

Physical activity vs. Structured exercise



Regular physical activity and structured exercise play a crucial role in health and well-being. Many people confuse the terms because they do not know what the difference is between activity and physical exercise. Although they are similar terms, they are different concepts that fulfill particular functions in health care. Understanding the difference between the two helps at the time of selection.

What is the difference between physical activity and structured exercise?

The main difference lies in the structuring and intentionality of each action. Physical activity refers to any movement of the body that involves energy expenditure. Structured exercise is planned and repetitive with the goal of maintaining or improving physical fitness.

Physical activity

Physical activity is movement that does not require specific planning and can occur spontaneously. Examples include:

- Climbing stairs
- Walking to get around
- Perform household chores
- Play or move in everyday life



This type of movement is key to reducing sedentary lifestyles and improving general health, but it is not aimed at generating specific adaptations or directly improving a certain physical capacity.

Benefits of physical activity

Constant body movement reduces the risk of developing heart disease and type 2 diabetes by 30%. In turn, it strengthens muscles and bones and improves cognitive function because it improves blood circulation. In addition, improving mood and reducing symptoms of anxiety and depression.

Structured exercise

Physical exercise is characterized by being a planned, structured and repetitive physical activity. Examples include strength training, scheduled running, and sports classes.



Therefore, when we talk about physical exercise, we refer to an activity with specific objectives, such as improving physical fitness or developing sports skills. Achieving these goals requires proper guidance and a controlled progression.

Benefits of Structured Exercise

Among the benefits are a greater development of muscle strength, endurance, flexibility, and cardiorespiratory capacity. At the same time, it also promotes discipline and perseverance. In turn, it helps to prevent diseases, maintain an adequate weight, and maintain a state of well-being in general.

Which one to choose?

For those looking for specific results, such as gaining muscle mass, losing weight, or improving their physical condition, structured exercise is the most recommended. Physical activity, on the other hand, is ideal for people who want to move more in their day-to-day lives or who have difficulties with fixed schedules. It offers greater flexibility and can be incorporated naturally into the routine. This allows the body to gradually adapt and offers increasing benefits for quality of life.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References

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<https://pratiquefitness.com.br/es/qual-a-diferenca-entre-atividade-fisica-e-exercicio-fisico/>

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