

Various exercises and Cardio workout for Healthy Heart – A Literature Review

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Abstract– In this present era, the lifestyle of a human being is changing rapidly. The manner of living, thinking and food habits are changing day by day. The proper nutritional food is not being consumed by people. Strengthening of heart is one of the best things for health. The best way to strengthen your heart is to exercise. Heart is the most important muscle in the body, some of the best exercises to keep the heart strong and reduce risk of heart disease and stroke.

Keywords– Physical Fitness, Heart, Cardio Workout, Exercise

I. LITERATURE REVIEW –

1. Swimming

Swimming isn't just for lazy summer afternoons. Taking a water aerobics class or swimming laps can be a full-body workout that will strengthen not only your body, but your heart. Unlike other types of exercise, swimming is easy on your joints and allows you to move your body without a lot of pain.[1,3]

2. Cycling

Jumping on your bike can do more than just get you from one place to another. Cycling has been shown to help reduce the risk of heart disease. It uses your large muscles in your legs, which helps to elevate your heart rate. Bonus: Cycling has even been shown to improve your mental health.

Whether you choose to hit a yoga class three times a week, go walking with a friend, or swim every morning, regular exercise is essential to taking care of your heart. Always talk to your doctor before you begin an exercise routine. [1,2,6]

3. Aerobic

Aerobic exercises, also known as cardio, are designed to raise your heart rate and make you break a sweat. Aerobics help to improve your circulation and lower your blood pressure. If you have diabetes, they can also help you control your blood sugar level.

The Center for Disease Control and Prevention (CDC) Trusted Source recommends that every adult should get at least two hours and 30 minutes of moderate-intensity aerobic exercise a week, at intervals of 10 minutes or more. Some examples of moderate-intensity aerobics are:

- going for a brisk walk
- biking on flat terrain
- taking a leisurely swim
- gardening
- dancing

If you're big on working out but short on time, you can meet the CDC's guidelines with one hour and 15 minutes of vigorous-intensity aerobic exercise. These strenuous workouts are meant to get you breathing hard and increase your heart rate significantly. Examples of vigorous-intensity aerobics include:

- jogging
- biking 10 mph or faster
- swimming laps
- playing soccer
- hiking uphill

It's also okay to do a mix of moderate and vigorous-intensity aerobics during the week if you prefer. As a rule of thumb, one minute of vigorous-intensity exercise is about equal to two minutes of moderate-intensity aerobics.

Don't feel pressure to push yourself too hard, though. If you want to meet your weekly aerobics requirements strictly from walking, that's perfectly fine. Walking is a great low-impact exercise that will give you all of the health benefits of a more intense workout, without overexerting yourself. [1,2,3,4,5]

4. Strength training

Strength training (sometimes called resistance training) is another great way to improve your heart health. When combined with aerobics, strength training will help to raise good cholesterol and lower bad cholesterol. It can also reduce your risk of having a heart attack or stroke.

Various Source suggest you participate in strength training exercises at least twice a week (on nonconsecutive days).

Ideally, these strength training sessions should work all of your major muscle groups: arms, legs, hips, chest, shoulders, abs, and back. Although this might sound intimidating, it's far from the weightlifting and bodybuilding you see on TV. Some examples of strength training exercise include:

- lifting free weights
- using resistance bands
- doing pushups
- doing sit-ups
- doing squats

Strength training exercises should be done in sets. Each set should consist of 8 to 12 repetitions, or until it becomes difficult for you to perform another repetition without help. [4,5,6]

5. Flexibility

Although they may not influence your heart health directly, flexibility and stretching exercises can contribute a lot to your workout. Activities like yoga, tai chi, and Pilates will not only improve your flexibility and balance, but also decrease your chances of getting cramps, joint aches, and muscle pain while working out.

Flexibility exercises make it easier to do the other types of physical activities that are necessary for a healthy heart. The great thing about flexibility training is that you can do it anytime, anywhere. Whether it's warming up before a workout, taking a hot yoga class, or just doing some stretches in your living room, improving your flexibility is always a good idea if you're serious about heart health. [6,7]

6. High-Intensity Exercise

The most common form of high-intensity exercise is interval training, which involves alternating between periods of hard, heart-pumping work and recovery. For instance, you might do 30 seconds of intense movement (think: jumping jacks, fast and heavy cycling, sprints, jumping rope), followed by one or two minutes of rest/recovery (marching in place, slow walking, active stretching, light cycling). Then repeat for the remainder of the workout.

While it might seem daunting, exercising with intervals is extremely heart-friendly, namely because this type of training increases the production of an enzyme called lipoprotein lipase. "That lowers cholesterol and increases insulin sensitivity, which regulates blood sugar and body fat better." [3,4,5]

7. Yoga

"Yoga has been shown to lower blood pressure, blood sugar, cholesterol levels, and heart rate," A more recent study in the Canadian Journal of Cardiology found that among individuals with high blood pressure who did 30 minutes of aerobic exercise five times, 15 minutes of yoga was more effective in lowering blood pressure and heart rate than stretching. Yoga also improved their 10-year cardiovascular risk. [2,3,6]

8. Brisk Walking

There may be no friendlier exercise for the heart than walking, simply because it's convenient, low-impact, easy to do with friends, equipment-free, and literally free. All you need is a supportive pair of walking shoes and a safe place to walk (indoors or outdoors). Plus, if you want to prevent heart disease, you don't have to devote much time to walking. Just seven minutes of brisk walking was enough to cut heart disease risk, according to one study in the European Heart Journal. Even going for a light stroll for five minutes after each meal can help lower blood pressure, blood sugar, and stress hormones. [2,3,4,5]

II. CONCLUSION

When done regularly, moderate- and vigorous-intensity physical activity strengthens your heart muscle. This improves the heart's ability to pump blood to lungs and throughout the body. As a result, more blood flows to body muscles, and oxygen levels in the blood rise.

Benefits of daily exercise are, improves the muscles' ability to pull oxygen out of the blood, reducing the need for the heart to pump more blood to the muscles. Reduces stress hormones that can put an extra burden on the heart. Works like a beta blocker to slow the heart rate and lower blood pressure.

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