Your Name

Instructor Name

Course Number

Date

**Body Conditioning Assignment**

There are many health benefits of exercise and it is one of the most effective and healthy way to strengthen the immune system of the body. Current researches in this field have also proved that exercise has various pharmacological benefits. The basic purpose of the given research is to identify the association among various types of exercises and physical movement along with individual’s health throughout maturity. For that purpose, a total of 723 males and females aged 28-76 years took part 1681 times during four measurement points from 1992 to 2010 and they were studied briefly in this resaerch. The researchers evaluated the self-reported physical activity, physical fitness and also physical health status in each of the reported study year. In order to analyze the measures, hierarchical linear modelling was used. The results of this study showed that with increasing age physical fitness and hierarchical health status deteriorated and also with the increasing age the sports activity of the individual dropped. This study showed that age and sex are very significant in physical activity, physical fitness and health status. When health status and health fitness of athletes were compared with non-athletes then it was proved that both of these factors were much better in athletes as compared to non-athletes. Hence the conclusion that can be drawn from this research is that the physical activity has different effects on physical fitness and health status. This study is also quite crucial in order to highlight the context and purposes of physical activity when health or fitness benefits are addressed. It helps to understand that in order to get better results it is very important to focus on certain factors of physical fitness just moving the body is not enough for satisfactory results (Schmidt et al.).

In another research study conducted by Dugan, it was argued that how individuals who join gyms make sense and also they give proper direction to their exercise regimes by properly getting training in the gym. It is argued in this paper that for numerous persons gymnasium workout is more than bodily exercise, for such individuals it is drill of a lifetime. In this study, 32 semi-structured interviews were conducted and based on those interviews it is claimed that gymnasium workout is helpful in creating improved forms of the self on three main stages. First and most important is, individuals who do physical activity in the gym find themselves to be more productive and also efficient. They also feel better control over their lives as compared to those who don’t do gym exercise. Thirdly these members link their gym training with emotional resilience, they believe that such workouts not only help them to be physically fit but they also become psychologically and emotionally more stable. From the interviews that were conducted at the beginning of this study, it was found that most of the individual prefer the gym to exercise because it enables them to give direction to their thoughts and they are able to use the negative energy more productively. It is argued from these results that most of the people who join the gym for physical activities do not want to harm their personalities from the negative energies they experience on daily basis, therefore, they prefer to join gyms in order to take out their frustration and stay focused. However, there were also some set of people in this study who believe that joining the gym for their physical activity did not affect their personalities in any way (Seguin et al.).

There is a growing body of proofs which suggest that exercise can play a significant role in the prevention of various pathological diseases, treatment of various chronic health conditions along with the reduction in the sickness and death rates. Along with these benefits, there are numerous scientific studies that supported the fact that exercise plays an important role in hormonal functions and components related to health-related to physical fitness. It has been observed that in healthy individuals and other athlete’s regular exercises and fitness training is one of the key strategies that help them to stay healthy and calm. However, it has been observed in this study that the exercises that are time-dependent have different results depending upon the type of exercise, hormone adaptation and also the duration of the given exercise. In this study, the type, duration and also the adaptation of physical activity and exercise during the morning and evening time were explained briefly. Additionally, the results from this research study suggested that various differences occur in the physical performance of the person for the activity performed during the early morning or evening time. It is suggested that the results that are achieved via exercise in these hours of the day are quite different on the health of the individual, therefore, these must be taken into consideration by scientists, coaches and also athletes. However, this study does not show that what time of the day is beneficial for the people who suffer from chronic conditions. Although this is very important in giving information about the health benefits of the morning and evening time exercises but no specific disease is given as example in which morning or evening time exercises are important (Seo et al.).

**Work Cited**

Schmidt, Steffen C. E., et al. “Different Types of Physical Activity and Fitness and Health in Adults: An 18-Year Longitudinal Study.” *BioMed Research International*, vol. 2017, 2017. *PubMed Central*, doi:10.1155/2017/1785217.

Seguin, Rebecca A., et al. “Strength Training Improves Body Image and Physical Activity Behaviors Among Midlife and Older Rural Women.” *Journal of Extension*, vol. 51, no. 4, Aug. 2013. *PubMed Central*, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4354895/.

Seo, Dae Yun, et al. “Morning and Evening Exercise.” *Integrative Medicine Research*, vol. 2, no. 4, Dec. 2013, pp. 139–44. *PubMed Central*, doi:10.1016/j.imr.2013.10.003.