The Relationship between Physiology and the importance of Exercise in Adolescent Girls in Shiraz

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**ABSTRACT**

**Objective:** The aim of this study is relationship between physiology and the importance of exercise in adolescent girls of Shiraz. **Materials and Methods:** In the past, mothers were barred from any type of sport and exercise and thought that stretch and walk cause abortion or premature labor, but today preparation for childbirth education classes and breathing exercises and prepare the body for childbirth, more than ever, the importance of exercise is determined. Aside from the issue of readiness for delivery, some people believe that pregnancy destroys fitness. But it must be said that pregnancy does not impair limb. **Results:** Weight gain, changes in body weight, abdominal tone decrease and big breast is temporary and wise mother who accepted these changes as a temporary phenomenon, and the sports and exercises appropriate prenatal and postpartum try to fix it. Shoulders back person who smokes during pregnancy, resulting in dents is more than enough in his spine that causes pain in the lower back will arise lack of physical activity, the influence of hormones secreted by the placenta and changes in sleep mode, and the rise of low back pain enhance. Placement of the body, preventing weight gain, exercises daily and regularly using proper plate of the factors that contribute to establishing and fitness. The benefits of exercise during pregnancy, secrete a hormone called endorphins in the mother's blood and Exercise ease of delivery is very useful. **Conclusion:** exercising that are safe for pregnancy suggested a quiet walk and swimming. Most of Obstetricians and Gynecologists, pregnant women at least 30 minutes of exercise a day is recommended. In fact, along with the larger uterus can change the body's center of gravity, which in turn causes a loss of balance in women reconcile and manage weight gain and also helps prepare the muscles.

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**INTRODUCTION**

The presence of women in the sport community in 1912, after which it gradually witnessed the women as men participated in almost all sports. Women's weightlifting, boxing, women wrestling women and much more. Women might be imagined in terms of physical strength is not weak. In fact, yes! Women in general in terms of muscle 30 percent weaker than men. But the lack of a coherent body building exercises and protein properly compensated. In general it can be said that most men are stronger than most women. Or the strongest man in the world is stronger than the strongest woman in the world. There are many cases seen over the whole formula. Especially in adolescence many girls are stronger than boys their age [1].

One of the major benefits of exercise for women to improve the efficiency of organic systems of the body. A person who is trained in comparison with someone who is physically active and exercise daily have lower energy consumption and impose less strain on his body. The overall effect of regular exercise help to grow and evolve in different parts of the body. Working out regularly for women to improve breathing, digestive system, exhaust system and improve the body's muscles and make them stronger becomes. Women's sports and girls allow your emotions accumulated in the release, Exercise also increases strength to face the difficulties in life and it gives them [1].

*The Importance And Urgency Of The Issue:*

Many women from diseases caused by lack of exercise of diseases such as vaginal bleeding, pain in the abdomen and chest, vagina discharge, sudden swelling of the hands, feet or face, severe and persistent headache, dizziness, or drowsiness; dramatic reduction fetal activity, despite the painful and red legs, severe pain in the...
pelvic area and hips, pain or burning during urination, nausea, or vomiting lasting, uterine contractions, palpitations and rapid breathing are suffering. Regular exercise has benefits similar in women and men. This means that lower blood pressure, lower heart rate and aerobic capacity while decreasing body fat, prevent atherosclerosis and heart disease, all of the above plus sports Myknnd.bh help with weight applied to the body, strengthen bones and prevent osteoporosis are [3].

Goals Hair:
The overall objectives:

The relationship between physiology and the importance of exercise in adolescent girls in shiraz

Detailed objectives:

All objective include: 1-Effects of exercise on pregnancy and pregnancy; 2- The benefits of physical activity and exercise in a pregnant woman; 3- Effects on menses: 4- Is it okay to exercise during menstruation?; 5- Relationship between exercise and PMS and 6- Food hygiene in the use of

MATERIALS AND METHODS

In this study the health effects of food and improve the public health by the library was designed research studies and statistics, it is worth noting that according to a study in the city in 1392 was, in some women footballers, injury blow premenstrual and menstrual periods than during pregnancy increases the damage was higher in women with premenstrual Left. Also according to other research skiers and athletes better results after the menstrual period is more successful in the long jump achieved. What is certain is that a lot of women during menstruation are also able to earn a medal in the symptoms. In another weaker performance in some swimmers were seen before menstruation. While the better records of their menstrual because of all ages and all over the world, women tend to exercise less than men, and many of them will not get the benefits of exercise.

