



---

---

**EXERCISE MAY INJURE YOU**

**Mrs. Ashwini K. N.<sup>1</sup> and Dr. Kishore Kumar C. K.<sup>2</sup>**

<sup>1</sup>Research Scholar, Department of Physical Education, Mangalore University, Karnataka.

<sup>2</sup>Research Guide, Director of Physical Education, Department of Physical Education, Mangalore University, Karnataka.

**INTRODUCTION :**

*In this pandemic situation, most of the population is trying to involving in the physical activity, it is a good sign that people are getting awareness and understand the importance of exercise or physical activity.*

*Most of the people are including exercise in their daily routine. But, how effective it is?. in this paper scholar tried to explain the proper techniques of walking, running, squat, pushups and lifting in a simple manner.*



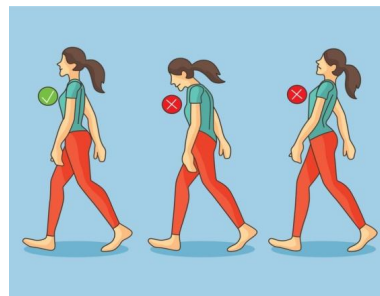
**KEY WORDS:** Physical activity, exercise, walking, running, squat, pushups and lifting.

**OBJECTIVE OF THE STUDY:**

This study is to provide a guideline for the beginners who are getting involving in the physical activity or starting to do physical exercise.

**METHODOLOGY:**

The research is trying to explain its views regarding physical activity in this article. For the study researcher had collected various pictures of exercise which describe the importance and proper technique of exercise.

**PROPER TECHNIQUE OF EXERCISES:****1. WALKING:**

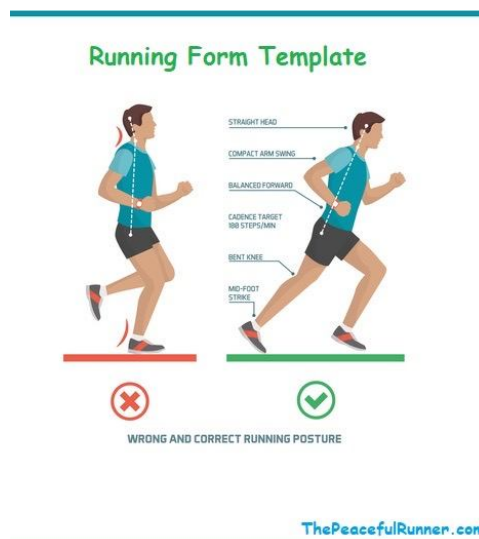
---

**Key points for proper walking technique**

- Look front
- Chest up
- Shoulder back
- Swing the arms
- Step from heel to toe
- Smile on a face

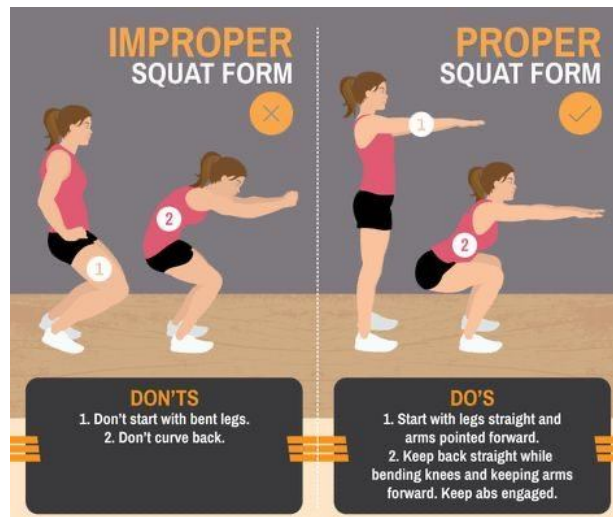
**What not to do while walking:**

- Don't look down.
- Don't take very long stride.
- Don't roll the hips.
- Don't walk in the wrong shoes.

**2. RUNNING:****Key Points:**

- Lean slightly forward
- Look ahead
- Keep shoulder blades tight
- Bend elbows at 90 degrees
- Keep your midsection stable
- Lift and bend your knee
- Use your back leg

### 3. SQUAT:



### 4. PUSH UPS:



#### Key points:

- Hands shoulder width apart
- Spine straight
- Leg closed
- During pushups elbow close to the body.

## 5. LIFT:



### Key points:

- Knee flex
- Sit down while lifting
- don't bend forward
- Chest up
- Look front
- After lift keep your body straight, don't bend back.

### After lift:



### CONCLUSION:

Physical exercise is very beneficial to keep the body healthy and fit. It will be beneficial if you perform in a proper manner, if you not perform correctly you may lead to injury. Proper guidelines from physical education teachers, Coaches, fitness trainers or elite athletes is most necessary to follow while being involving in physical exercise.

---

**REFERENCE:**

1. <https://www.healthline.com/health/fitness-exercise/proper-squat-form#:~:text=Stand%20up%20straight%20with%20your,back%20into%20the%20squat%20position.>
2. <https://www.healthline.com/health/how-to-walk>
3. [https://www.runtastic.com/blog/en/running-form-tips/.](https://www.runtastic.com/blog/en/running-form-tips/)
4. <https://www.healthline.com/health/exercise-fitness/proper-running-form>