

What Expert Say about Routine Exercises and Living Expectation in Pandemic Times (Analysis of Health Literature)

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Abstract

This study aimed to understand whether exercise, particularly fast walking in the open, as an activity, affects life expectancy; in other words, it reduces the risk of early death among the older generation. This research study took data on papers published in 10 years from 2010 to 2020. It consists of 50 paper titles from various international study contexts. Our exploration is limited to secondary data that we search with the help of the internet from databases of international publications such as Google Books, Elsevier, Taylor&France, and Sagepub. Next, we analysed using a phenomenological approach involving a coding system, evaluation, and in-depth interpretation before making conclusions that will make valid and reliable finding data. The records of the existence of findings from the 50 articles that we reviewed were collected. We found that daily exercise and fast walking had the opposite connection to mortality or more extended life expectancy in general. The data has controlled for various factors such as age and health status. We found that those with a background characterized by being physically active had a reduced risk of death than those who did not participate in daily fast walking.

Keywords

fast walk; regular exercise; life hope



I. Introduction

Fast walking and regular morning exercise can improve personal health because these activities improve all body functions, mood and reduce stress and anxiety (Rosenbaum et al., 2018). The benefits of exercise and other morning walks reduce symptoms of depression and reduce the risk of developing depression. So if this continues, then the body will continue to be healthy and happy. So, in the end, the hope of healthy life will continue to be maintained. The benefits of morning walking exercise can result in the benefits of staying strong and healthy. Walking briskly for half an hour five times helps in reducing strokes. In addition, walking in the morning can also help recovery for people who have had a stroke. Then there is no reason the body is not healthy, and happy life expectancy will be more secure. (Nedaei and Eyn Ali Harmooshi, 2020).

Regular exercise lowers the risk of cardiovascular disease in all people by reducing the inflammatory reactions associated with atherogenesis and changing general risk variables for cardiovascular disease. This routine exercise will impact various body strength levels, from moderate to very high, various lengths, and various types of movement, resulting in benefits for all body members (Fahrizqi et al., 2021). However, whether active exercise levels significantly affect future longevity or the time elapsed with and without cardiovascular disease remains unclear. This is the basis for determining the actual exercise habits in reducing the risk of all diseases that lead to illness and death in old age. Sucipto and Widiyanto, (2016) assessed the impact of different levels of actual work

on daily routine expectations and the length of time experienced with and without cardiovascular infection in individuals aged 50 years or older in this examination.

Regular and active exercise has been a tremendous improvement in well-being since ancient Greek times (Yates et al., 2016). Regular practice has been linked to a long future in directed exams over the past 20 years. Many studies have examined the physiological and mental benefits of regular exercise in athletes, latent people, and patients with heart disease. In addition, brisk walking has been studied as a proactive task, showing an inverse relationship with heart disease, stroke, diabetes, and other medical problems. Another study also stated that brisk walking in the morning and evening is also beneficial for mental health. Regular exercise for 30 minutes every day will provide good health benefits for the body. Among them are reduced body fat, muscle strength and endurance will increase, the heart and blood vessel system will be smoother, bones will be more robust (McArdle et al., 2010).

According to another research, although the significance of walking for cardiovascular health is well known, there is disagreement regarding whether exercise also contributes to a healthy future. The Aquatic Exercise Association (2017) studied 2000 retirees aged 60-70 years and discovered that walking decreased the risk of mortality by 21% as the distance increased from less than three miles to at least nine miles per week. This study adds to the growing evidence that regular walking reduces mortality and improves personal happiness in later life. Soesanto et al., (2021) looked at the effects of 20-week and 40-week walking programs on endurance limitations, active exercise levels, portability, and personal satisfaction in nursing home patients with low absolute work levels, and walking endurance limits strayed. Members of the experimental group improved their fast-walking endurance time and distance without altering their walking pace after 12 weeks of walking. Other studies recommend that future research examines the health advantages of combining walking and strength training in a combined exercise program; the study should evaluate many publications addressing the benefits of routine training on healthy body and life longer (Garatachea and Lucia, 2013).

