuro-muscular co-ordination is greater in this age group.
- Reaction time is higher than other age group.
- Muscular strength is higher than others.

Why Old Age People Perform Low Intensity Activity

- They have low power to perform less physical activity.
- Speed, Endurance, Flexibility and strength is less in this age group.
- Neuro-muscular co-ordination became less in this age group.
- Reaction time is also less than other age group.

- Muscular strength became low than others.

Conclusion: The benefits of physical activity and yoga have been shown to be effective across the lifespan, among the individuals. It also includes engagement in routine exercise on a regular basis leads to improved functional abilities such as mobility in joints and is related to increased lifespan. All yoga exercises and processes aim at purification, nervous control and co-ordination of muscles. They give gentle exercise to the body as a whole including individual organs. The simplicity of technique, lack of fatigue and non-requirement of any accessories are great advantages of yogic exercises. As we know that physical activity and yoga is very important for everyone so before performing any kind of physical exercise and Yogasanas, there is a need to see which kind of asanas and physical exercises are beneficial to us.

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