

AN IMPACT OF PHYSICAL EXERCISES ON HEALTH - A REVIEW

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ABSTRACT

Exercises are important for a man to maintain good health. Some people think torturing by extracting more work. Health is wealth and to realize it will take more time by that time it is too late. Running, Walking, Jumping, Swimming, and throwing all come under some sort of exercise. Yoga, Mind Thinking, Meditation, and Sports are also included in this branch since from the birth of a child till the last breath one way or the other a sort of exercise will take place knowingly or unknowingly. In yoga, we call these Asanas physical movements of the body along with breathing techniques. Sports need a movement of the body World Yoga Day is observed around the entire globe and especially in India. Many are lazy by nature and assuming that he is suffering from any deceases he will be too much tired and stop doing all physical activities and takes rest.

Nowadays the place is identified in the parks to do exercises. A group of people will do these exercises and it becomes a fashion to do this. And feels to do this without any hesitation because looking at one person without any fear of another person also does the same thing. Several instruments make the exercises depending on the condition of the available instruments can be used. For good health these instruments are purchased under the MP, MLA, and Corporate funds for the development of the area and give the benefit to the residents of that area which helps them to get free of cost.

KEYWORDS: *Exercises, Parts of the Body, Instruments, Effects on Health*

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