This study looked at the relationship between regular exercises such as brisk walking outside and their impact on the future and life expectancy. Browne et al., (2016) said that traveling day by day affects the future and life expectancy. As well as other studies investigated in this 8-year follow-up project of two accomplices who walk daily and not daily walk, while at the same time controlling the impact of several diseases and related illnesses. Most students bring food to school, but the provisions do not meet the balanced nutrition of students, there are still many students who do not add vegetables and fruit in them lunch. Besides carrying supplies, they also buy a snack in cafeteria. Researchers looked snacks in schools does not meet the nutritional balance, due to the low in vitamins and minerals in these snacks, only high in carbohydrates and fats such as meatball skewers, pop noodles, fried noodles, light snacks, and milk cans (Adinda, 2019). Fadila, (2016) also examined the relationship between sedentary behavior, severe nutrition, and work activity in urban communities. They see a slightly passive urban life model because the modern way of life that tends to be all dangerous technology is the starting point for the risk of obesity and laziness. This data focuses on many investigations on the way to a longer and better life. As living beings, we must constantly move and spend energy to complete the basic steps of life (Shove et al., 2012). For example, they are running the heart, working with the nerves of the mind, doing mechanical work by lifting weights, walking, and so on.

Moreover, eating food with a balanced diet is an example of positive things that make life happy and cheerful. The primary laws of thermodynamics are concerned with the preservation of energy in which all energy is stored. The following law says that

irreversible cycles occur due to inclination of properties: mass exchange due to angles and heat moving due to temperature tendencies. The metabolic work capacity of a life form can be determined by increasing the energy acceptance for changes to work with metabolic work effectiveness (Sibille et al., 2016).

Studies have proven that factors affect life expectancy, including per capita income, education level, government programs in the health and care sector, productivity, and economic conditions. However, evidence from other studies also says that exercise and regular exercise impact life expectancy (Croft and Palmer, 2012). They claim that exercising for 30 minutes every day also results in a 20% reduction in all risks and causes of severe illness and death. Therefore, we believe that exercise and regular exercise are closely related to life expectancy. So our solution is to review the findings of previous studies to see and understand what experts think in various contexts of international studies (Bowler et al., 2010).

II. Research Methods

This health study examines publications that discuss the relationship between regular exercise and the life expectancy of the elderly. Through a literature review of 50 titles, we hope to understand the content of previous studies relating to the relationship between exercise and regular exercise with life expectancy. Through this study, we can also find out how the research fits the study we did or rejects (Blumberg et al., 2014). The first step is to understand the background of the study and the problems and core objectives. Next, we searched for data from many publication sources, including Sagepub, Medpub, Elsevier, and Taylor & France publications. To obtain findings that answer the questions of this study, we examine them with a phenomenological approach. For that, we chose a data coding system, in-depth evaluation so that the findings we found answered the problem after we concluded it. We carried out this study during the implementation of the public restriction policy in response to the Covid-19 pandemic. So, we select secondary data from online search electronically search. To make it easier for us to carry out and report this qualitative study, we refer to many studies in health and exercise (Triangulation, 2014).

III. Results and Discussion

3.1 Physical Exercises

Physical exercise and diet, adequate rest, and good spiritual activity are critical in living a long and healthy life (Wimalawansa, 2020; Putra et al., 2020; Manullang et al., 2021). However, specific exercises can help the body stay nourished and live a long life. Hand strength training, according to Yasaransi, (2020) can help people live longer. Likewise, so-called Bohannon (2019) Cognitive impairment, depression, difficulty sleeping, type 2 diabetes, and premature death have been linked to poor grip strength. Grip strength was shown to be a strong predictor of death from cardiovascular disease or other causes in a long-term study published in *The Lancet*. This is because a person's grip strength is a reliable indicator of total muscle mass, which is very important for the proper functioning of every system in the body (Roberts et al., 2011).

