

## Responsibility on physical activity and health to adult over 40 years old in Tirana

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**Abstract:** The health problem is more current than ever. There are positive relationships between physical activity and life satisfaction. All the above components are included in almost every training program, regardless of the age of the individual. The purpose of the study is to realize a clear and simple panorama on the engagement in physical activity among adults in the age group over 40 years old. The methodology will use the literature research method and observation method, utilizing CrossRef, PubMed, and Google Scholar. In conclusion, by physical activity, we mean systematic and regular exercise with the aim of achieving or maintaining high levels of the components of fitness. To achieve fitness, we must understand the difference between exercise and recreation. Moderate intensity physical activity is positively related to subjective well-being; however, the time spent on high intensity physical activity is negatively related to subjective well-being.

**Keywords:** Adults well-being, Health, Physical activity.

### 1. Introduction

First, by physical activity we mean systematic and regular exercise with the aim of achieving or maintaining high levels of the components of preparation.

*Subjective well-being, which reflects a good life, is an important issue in social health. Subjective well-being includes two components: cognitive and affective components [2].*

All the above components are included in almost every training program, regardless of the age of the individual where we currently have age group over 40 years old, individual potential, training level or training period.

*The positive relationship between physical activity and life satisfaction was also founded in older adults [3]. The other authors underline that there was a similar inconsistency in happiness and age; for example, happiness decreased with increasing age [4].*

*Physical activity provides people with physical health benefits, for example, improved functional capacity, decreased risks of diseases, improved body composition, and weight loss [5] and Previous reviews have also revealed the psychological benefits of physical activity, including improved mood and decreased depression and anxiety [6].*

The purpose of the study- Realization of a clear and simple panorama on the engagement in physical activity among adults in the age group over 40- years old.

The methodology will be used: the literature research method, the observation method, using CrossRef, PubMed and Google Scholar.

1. Physical fitness itself traditionally has four components

- Muscle strength.
- Cardio-vascular stability
- Flexibility of joints
- Muscular composition of the body.

People who are physically healthy can perform their work day with intensity and still have enough energy left to deal with hobbies and unforeseen physical loads. The basic components mentioned above serve us to function in our best level.

*A large survey in 24 countries showed that 18–30-year-old young adults with moderate or high physical activity had higher life satisfaction and happiness, and better perceived health [7].*

What level we will reach with this training - it will depend on the individual genetic potential of each one and how hard you have the will to exercise.

In contrast, another study showed that healthy adults gained the highest subjective well-being from low intensity physical activity [8].

In the mean time other study show that *the frequency of low and moderate intensity physical activity was related to subjective well-being, but that of high intensity physical activity was not [9].*

Physical fitness as a component of good health requires several levels of preparation, but not necessarily the levels required for athletic competition.

*A prospective cohort study showed that the number of days people participated in moderate intensity physical activity was positively related to subjective well-being; however, the time spent on high intensity physical activity was negatively related to subjective well-being [10].*

With all the levels of fitness that you want to achieve, it should be noted that four basic components are the same. Why do we have many individuals in our country who are physically fit and not in good health with all the echo of physical activities? I believe that three factors come into play here.

They take it easy thinking that there is an easy and fast way to go from being fat to a healthy body. There is not and will never be an easy way for the physical transformation we seek.

*So many factors are connected specially physical activity and happiness [11]*

*On the other hand, happiness might be a protective factor to health [12].*

The disinformation that unfortunately exists and that has been accepted by many authors (e.g.: losing weight with pills, steroids, etc.

Lack of dedication. High levels of fitness require discipline, motivation, and patience - three often forgotten characteristics. To achieve fitness, we must understand the difference between exercise and recreation.

## 2. Exercise and Recreation

What is the difference between exercise and recreation?

Recreation is an activity done primarily for fun. (Remember that in antiquity physical education characterize in ancient Rome).

Exercise has been defined in many authors as the most disciplined physical activity for the purpose of increasing human fitness. Exercise will give satisfaction when your fitness level increases, but it is usually not fun or entertainment and remembering according to stress well known theory of Hans Seley: "Under the fire of stress (of physical load) the individual is forged as a personality.

Exercise requires the practice of strength - the repetition of movements against resistance - enough to stimulate muscle growth. Doesn't recreational sport increase physical fitness?

"Recreational activities such as tennis, golf, basketball bring people out of their homes to meet, socialize, and play with each other. It is true that blood pressure can be reduced or facilitated as a result of recreational sports and that some can improve cardio-vascular endurance and calorie burning.

