

**Understanding the role of exercise in Physical and Mental Well-Being: A Literature
Review**

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Abstract

Exercise plays a vital role in promoting and maintaining a healthy lifestyle. As modern life becomes increasingly sedentary, the importance of regular physical activity cannot be overstated. Engaging in consistent exercise has been proven to prevent and manage a wide range of chronic illnesses, including cardiovascular disease, diabetes, obesity, and certain types of cancer. Beyond its physical benefits, exercise significantly improves mental health by reducing symptoms of depression, anxiety, and stress, while enhancing mood, cognitive function, and sleep quality. Historically, exercise has been a part of human culture and tradition, with ancient civilizations recognizing its importance for both physical strength and spiritual well-being. Today, it remains an essential element of preventive healthcare. Regular physical activity strengthens the immune system, increases energy levels, and supports healthy aging by maintaining muscle mass, bone density, and flexibility. Despite its well-documented advantages, many individuals struggle to incorporate exercise into their daily routines due to time constraints, lack of motivation, or limited access to resources. This paper emphasizes the critical need for awareness and education on the benefits of exercise and how technology has elevated fitness to a new level, making it more effective, engaging, and adaptable to individual needs and lifestyles.

Keywords: Exercise, Fitness, Technology, Smart Devices, Health

1. Introduction

Exercise has been an essential part of human life for centuries, woven into the fabric of cultures around the world. Whether it was ancient warriors honing their strength for battle or monks using movement to cultivate inner balance, people have long understood the power of physical activity to enhance health, endurance, and overall well-being (Hargreaves, 2021). In earlier times, physical activity was a natural part of daily life, people walked long distances and worked with their hands. Exercise wasn't something set aside; it was woven into routines and responsibilities. This constant movement kept them fit, healthy, and full of stamina (Malina & Little, 2008). Exercise should be a natural part of our daily routine, not an occasional task. It supports our physical health, boosts mental well-being, and builds resilience. By making movement a habit, we invest in a stronger, healthier future (MacAuley, 1994). Exercising regularly helps stimulate and boost the body's metabolism. A faster metabolism aids in better digestion, energy levels, and weight management. Consistent physical activity strengthens the heart, muscles, and immune system (Hegde, 2018). It enhances physical strength, improves mental clarity, and reduces stress. Regular movement helps prevent chronic diseases and boosts mood. Incorporating exercise into daily life leads to a healthier, more fulfilling lifestyle (Roberts & Barnard, 2005). Exercise doesn't necessarily mean hitting the gym, it can be any form of physical activity. Walking, dancing, cycling, or even gardening can all contribute to better health. The key is to stay active and keep the body moving regularly (Shephard, 1995). Exercise is essential not just for the young, but for people of all age groups. It helps children develop strength and coordination, while supporting adults in maintaining fitness and energy. For older adults, regular activity improves mobility, balance, and overall health (Viña, Sanchis-Gomar, Martinez-Bello, & Gomez-Cabrera, 2012). Older people who stay active enjoy better health than those who don't exercise. They often have more energy and move around more easily. Physical activity helps them stay strong and independent. Being active keeps both their body and mind in good shape (Galloza, Castillo, & Micheo, 2017). Even simple morning or evening walks can help older people stay healthy and active. Walking keeps their body moving and their joints flexible. It also helps prevent many common illnesses. With regular walks, they can enjoy life with more energy and fewer health problems (Buford, Anton, Clark, Higgins, & Cooke, 2014). Even busy working professionals can add some physical activity to their day. Simple things like taking the stairs or short walks during breaks can help. Staying active helps reduce stress and keeps the body

