

Book Review 'Exercise and Physical Activity Module' (Malay Version)

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ABSTRACT

The general objective of this module is to increase community knowledge and awareness and physical activity promoters regarding community exercise. The specific objectives of this module are to increase knowledge and skills about community exercise, increase knowledge and skills about exercise available at the Wellness Hub and increase knowledge and skills about the effects of exercise and injury risk. This module is divided into 4 chapters. Chapter 1 on community exercise, which is the difference between physical activity and exercise and the person who conducts community exercise. Chapter 2 on types of exercise which includes exercise principles, movement basics, how to monitor exercise intensity, exercise phases, exercise recommendations according to age, physical activity recommendations according to intensity levels, benefits of exercise and activity monitoring using the BookDoc application. Chapter 3 on the exercise program conducted in Wellness Hub, BookDoc activation guide, Weight Management Intervention (IFitEr) and Funtensity. Chapter 4 on the effects of exercise, physical activity readiness screening, safety and risk of injury.

Keywords: Exercise, Physical Activity Module, Injury, Wrist.

INTRODUCTION

A sedentary lifestyle is a lifestyle that is lived without or less activity physical. A sedentary lifestyle can be detrimental to an individual's health. There are various studies conducted found that no or less physical activity is associated with risk of chronic diseases such as cardiovascular disease, diabetes and hypertension. Also it has been proven that a sedentary lifestyle can increase the risk of getting cancer disease, stroke and depression. According to the World Health Organization, adults aged 18 and above need to do 150 minutes of physical activity a week. According to the Line Malaysian Physical Activity Guide, Ministry of Health Malaysia in 2016, inactivity physical is one of the main causes of death in the world which is 6 percent death rate every year. This is followed by deaths due to diabetes of 6 percent, tobacco use by 9 percent and hypertension by 13 percent. Being overweight or obese contributes to 5 percent of the population's death rate worldwide. Obesity rates in Malaysia are very worrying. The current study proves that Malaysia is a country which has the fattest people compared to other countries in Asia Southeast. It is

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estimated that almost 50.1 percent of Malaysians are aged 18 and above overweight and obese. The general objective of this module is to increase community knowledge and awareness and physical activity promoters about community exercise. The specific objective of this module is to improve knowledge and skills about community exercise, improving knowledge and skills about exercise available at the Wellness Hub and improve knowledge and skills on the exercise effects and risk of injury [1,2].

There is a difference between physical activity and exercise. Physical activity means all kinds movement of body parts that can burn calories with daily activities. Activities this causes an increase in excessive energy consumption compared to when the body rests. Physical activity includes work that is often done at home for example sweeping or mopping the floor; cleaning the house, washing the car, gardening in the yard house or up the stairs. In today's era of progress, most Malaysians practice a sedentary lifestyle in parallel with technological progress.

This situation causes us to face difficulties in inviting this individual to move active and exercise. Exercise is body movement that is done repeatedly planned and structured aimed at increasing or maintaining one or more components physical fitness. Exercise involves the use of a lot of energy. An example of exercise is such as running, jogging, walking, swimming, jumping rope and cycling. According to The Model Integrated Fitness Training, the 2 main principles of training components are movement functional and weight training and cardiorespiratory training. These components includes 4 phases which are function, health, fitness and performance which allows the trainer to determine and implement appropriate assessments and exercise programs for participants depending on their respective fitness levels. Exercise intensity can estimated indirectly using the Talk Test method. In addition to the calculation rate pulse rate following the Karvonen Formula can also be done. Cardiac muscle capacity work can be measured by counting pulses. It can be felt or ascertained by how to put two fingers (index finger and phantom finger) to the wrist [3].

Stretching is important done to prepare the body for exercise and ease the exercise is done and subsequently leads to improved performance. Between exercise activities that can be done are such as fast walking, jogging or running, aerobics, jumping rope, swimming, cycling and outdoor games. These exercises can be done by you either at home or at work, fitness center, recreation Park and other appropriate places. After completing the exercise, the body needs to cool down by slowing down the pace of exercise and preparing the body for rest. Avoid stopping suddenly because it can harm the body. This activity too can avoid getting muscle

soreness (muscle soreness) the next day which is often one of the main factors that kill the spirit to continue exercise practice. Once the pulse rate has stabilized, perform static stretching or with couple. Activities are performed for 5 to 10 minutes. Do exercises regularly can improve health and fitness. The effect covers not only from physically and even psychologically and emotionally. Among the benefits is increased fitness heart, lungs and improve the circulatory system, improve agility body movement, improving posture and increasing muscle tone, increasing strength and muscle endurance, helps control body weight better and can prevent obesity. To ensure that every community benefits from health and fitness with regular exercise, there are some necessary precautions be observed so that the risk of injury can be reduced. There are exercise guides properly such as warming up, stretching before exercise and cool down after exercise, appropriate clothing, exercise 2 hours after eat, drink enough water and other exercise tips such as not doing activities in unsafe place, don't exercise if you're not feeling well, don't exercise when the weather is bad very hot and do not use damaged equipment. The conclusion of this module is that exercising regularly can improve health and fitness. The effects are not only physical but also psychological and emotional. Among the benefits are improving the fitness of the heart, lungs and improving the circulatory system, improving body movement agility, improving posture and increasing muscle tone, increasing muscle strength and endurance and helping to control body weight better and can prevent obesity [4,5].

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