To stay healthy, (Abizanda et al., 2012) propose that three exercises can help improve grip strength and lead a healthier and longer life: Farmer's tote is an excellent example of this. Take a standing posture with feet hip-width apart and a set of dumbbells on the floor on the outside of the feet to perform this exercise or activity. Squat with the back straight and the stomach pulled tight after that. Then, lift each dumbbell to a standing

position with each hand and keep walking, lifting the weight on each side of the hand three times (Heymsfield et al., 2015).

3.2 Team Exercises

Another finding is that exercise with the family is fun and helps the body be healthier and live longer. Compared to solo sports, interaction with teammates in sports can increase life expectancy (Bourbousson et al., 2010). Likewise, Macrae, (2016) researched that exercise with friends also improved life-cycle in the UK from 1930 to 1970. They found that sports such as tennis, badminton, and football were more effective at prolonging life than single activities such as cycling. Swimming, jogging, or exercising in the gym are great for supporting a healthy and happy life. Researchers also recognize that social interaction is essential for a long, healthy, and happy physical and mental well-being life. Try to involve friends if individuals want to live long (Diener and Chan, 2011).

According to later results from the Copenhagen research, which involved about 8,500 people, subjects completed a thorough health and lifestyle questionnaire that included questions on the kind and frequency of physical exercise, and their answers were tracked for 25 years (De Vera et al. 2010). The findings reveal a strong link between social team participation and advanced age or life expectancy. Other studies have shown that regular physical exercise may help people lose weight, gain muscle mass, and boost metabolism. When combined with a healthy diet, exercise may aid weight loss while also avoiding obesity from becoming a risk factor for various illnesses (Kujala, 2011). Despite the significant differences in time spent on these activities, their amount did not affect life expectancy. *Tennis* is the primary sport that requires 520 minutes of physical activity each week. Even though offenders confessed to attending the gym at least once a week, gym training came in last (Shih et al., 2016).

Any exercise that is done regularly, routinely, and measurably can be beneficial for health. However, a research team led by British sports experts found that four activities were more beneficial than others in extending life expectancy (Monma et al., 2019). The sport in question is cycling, aerobics, swimming, and racket sports such as tennis, according to sports expert Charlie Foster of the University of Oxford in England, are four types of exercise. These findings do not rule out the potential that other types of exercise may benefit a person's health. On the other hand, these four sports are the best choice for those who want a long and healthy life (Biddle et al., 2011).

According to (Oja et al., 2011) individuals who train by cycling, aerobics, swimming, or racquet sports have a lower chance of dying for various reasons. On the other hand, Wise, (2016) found that those who did specific exercises did not reduce the likelihood of death. "We found no reduction in risk from running or soccer, which was unexpected. Lee et al., (2014) found no reduced risk of death among runners and soccer players due to lack of sustainability. Most individuals started running and became involved in sports. Groups such as football when they are very young. Many of those who stop engaging in these activities are of retirement age. Some of these people will pursue other interests or athletics. However, it is rare for people to stop exercising as they get older, leading to the loss of the previously positive benefits of exercise. Exercise does not need to be taken seriously. Regular exercise must be done as it has proven to be more beneficial (Lyubomirsky and Layous, 2013).

Normansell et al., (2014) said the results of a survey of 80,000 British men and women found that most of the participants studied, who was 52 years old on average, did not exercise much. Only 44% of these people exercised for the required 30 minutes of moderate activity several times per week or three times per week of high-intensity activity.

They add that their living conditions are plagued by much pain and less happy for those who exercise.

Meanwhile, Wen et al., (2011) have a forthcoming associate investigation as a minimum measure of actual physical labor for reduced mortality and a broadened future. The medical benefits of relaxing busy work are well known; however, it is unclear whether less exercise than the recommended 150 minutes seven days can have long-term benefits. In the Taiwanese population, we looked at medical benefits. The low-volume activity group, which exercised for an average of 92 minutes per week or 15 minutes daily, had a 14 percent lower risk of dying from any cause than the inactive group.