strong. It's a good way to stay healthy while managing work (Jakobsen, Sundstrup, Brandt, & Andersen, 2017). There are lots of health benefits of exercising we can't even imagine so people should include some kind of physical activity in their day to day life for their betterment of good health (Ruby, Dunn, Perrino, Gillis, & Viel, 2011). Any form of physical activity can lead to a good life, not only in physical health but also for maintaining mental fitness (Statement, Press, Designation, Press, & Objective, 2003). Mental health is just as important as physical health for a balanced life. A healthy mind helps us cope with stress, make good decisions, and build strong relationships. Ignoring mental well-being can lead to issues like anxiety, depression, and burnout. Taking care of our mental health boosts our overall happiness and quality of life (Mikkelsen, Stojanovska, Polenakovic, Bosevski, & Apostolopoulos, 2017). In today's fast-paced world, more people are struggling with mental health issues. Stress from work, social pressure, and lack of balance often affect emotional well-being. Many feel overwhelmed, anxious, or lonely, even in a connected world. It's important to talk about mental health and seek help when needed (Michie, 2002). In this fast-moving and high-pressure world, many people are losing their sense of inner peace. The constant need to impress and keep up often leads to stress and anxiety. In the race to succeed, mental well-being is often ignored. Taking time to care for the mind is just as important as caring for the body (Frese, 1985). People are caught in a world where appearance matters more than authenticity. Chasing trends and approval, they lose sight of what truly brings joy and meaning. The pressure to keep up creates stress, leaving little room for self-reflection and trying to match the pace of others, they often forget to listen to their own needs which leads to poor health and attracting multiple number of diseases (Sandi & Haller, 2015). In today's era, social media has become a major factor affecting mental and physical health. Constant scrolling and comparison can lead to stress, anxiety, and low- esteem. Long screen time reduces physical activity, contributing to lifestyle-related diseases (Guntuku, Buffone, Jaidka, Eichstaedt, & Ungar, 2019). Many people today are more focused on sharing moments on social media than truly experiencing them. They often worry about how things look online instead of enjoying the present. This can take away from genuine connections and real happiness which are harming their personal and professional lives. It leads to distractions, reduced productivity and weaker real- life relationships (van der Schuur, Baumgartner, & Sumter, 2019). In the end they are affecting their physical and mental health (Lin, Jia, Nie, Shen, & Chua, 2016). People need to figure it out that what is real and what is fake so that they could not harm their health and focus on their work to accomplish their desired goals.

In this research paper, we will explore the importance of exercise in daily life. We aim to

understand how regular physical activity supports overall health and well-being. The research paper is based on literature review and will highlight both physical and mental benefits of staying active. It will also emphasize how exercise can be a key factor in leading a balanced, healthy lifestyle. We will learn how exercise can help individuals disconnect from the pressures of the social world. It will show how regular physical activity can reduce stress and improve emotional well-being. Exercise offers a healthy escape from constant comparison and digital overload. This paper also highlights the numerous benefits of leading an active lifestyle. An active lifestyle supports physical fitness, boosts mental well-being, and enhances overall quality of life. It helps in preventing chronic diseases, improving sleep, and increasing energy levels. Regular movement contributes to better focus, emotional balance, and a positive outlook. The paper explores simple ways individuals can add physical activity to their daily routines. From walking and cycling to stretching or home workouts, small efforts can lead to big results. By adopting an active lifestyle, individuals can unlock long-term health benefits and improved well-being. Nowadays, people are increasingly using smart devices to track their daily physical activities. These devices help monitor steps, heart rate, sleep patterns, and calorie burn. They provide real-time feedback, encouraging users to stay active and meet their fitness goals. Smart watches, fitness bands, and health apps have made it easier to stay consistent. They also help set reminders, track progress, and maintain motivation. With technology, people can better understand their health and make informed lifestyle choices. Smart devices have become valuable tools in promoting fitness and overall well-being in today's world.

2. Literature Review

The study is based on existing literature on understanding the role of exercise in physical and mental well-being of an individuals. This research is focused on the importance of regular exercise can play a major role in well-being of an individuals and by active lifestyle how they can overcome from many things. Research shows that exercise helps prevent chronic diseases, improves heart health, and strengthens the body. Mentally, it reduces stress, anxiety, and depression while boosting mood and cognitive function. This study also examines how an active lifestyle can enhance self-esteem and emotional resilience. In today's fast-paced and digitally driven world, physical activity offers a vital break from daily stressors. By staying active, individuals can better manage work pressures and social expectations. The paper highlights the practical ways people can incorporate movement into their routines. It also discusses the use of smart devices and technology to support fitness goals. Overall, the research emphasizes that regular exercise is not just a health habit, it's a foundation

for well-being.

2.1 Role of Exercise

Fitness refers to a person's ability to perform daily physical activities with strength, endurance, and flexibility, while also maintaining overall health and well-being. It includes several key components like physical fitness, mental fitness and lifestyle fitness (de Jong, 1994). Fitness is not just about appearance; it's about how well your body functions and how you feel overall. It enables you to carry out everyday tasks without excessive fatigue or stress. Good fitness improves quality of life, boosts immunity, and helps prevent many diseases. Maintaining fitness requires consistency in physical activity, healthy eating, and mental well-being (Mathisen et al., 2020). Fitness also supports better sleep, improved mood, and higher energy levels throughout the day. It plays a key role in building confidence and promoting a positive self-image. Engaging in regular physical activity can slow down the aging process and enhance longevity. Ultimately, fitness is a lifelong journey that contributes to a happier, healthier, and more active life (Dr Mohd Akhter Ali M.Kamraju, 2017). Fitness can be anything that keeps your body moving and your mind engaged. It might be walking, dancing, cycling, yoga, or even playing with your kids. The goal is to stay active in a way that you enjoy and can maintain (Shephard, 1995).

