



## STUDY THE CHANGING NATURE OF THE TRADITIONAL EXERCISE METHOD, YOGA, AND THE GYM

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### **Abstract:**

A healthy lifestyle has long term as well as short term benefits. The short-term benefits of exercise include stimulated health, improved immune system, increased organ function, and improved brain health. Whereas, healthy eating has short-term effects - nutritional level, healthy digestive system, and other benefits as well as increased immunity. Apart from being short term benefits, healthy lifestyles also have many long-term benefits. It prevents many lifestyle-related diseases like diabetes, blood pressure, obesity, back pain, and spondylitis, etc. It also protects us from other serious diseases like cancer, heart disease, and osteoporosis, etc. Exercise, yoga, healthy eating, walking is some of the traditional methods for a healthy lifestyle; However, following certain criteria while performing other activities can greatly improve your physical and mental health. A healthy lifestyle needs some time. Although it was easy for earlier generations, these days people find it difficult to follow it due to fast running life. People are working hard, working hard, and doing everything except taking care of their health. It is time that we should take our health seriously. But today the traditional way of exercising has changed. Today's youth are getting more attracted towards the gym. Exercising but incorrectly. The ancient yoga system is being worn today in modern style.

Proper exercise provides a healthy lifestyle and it has physical benefits as well as psychological benefits. A healthy lifestyle will give you a healthy body and therefore a healthy mind. With no disease and a fit body and an enhanced immune system, you will be a happier person with energy and time for your career and development. You will be happy as always and praise others as you go. Furthermore, a healthy person inspires others to follow the path, ultimately leading to a healthy society. This research topic has been selected to study the changing nature of the traditional exercise method, yoga, and the gym.

**Keywords:** Proper exercise, Healthy lifestyles, Gym, Yoga



### **Data Collection Method Used for Research:**

Data for the research paper has collected from books, newspapers, magazines, reports, and websites.

### **The Objective of Research:**

The main objectives of the research presented are as follows.

- 1) To study the changing nature of the traditional exercise method, yoga, and the gym.
- 2) To the comparative study of yoga and gym.
- 3) To find merits and demerits of traditional exercise methods, yoga, and the gym.
- 4) Suggesting for the development of the proper exercise method for healthy lifestyles based on the findings from research

### **Introduction:**

Our elders often emphasize the need to take a nutritious diet, sleep and wake up on time every day and go to nearby places instead of using vehicles every time. However, most of us ignore his advice and keep on going through our unhealthy way of living. What they suggest is absolutely correct. It is important to follow a healthy lifestyle. The need to switch to healthy habits is being emphasized everywhere these days. Today it is important to follow a healthy lifestyle. It makes you more organized and increases productivity. It makes you physically healthy and keeps away many health problems. This is a great way to live stress-free. It presents a positive outlook. It brings us closer to our family and loved ones. Today, indulging in unhealthy habits like smoking, drinking, eating junk food, spending too much time on screen is causing various serious illnesses and thus life should be avoided.

"Health is Wealth". It really is, but it seems like our generation has forgotten it. This time is slow and take a look at the way you are living and treating your body. You can earn more money, win friends and afford the luxury of living with the lifestyle you are following but you are shortening your life span. Take charge of your life and switch to healthy habits so that you can have a better life.

### **The Changing Nature of The Traditional Exercise Method, Yoga, And the Gym:**

The term 'healthy lifestyle' is heard almost everywhere these days - on television, on social media platforms as well as in magazines. The need to follow a healthy lifestyle through these means is emphasized but people are still ignoring it and messing with their healthy lifestyles and ultimately suffering the consequences. A healthy lifestyle mainly involves following healthy eating habits, getting enough sleep, and taking some time off each day for physical exercise. However, most people are so stuck with the daily work that they are neglecting their health by not adopting the traditional exercise method. Ignoring your health is the worst thing that most people are doing by adopting the wrong method, exercising in a modern way. Many people realize this only when they face some health problems.