3.3 Yoga Exercises

Women's life expectancy rose after twelve weeks of Yoga practice, according to Ghorbani et al., (2020). The purpose of this research was to see how yoga practice affected women's futures. It consists of 50 Kermanshah women who were divided into exploration and control groups at random. Each of the 36 meetings of the preparatory convention consisted of three meetings per week and one hour of action and intercession. The findings revealed that future women in the benchmark group found yoga to be beneficial. According to the findings, yoga may be utilized to help women create their future.

Still related to yoga practice, Hajiloo et al., (2015) demonstrated that yoga preparation improves malignant growth patients' flexibility and future. *Yoga* is a physical, mental, and attitude exercise that combines breathing and reflection. There are few studies on the effects of yoga on strength and prognosis in cancer patients. This study aimed to see how two months of yoga practice affected the strength and prognosis of malignant growth patients who recovered over several weeks. Compared to the control group who did not practice yoga, the results showed that two months of exercise improved disease patients' flexibility ($p < 0.01$) and future (p).

Khazaei and Yoosefy, (2017) investigated the impact of eight weeks of Hatha Yoga practice on middle-aged women's auditory and visual reaction rates. The researchers wanted to see how an eight-week Hatha yoga meditation practice affected senior citizens' aural and visual response speeds. 44 middle-aged women were randomly assigned to one of two groups: experimental ($n = 22$) or control ($n = 22$). No. 22 The activity convention includes 24 reformer Hatha yoga introductory sessions (triple per week). The control group did not participate in any activities. There was no substantial difference between the two groups, according to the results. Following Hatha Yoga practice, however, the test group's reaction speed and choice were significantly different. In the benchmark group, however, the difference was not significant.

Furthermore, Ghadimi et al., (2016) discovered that the art of balanced yoga practice affects road kinematics and quality of life in active seniors. A total of 100 adult women at Iran's Kahrizak Karaj nursing home, ranging from 61 to 88 years old, were examined. This research aimed to see how healthy and intellectual yoga practice affected step kinematics and quality of life in more active women. The exploration group had a substantially better quality of life, swing position and length, and repetition speed. This increase, however, is not significant when compared to the reference group.

3.4 Regular Exercises

Pangkahila, (2013) said that a person's future, especially health, will improve by following lifestyle guidelines and doing regular exercise and exercise. A person's lifestyle has a significant impact on the system that develops in his life history. Therefore, it is essential to have lifestyle guidelines that include getting enough sleep, eating healthy,

balanced work, relaxing, and exercising moderation. On the other hand, fatigue or excessive physical work, and a lack of relaxation will shorten life because those who lead a healthy lifestyle are mature. The current situation will result in lower levels of some substances and free radicals, accelerating the aging process.

Furthermore, (Susanto, 2010) found that swimming has many benefits for the elderly. In general, the condition of a person who has reached old age has deteriorated. Swimming is a cardiovascular (heart and vein) activity that can help seniors increase their VO₂ max and lower their resting heart rate. Hypokinesia (inactivity), musculoskeletal, internal medicine, and mental problems have all been treated with swimming as a health treatment. There are eleven different types of water activities that seniors should participate in to improve their overall health.

IV. Conclusion

From a series of studies of health and sports scientific papers, we have understood how light but regular exercise can improve health and reduce the risk of life's stresses. In other words, if a person can manage physical and mental health, then life expectancy will certainly be brighter and live longer. This is convincing because of a series of findings from the study of research papers published in health journals such as *The Lancet* and *Medpub*, journals with high impact factors in the health and sports fields. As for the types of activities and exercises that we found, among others, team sports, yoga exercises, and relaxing exercises that aim to nourish the body to avoid the stresses of life and, in the end, a sense of life expectancy can be achieved. In our study, the majority suggests regular exercise, for example, about 30 minutes every day, either from the morning or afternoon, will impact the body and mental freshness. Our findings do not recommend strenuous exercise, such as fighting sports or weight training, because such exercises carry a risk of fracture and accelerated death. Thus, we present the study's conclusion on health and life expectancy, hoping that the results will become meaningful input for athletes, healthy exercise lovers, and health and sports science developers

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