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Abstract Book

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BENEFITS AND PROBLEMS OF EXERCISE

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Development of technology has made muscles and bones redundant. Association between lack of exercise and non-communicable diseases led to studies on exercise. Benefits of exercise include: increased strength and vascularity of skeletal muscles, increased strength of bones, tendons and ligaments, thicker articular cartilage, increased growth at epiphyseal plate, reduced risk of heart diseases, reduced coagulability of blood, improved blood glucose control, improved lipid profile (less LDL and more HDL), improved Immunity and wound healing and reduced adipose tissue. Benefits to higher functions include improved problem solving ability, feeling of wellbeing, good sleep, reduced anxiety and depression and reduced sexual activity among adolescents. Exercise plays an important role in rehabilitation after many disorders. The negative aspects of exercise include injuries –overuse, accidental or foul play. Whether the stresses of competitive sports outweigh the benefits of exercise is worth considering. Effects of exercise in illnesses like viral infections, liver diseases and kidney diseases seem not to have been studied adequately. Majority of the world population is undernourished and still depends on manual work to earn their living. The effect of excessive energy expenditure of exercise on their body composition and health is likely to have adverse consequences. Whether females get all the benefits from exercise as males remains a question, and the problems of exercise during menstruation and pregnancy need consideration. Exercise induced asthma is known. The problem of increased dust due to hyper ventilation of exercise in dusty environment could be another risk of respiratory infection.