This is the time when people should understand that our health is of utmost importance and it is only when we will be healthy, will we be able to work efficiently on other aspects of our lives. A little change in daily routine is required to develop healthy habits. These changes eventually become a habit and before you know it you are on your way to a healthy lifestyle. If you are still young and at the same time fit to avoid health issues in life, it is better to take some time to follow the healthy habits shared above.

Our computers, mobiles, burgers, pizza, and late-night parties are all basically due to the malaise. Most people are stuck between professional commitments and personal issues, and what they are missing amidst all this is their health. People these days have become so involved in their daily tasks that they have forgotten what it is to live a healthy and healthy life.

In the modern era, the speed with which yoga is spreading all over the world is admirable and welcome. Knowledge of Yoga is becoming the property of everyone. Today doctors and scientists are also advising to be healthy through yoga. This is the reason why not only India but people all over the world are realizing that yoga is the best medium for healthy living and health. In English, the word 'health' is derived from 'whole'. Health is also seen in Hindi in the context of completeness. If one wants to experience perfection within himself, it is necessary that apart from body and mind, his energy should also be active with a certain intensity. If your energy is in its proper balance and flowing completely then you will be healthy both physically and psychologically.

The focus of modern medicine is body chemistry. For every problem of your body, you take some medicine - to get some relief. But this is a medicine, only a chemical. This chemical removes any special problems, but it also has a side-effect. There is also an antidote to this side effect, after which an endless cycle of taking antidiabetic drugs is made. At the same time, Yoga explains health by connecting it to the core. Whatever is happening with your body's chemistry is controlled by the energy flow inside you. Proper yoga practice means getting to the roots of your energy system. With this, your energy is activated and established in such a way that the body and mind automatically become active with full potential.

It is also important to understand the difference between infectious diseases and chronic diseases. The infection is an external attack on the body — for which you should go to the doctor. Do not think to remove it from meditation. But 70 percent of diseases on the earth are chronic which manifest from inside you. The root cause of these diseases is always present within itself. If people adopt some simple exercises to balance and activate their system, then they can free themselves from chronic diseases.

Many people doing gym or athletics often misunderstand that yoga is not beneficial for them, but the fact is that yoga is beneficial for everyone whether they spend hours in the gym or go for jogging in the morning. Yoga can greatly benefit gym and athletes. There are many benefits of doing yoga with the gym, if you go to the gym then you will do many types of workouts. Your workout schedule also changes every month, but it is true that apart from the gym, you will also benefit greatly by doing yoga. According to experts, the exercises you do during the gym. They



affect your muscles. Actually, the process of doing gym results in your muscles and recovers. In this process, the muscles are strong and come in body shape. Yoga helps a lot in recovering body muscles. There is always a risk of injury in doing heavy lifts. Yoga also helps in his recovery when he is inactive. Yoga provides stability to the muscles and joints of the body. While doing pranayama, the breath is controlled. During the gym or running, our breath becomes very fast. Pranayamas help to control breathing, which improves the respiratory system and strengthens many parts of the body, including the lungs and the heart. Being flexible is also beneficial and necessary in many ways. With flexibility, the muscles and joints of the body remain safe and strong. Yoga is very important to make the body flexible. Doing the same type of workouts in the gym almost kills flexibility from the muscles and parts of the body. Gain flexibility. Yoga is the best way to do it. After a period when the muscles become excessively stiff, they lose their flexibility which can be fatal in case of injury. In such a situation, flexibility can be achieved with Yoga. Being body flexible also increases your body's motion range, power output, and movements. It is extremely important to eat something 15 or 20 minutes before going to the gym, but what to eat and what not at times is confusing. In such a situation, it is very important to know what is right for you before the gym and what is not.