Results:

Effects of exercise on pregnancy and pregnancy:

As life goes up to the car and decreased physical activity during the day, my health is endangered. Increasing number of cesarean deliveries is one of the things that are sometimes hard to reduce maternal physical activity. pregnancy long lasting is attributed to several complications during delivery, such as infection of the uterus, decrease in fetal heart rate, fetal blood acidification and Mental and Physical adverse effects on mother and fetus. during pregnancy are attributed. Prolong the delivery time for various complications, such as infection of the uterus, decrease in fetal heart rate, fetal blood acidosis and adverse effects on mother and baby's mental and physical major risks such as severe infection, thromboembolic episodes and complications of anesthesia on cesarean delivery is more common and more severe effects of exercise on pregnancy and contraception Results of some studies have shown that physical activity pregnancy duration of the active phase or shorten the second stage of labor. However, some other studies did not confirm this result. About the effect of exercise during pregnancy is limited research on the type of labor performed and mixed results have been obtained. so that some researchers indicate the impact of exercise on it and some of the results others showed no effect on its activity (Kenneth Cooper Exercise). Physiological research suggests that healthy pregnant women are able to exercise their physiological needs of the developing fetus to create consistency. For example, if the uterine blood flow during exercise appears to be reduced, it appears that compensatory mechanisms such as increased extraction of oxygen and further distribution of blood flow, as the oxygen supply to the baby's remains the.

In general, due to the limited number of research done in this field, contradicting the findings of this study is to describe this is necessary so that appropriate exercise program can be recommended to pregnant women. A group of Iranian researchers research on a number of pregnant women and healthy non-athlete Oral Reading this study, researchers with the recommendations.

From week 26 (third trimester) of pregnancy Empirical studies conducted. A group of pregnant women 26 weeks pregnant for 10 weeks of paid training based on guidelines of the American College of Obstetrics and Gynecology (ACOG) recommendations researchers selected and prepared. Training sessions consisted of walking for heating and cooling and rhythmic exercises in standing or lying. Rotation of the pelvis and pelvic muscle exercises are exercises that involve a lot, which was included in the program. However, because of the special status of subjects and exercises there wasn’t a significant effect on increasing the strength of contraction of the abdominal muscles. Some cases of sports background maternal age and number of participants is [2]. According to research, a significant association between exercise during pregnancy and the duration of the active phase of labor was observed. However, in another study, researchers found that the duration of the active phase of labor in group exercises in pregnancy stay were significantly shorter than the inactive group. The researchers concluded that exercise during the third trimester of pregnancy may have a positive impact on the
readiness of the cervix and the uterine contractions are coordinated and can be one of the factors responsible for the preparation of the uterus, resulting in a shortening of the duration of the active phase of labor.

I. The benefits of physical activity and exercise in a pregnant woman:

Do you exercise when you're pregnant at the wrong time or not? What are good exercises for pregnant women and they are not a danger to the fetus? If the harm is not necessary to appreciate how much exercise should not be so tired. In general, what should pregnant women know that exercise does not have any losses for both mother and fetus. Not only harmful but also the benefits of exercise during pregnancy is even more useful than before pregnancy.

Exercise improves sleep in women, increased sense of self-confidence, reduce the severity or incidence of back pain and varicose veins, prevention of excessive weight and maintain a level of fitness to be a mother. Although theoretically, intense exercise during pregnancy can cause damage to the baby or the mother. Thus, the need to reduce the intensity of exercise in pregnant women is not felt. During pregnancy, exercise intensity is low to moderate, regular exercise (at least 3 times per week) stage forms are preferred [3].