But not a single one of what we said above can increase the muscle strength or the flexibility of the joints. Genuine exercises (really what it is said to be) are a process that leads to improving or increasing the physiological functions of the body. With the certain exercises that you perform, a chemically coded message is transmitted to the protective mechanism of your body. Each exercise with contraction repetitions against heavy loads --- will overcompensate with the enlargement and strengthening of the muscle. Can exercise be fun and entertaining? Precisely dosed exercises load the body by acting as stimulants that force it to overcompensate and get stronger. When it becomes stronger, and the body

adapts in the way you need to work harder to stimulate further muscle growth. Exercise is fun only for people who enjoy high physiological levels of exertion.

*A previous study showed that moderate-to-vigorous intensity physical activity was related to a higher quality of life [13].*

Most people do not enjoy the uncomfortable state when the muscles are contracting and releasing during the load. They do not enjoy the pause in breathing when the heart and lungs are strained to give larger amounts of oxygen to work the muscles. When the exercise becomes fun, then it usually produces only maintenance of the result). So maximum fitness can only be achieved through a complete comprehensive program and high intensity exercises. Is some exercise better than doing nothing? *Many fitness programs promote the idea that "any small amount of exercise is better than nothing". Any type of movement is better than sitting and watching TV.*

### 3. Evaluation of Physical Activity Questioner

Field methods for quantifying physical activity and energy expenditure can broadly be divided into subjective- and objective measures. Subjective measurements include direct observation, self-reports and diaries. Direct observation has been reported to be the most practical and appropriated criterion measure of physical activity and patterns of activity among children and youth [14]. Drawbacks of this method are the relatively high research costs and the fact that the observer's presence can affect the subject's behavior [15].

And what about evaluation from questionnaires' ...Is well know that exist a lot of questionnaires' for evaluation physical activity.

The use of questionnaires has generally been the most practical method of assessing the energy expended during physical activity in large population studies. *Currently, there are over 40 different questionnaires that have been developed to asses physical activity.* Depending on the specific questionnaire, subject may be asked to provide information regarding type, time, duration, intensity and frequency of physical activity. Commonly used questionnaires estimate occupational physical activity ,leisure – time physical activity ,or both [16].

### 4. Analysis and Discussion

There is a complex relationship between personal, lifestyle and environmental parameters that influence the risk factors There are linked genetic factors and metabolism, in particular, to body size and shape, body fat distribution and metabolic rate.

parent and adoptive parent and found that the strongest correlation is to the biological parent.

The exercise itself burns calories, raising total energy expenditure. The higher the energy expenditure the more the child can eat without gain weight. Working with adults over 40 years old requires a special approach due to the wide differences that are seen within and between diverse gender and age groups. In particular, both maturation and heredity can affect the relationships that are being studied. And the major policies aimed at transforming our environment and the way we live.

Advantages of self-reported questionnaires are that they are relatively inexpensive, it is easy to reach a large number of individuals, and the burden on both respondent and investigator is quite low. There are some disadvantages of using questionnaires, including limitations with recalling physical activity accurately, especially among children due to their intermittent physically activity behavior.

Thus an inheritance of muscularity can mean an ability to accommodate greater caloric intake without fattening and in the mean time the greater the body surface, the greater the heat loss, grater the skin surface contributes toward higher basal metabolism. It may influence also how many calories of energy are lost during activity.

The challenge for public health professionals is to spread the physical –activity message t the majority of population, especially for that target population over 40 years old .. who have not yet understood the damage that the modern sedentary lifestyle is doing to their health.

## 5. Conclusion

- Physical fitness as a component of good health requires several levels of preparation, but not necessarily the levels required for athletic competition.
- The maximum fitness can only be achieved through a complete comprehensive program and high intensity exercises.
- Physical activity we mean systematic and regular exercise with the aim of achieving or maintaining high levels of the components of preparation.
- People who are physically healthy can perform their work day with intensity and still have enough energy left to deal with hobbies and unforeseen physical loads.
- Healthy adults gained the highest subjective well-being from low intensity physical activity.
- To achieve fitness, we must understand the difference between exercise and recreation.
- Exercise requires the practice of strength - the repetition of movements against resistance - enough to stimulate muscle growth.
- When the exercise becomes fun, then it usually produces only maintenance of the result
- The moderate intensity physical activity was positively related to subjective well-being however, the time spent on high intensity physical activity was negatively related to subjective well-being.
- Finally healthy adults gained the highest subjective well-being from low intensity physical activity.

## Transparency:

The authors confirm that the manuscript is an honest, accurate, and transparent account of the study; that no vital features of the study have been omitted; and that any discrepancies from the study as planned have been explained. This study followed all ethical practices during writing.

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