Your Name

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**Benefits of Aerobic and Anaerobic Exercise**

With the advances in science and technology, various methods of exercises have been developed that are reported to influence the human body in different ways (Siddiqui et al.). Two such exercises are Aerobic and anaerobic. The former promotes pumping of blood throughout the body which increases the working of muscles. Abrupt walking, swimming, cleaning, running, cycling and playing athletics are some of the forms of aerobic exercise. Every human is recommended to get an average of 180 minutes of aerobic exercise (Norris et al.). The latter represents any activity that contributes towards glucose breakdown without an expense of oxygen. It mainly includes exercises with a shorter period and greater intensity. Weightlifting, sprinting, jumping, biking and high-intensity interval training are some of the examples of anaerobic exercises (Siddiqui et al.).

 Aerobic and anaerobic exercises differ in terms of the availability of oxygen (Norris et al.). Aerobic exercise increases the metabolism of the body by stimulating blood pumping throughout the body in the presence of already available oxygen (Norris et al.). On the other hand, anaerobic exercises make use of surplus oxygen stored in muscles to stimulate metabolic rate. Studies have shown the merits and demerits of both exercises based on energy level. This paper takes into account the benefits of both aerobic and anaerobic exercises.

**Aerobic Exercise**

***Cardiovascular Health Enhancement***

 Studies have shown that aerobic exercise is beneficial for improving cardiovascular health (Spurway). People who suffer from heart maladies are recommended to spend 4 -5 minutes getting aerobic exercise which is thought to clear the arteries of unnecessary fat blockage for the efficient flow of blood through the human body. This not only makes the heart strong but also gets rid of bad cholesterol and retains good cholesterol in the blood.

***Lowering of Blood Pressure***

High blood pressure is an indication of a weak cardiovascular system. Aerobic Exercise prevents the risk of high blood pressure by decreasing the flow of blood through the arteries (Spurway). This is recognized as one of the efficient ways to lower blood pressure.

***Regulation of Blood Glucose***

 While considering the normal body weight, aerobic exercise is thought to regulate the levels of insulin in the human body. It helps to reduce blood sugar levels. According to the studies, both aerobic and anaerobic exercises have proved beneficial for patients with diabetes (Norris et al.).

***Relief of Asthma Symptoms***

 Many studies have contributed towards demonstrating the effects of aerobic exercise on the respiratory system (Spurway). It helps patients with asthma relief their symptoms by reducing the occurrence as well as intensity of asthma attacks. However, it is reported that specific precautions are to be taken into consideration regarding exercise in this case.

***Chronic Pain Relief***

In many instances, Consistent Aerobic exercise has contributed to the relief of chronic pain. This mainly includes less influenced physical activities such as swimming and brisk walking. Aerobic exercise has a significant effect on muscle function which improves its endurance and flexibility.

***Improvement of Sleep***

 Doing exercise almost 2 hours before going to sleep might improve sleep quality and duration. According to studies, some individuals reported that after getting plenty of exercise in the day time, they were able to sleep more efficiently (Spurway). Individuals also feel more energetic during the day with a sensation of wakefulness.

***Weight Loss***

It is evident from many studies that aerobic exercise plays a significant role in losing weight (Spurway). During exercise, the body's metabolism is at the highest rate. Due to this efficient metabolism, most of the body fat is lost in the form of energy during exercise. It has proven beneficial irrespective of a diet plan.

***Improvement of Immune System Function***

Aerobic respiration promotes the production of various antibody proteins in the human body which are known as an immunoglobulin (Norris et al.). These proteins are the essential component of the immune system which strengthen the body's response towards invading microbes. Various studies performed on middle aged individuals have proved to improve their immune system function as a result of physical activity (Norris et al.).

***Prevention of Sudden Mood Changes***

Physical activities such as walking, swimming running etc. help a person improve their mood by the release of specific chemical neurotransmitters such as dopamine and endorphins. Dopamine and endorphins boost mood and prevent depression. This has been reported by many subjects in a controlled study (Spurway).

**Anaerobic Exercise**

***Bone Density and Strength Improvement***

Activities characterized as an anaerobic exercise such as weightlifting help a person improve bone density and strength which in turn contributes towards the prevention of osteoporosis. Studies have shown that anaerobic training increases the capability of bones to bear high stress and workload (Spurway). This ultimately increases the strength of bone.

***Regulation of Body Weight***

In anaerobic respiration, body oxygen is compensated by the breakdown of lactic acid in the muscles which is used to derive the anaerobic processes. In this way, lactic acid metabolism is controlled more efficiently by the body which contributes towards maintenance of healthy weight. Some studies have shown the evident effect of HIIT training on reducing body stomach fat (Siddiqui et al.).

***Strength Enhancement***

Anaerobic exercise has been reported to increase body strength as a whole. Athletes who are efficiently involved in anaerobic activities have been reported to show a significant change in their strength (Norris et al.).

***Promotion of Lactic Acid Metabolism***

As indicated earlier, anaerobic respiration increases the amount of lactic acid breakdown in the muscles. Due to this increased breakdown, a person is less likely to experience the signs of fatigue which enables him to work harder in extreme settings (Spurway).

**Works Cited:**

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