After three months of pregnancy, avoid exercise in the supine position. Because it reduces cardiac output in some women. In addition, prolonged periods of standing is not recommended. If you feel tired, you should stop exercising. Basically Recommended activities to the extent that it would not result in fatigue. No weight lifting exercises such as cycling and swimming, with minimal risk of harm to the mother and the fetus, and can continue until the end of pregnancy. Any sport where the risk of collision and injury to abdominal trauma is prohibited. Especially in the last trimester of pregnancy, the uterus weight and overweight pregnant mother should take care of the loss of balance, due to changes in the gravity axis. Proper diet and exercise during pregnancy should be provided. In addition to providing the required water body is important. Exercise during pregnancy depends on each person's situation will differ. Type the sport depending on the preparation pregnant woman's medical condition, availability of equipment, training and his preference is.

Hang in there sports, shortness of breath, headache, muscle weakness, nausea, fatigue, chest pain, back pain, pelvic pain, difficulty walking, decreased fetal activity, sequential contractions of the uterus, bleeding, discharge any symptoms of amniotic fluid the following are recommended.

Absolute prohibition of exercise during pregnancy in cases such as the recent uterine bleeding, fetal distress, heart disease, abortion or premature delivery (more than once), hypertension, diabetes and renal disease, uncontrolled and ... there [4].

II. Effects on menstruation:

Female athletes prone to menstrual problems including delayed start, the lack of primary and secondary, the interval between menarche are two cycles. For example, amenorrhea occurs in three to five percent of the total population in the 60-15% seen in female athletes. Including its causes, lower body weight, rapid weight loss, rapid onset of heavy exercise, poor nutrition and energy needs associated with physical and psychological stress.

In the absence of menses for long term, reducing the risk of osteoporosis, bone density, and early there. It seems that ladies menstrual disorders of bone density in long-term exercise in reducing effective. The lack of estrogen, at least in theory cause a rise in blood lipids and early atherosclerosis is. After appropriate treatment of menstrual disorders is very important [5].

III. Is it okay to exercise during menstruation:

Today there are many women who exercise during menstruation to stop and think exercise is the right thing to do, but here's the deal we want to verify this. in the course of physical exercise to each individual. If you're among those women who are suffering from severe abdominal pain, back pain, light exercise like walking or yoga, you can choose, but it is favorably if you do not ban any sport these days. Can exercise, gymnastics, basketball or volleyball continue [6].

Be sure you've all noticed that more moves, increases bleeding time. In fact, exercise causes severe bleeding and anemia anesthesia is not tired after that. the amount of blood you lose each month at a rate only when the movement of your body do you feel you are too severe bleeding is found, while the same amount of blood lost. So do not worry and continue to live their sport. Vigorous exercise vigorous exercise can disrupt the menstrual cycle affect the menstrual cycle. In fact, the amount of estrogen in the body is directly related to the amount of fat tissue. When we burn calories, significantly decreased levels of estrogen and thus unsettles habits and sometimes completely stops [7].

It's not just sports that cause menstrual disorders. Stress and diet can be very difficult to have the same effects on menstrual cycle therefore causes is usually not athletes regular menstrual cycle. But this issue is so important and it does not reduce fertility, but during the chaos caused by the hormonal imbalance and you should consult with your doctor about it [8]. Contrary to what people think of exercise reduces pain, menstrual pain does not increase with exercise. In people who have severe pain even sleeping in the same bed and the pain continues. During menstruation because of the release of chemicals that cause uterine contractions, abdominal
muscles and the spine. These compounds also increase the sensitivity of the nerves and blood flow increases in the abdomen. With exercise, the more oxygen reaches the muscles, the contraction resulting in reduced pain [9].