Before the gym, it is important to eat something before your workout so that you can get strength for your workout. If you do not do this, you may feel dizzy during the workout. In addition, high blood pressure or vomiting may also occur. In such a situation, before the gym, you can eat whole-wheat i.e., brown bread, less fat butter, or the best option with peanut butter. It is a tremendous energy package and it is beneficial to take it with milk. Bananas and milk are best for weight gain. Apart from this, you can also take yogurt before gym but keep in mind that yogurt mix is used in which dry fruits are used. It is also a great source of energy. Apart from this, taking oatmeal before the gym is also a great option and apple is the best in fruits. Do not eat anything immediately after your workout. It is good to have a minimum of half an hour gap after a workout. Yes, no problem taking liquid. Talking about the miles after the gym, it is a great option to take a grilled-chicken mix with vegetables. After the gym, his body starts recovering and he needs carbohydrates. Apart from this, boiled egg or veg omelet is also better. If you take eggs with avocado, it is even better. Together, these are good sources of vitamins A, D, E, and K. Also, salmon fish can be taken with sweet potato. Chocolate milk is also a good option after a workout. After the gym, muscles begin to recover and become stronger and these things prove to be very helpful in this recovery. Exercise enthusiasts always like to go to the gym, but do not know how many people repeat many types of mistakes in the gym again and again and they will not be aware of those mistakes. These mistakes during workouts in the gym not only spoil your workout but can also hurt you. Whether you do heavy exercise in the gym or light, miss warm-up is not a good idea. pushups, jumping jacks, treadmills, cycling are good for warming up. In fact, warm-up increases your blood circulation and also increases the heart rate which is required before exercising heavy and non-heavy weight.



Experts believe that you may be injured during heavy or non-heavy workouts by not warming up. Once you start a workout, stop it only after finishing it. This does not mean that you continue to exercise continuously. When you start a workout, make sure that the sets you are doing do not have a gap of 30 seconds or more than 1 minute. Try to complete your workout within 1 hour but if it does not happen then do not try to push yourself too much. By doing this you can hurt yourself. At the same time, one way to do this is to choose the time for workouts in which the crowd is less so that you do not have to wait long to use the machine. For this, going to the gym in the morning can be a better option. The best thing about yoga is that people are not required to touch machines to do workouts in the gym, it is not in yoga. Yoga has been prevalent in us since ancient times. The best thing is that yoga strengthens us both internally and externally. The gym focuses highly on building body muscles. While yoga regulates the whole-body system and places more importance on mental control.

A gym is more expensive than a yoga gym, because different types of machinery are available in the gym, while yoga requires minimal accessories, and it is economically convenient. Yoga is suitable for people of all ages, while the gym is not suitable for older people or people suffering from specific physical ailments (e.g., high blood pressure and heart problems). For gyming, you have to go to the gym, while yoga can be done anywhere and any place. You can easily or controlled breathing while doing yoga. But you exercise faster while exercising in the gym. There are different types of exercises in the gym, which only work on one body part at a time, while yoga gives its benefits in every corner of the body. Doing yoga relieves body aches while doing gym can cause body aches in the beginning.

From the above logic, we can decide which is better for us, it depends on our interest and goal. Most people consider both yoga and exercise to be the same, but this is not the case. These two have their own importance. Yoga is not just a workout. In exercise, you do only the physical process, but in yoga, you do the physical, mental, and emotional process. Yogasan maintains the stability of the body while exercise increases the mobility of the body.

### **Conclusion:**

Today's young generation should not take their health lightly. If we are already caught in a bad addiction, then it is time that we leave them and have a good lifestyle, and take our steps. To achieve good physical and mental health, we should consciously try to incorporate healthy habits like traditional exercise methods, yoga into our daily routine. It takes a little time to develop a healthy lifestyle, especially if we are reeling from unhealthy habits. Our mental health depends to a large extent on our physical health, so we need to be happy and calm it occurs. We will be happy and calm only when our body is fit and healthy. Regular exercise stimulates your health and tunes your vital organs by pumping blood and adrenaline. It also maintains your sugar level, so that you can avoid diabetes and many diseases. Today, the pattern of traditional exercise, yoga, and the gym is changing. Therefore, there is a need to use them properly.



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