**Iv. Relationship between exercise and PMS:**

Women in their reproductive cycle lasts about 35 years, about 400 menstrual cycle experience. During this period, approximately 80 percent of women have at least some symptoms of PMS symptoms in 5% of the Be severe enough to cause interference with everyday life and social relationships and career will be. These symptoms can begin at any time during the 3-2 but more prevalent during late adolescence or near menopause or postpartum symptoms further. Symptoms usually start 2-1 weeks before menstruation begins and gradually becomes more severe, symptoms Will meet with the onset of menstruation and ovulation symptoms in mid-cycle begins again. In severe cases the patient is asymptomatic at the time of menstruation and menstrual symptoms start to finish. And the signs and symptoms can include depression, irritability, changes in libido, forgetfulness, increased appetite, weight gain, nausea, joint pain, back pain and abdominal pain, breast tenderness and pain, bloating sensation, damage Biology and mechanism named. This set of symptoms is not clear. Most authors believe that the hormonal changes during the menstrual cycle as the cause of this syndrome. Some sudden decline in progesterone at the end of the menstrual cycle and the ratio of progesterone to estrogen's disturbing know of others who believe in the role of serotonin (a brain hormone) are in this syndrome. Serotonin is a hormone that regulates the metabolism of sugars and secrete progesterone Estrogen and the role of sleep cycles and lower levels in brain tissue in some studies has been associated with the onset of premenstrual symptoms. [10].

Exercise releases endorphins are (brain hormones) boost the production of serotonin in the brain and this causes increased sense of happiness and well being and reduce stress and anxiety and improve sleep cycles.

Aerobic exercises like swimming, walking, running and cycling if done on a regular basis and at least 5-3 times a week and each time at least 30 minutes of moderate intensity if they reduce or eliminate symptoms of decreased susceptibility to breast , reduced bloating, depression and anxiety are very helpful. Also sports like yoga, deep breathing, gentle stretching exercises and meditation are also useful in this regard [11].

**Discussion:**

One of the major benefits of exercise for women to improve the efficiency of organic systems of the body. A person who is physically trained than the person who does not exercise, daily activities and uses less energy and less strain on his body into it. The overall effect of regular exercise help to grow and evolve in different parts of the body for women improves .Regular exercising breathing, digestive system, exhaust system and improve the body's muscles and they become stronger. Women's sports and girls allow your emotions accumulated in the release, and exercise tolerance as well as increased difficulties in life and give them a better deal.

**Conclusion:**

In this study, the relationship between physiology and the importance of exercise in adolescent girls of Shiraz, was evaluated. The difference in the type of exercise and training sessions, job status and other characteristics such as maternal pre-pregnancy weight, maternal height, gestational age mother at delivery, number of deliveries during this period can cause differences in the effect of exercise on weight children. According to the conclusions of the research conducted is noteworthy that the appropriate aerobic exercise in three trimester of pregnancy may facilitate the delivery of pregnant women and the developing fetus and children are living at birth which hopes to help. Exercise the right way for preventing pregnancy. Researchers say women during pregnancy, high blood pressure, digestive disorders and urinary tract vulnerable because high blood pressure can lead to more pressure on the kidneys and can cause problems. Studies show that regular exercise prevents the blood pressure and damage to the kidneys and the urinary tract. People with a family history of high blood pressure and kidney problems are more at risk and should take extra care. Experts recommend exercise before pregnancy begins at in order to continue the pregnancy and lightweight, also prolonged the onset of heavy exercise during pregnancy should be avoided because it may be associated with complications. Experts believe that female athletes have when attempting to conceive encounter fewer problems due to a healthy weight during pregnancy, complications such as hypertension and Gastrointestinal disorders suffer less. And in the end it is recommended that pregnant women exercise at least three times a week. After the first three months of pregnancy, with no exposure to the sports movement to change the direction of your body. Do not your body security by suddenly jumping to cause damage to your body. Be careful of your body is not dehydrated, especially during the first trimester of pregnancy because it causes your body temperature Rvd.hr time you exercise, part of time to warm up and cool down the body does Dhyd.az sporting activities on land not rigid. If you've been sedentary before pregnancy among men, start your exercise program slowly and gradually going.

**REFERENCES**