Exercise is not something new, it has been a part of human life since ancient times. Early civilizations stayed fit through daily physical tasks like farming, hunting, and walking. Ancient traditions like Yoga and Tai Chi blended physical movement with mental peace. From survival to spiritual balance, fitness has always played a vital role in human life (MacAuley, 1994). Earlier, people used to walk long distances as a natural part of their daily lives. There were no cars or machines, so most tasks required physical effort. Farming, carrying water, and household chores involved a lot of movement. This active lifestyle kept them fit without needing a separate exercise routine. Physical activity was built into everyday life, promoting health and strength naturally (Paffenbarger & Lee, 1996). Because of this constant movement, their bodies stayed strong and healthy. They developed endurance, flexibility, and stamina through regular daily activities. Unlike today, where many people have sedentary jobs, physical work was essential for survival. Their active routines helped prevent many health problems that arise from inactivity. Overall, daily physical movement was a natural and vital part of life in the past (Ayenigbara, 2020).

Exercise can be done in many different ways to suit individual preferences and lifestyles.

It can include activities like walking, running, cycling, swimming, or dancing. Strength training, yoga, and stretching are also effective forms of exercise. Even simple movements like gardening or household chores count as physical activity. The key is to find enjoyable activities that keep the body moving regularly (Miller et al., 2016). Exercise plays a key role in strengthening muscles by challenging them to work harder. Activities like weightlifting, resistance training, and bodyweight exercises build muscle mass and power. Stronger muscles improve overall body stability, balance, and coordination. They also help protect joints and reduce the risk of injury. Regular muscle strengthening supports better mobility and everyday functioning (Elmagd, 2016). Stronger muscles also boost metabolism, helping the body burn calories more efficiently. Muscle strength improves posture, reducing back pain and discomfort. It enables people to perform daily tasks with greater ease and less fatigue. Building muscle can increase confidence and body awareness. Consistent exercise helps maintain muscle health as we age, preventing weakness and frailty (Thyfault & Bergouignan, 2020). Regular exercise strengthens the heart muscle, improving its ability to pump blood efficiently. It helps lower blood pressure and reduces bad cholesterol levels in the body. Physical activity improves circulation, ensuring oxygen and nutrients reach all parts of the body. By keeping blood vessels flexible, exercise reduces the risk of heart disease and stroke. Overall, staying active supports a healthy cardiovascular system and longer life (Catanese, Flannery, Ditullio, Savin, & Me, 2010). Exercise also helps prevent the buildup of plaque in arteries, promoting clear blood flow. It encourages the production of good cholesterol, which protects the heart. Consistent physical activity can improve recovery after a heart-related illness. Maintaining cardiovascular health through exercise boosts energy and endurance daily (Schmidt et al., 2002). Exercise helps maintain a healthy weight by burning calories and increasing metabolism. When you burn more calories than you consume, it supports weight loss or weight maintenance. Physical activity builds muscle, which burns more calories even at rest. Regular exercise also helps regulate appetite and reduces unhealthy cravings. Maintaining a healthy weight lowers the risk of many diseases like diabetes and hypertension (Laforest, St-Pierre, Cyr, & Gayton, 1990). Exercise encourages the body to use energy efficiently, preventing excess fat storage. It also helps improve body composition by reducing fat and increasing lean muscle. Staying active supports long-term weight management and overall health. Combining exercise with a balanced diet leads to the best results for healthy living (Hawley, 1998). Mentally, exercise helps reduce stress, anxiety, and symptoms of depression by releasing endorphins, the body's natural mood boosters. These chemicals create feelings of happiness and calm, improving overall emotional well-being. Physical activity also

distracts the mind from negative thoughts and worries. Exercise promotes better sleep, which is essential for mental health. Regular movement enhances self-confidence and resilience, helping people cope better with life's challenges (Schrader et al., 2022). Physical activity helps improve sleep quality by making it easier to fall asleep and stay asleep throughout the night. Regular exercise balances the body's internal clock, promoting a healthy sleep-wake cycle. Better sleep supports mood regulation and reduces feelings of irritability and fatigue. Exercise also increases the production of serotonin, a chemical that stabilizes mood. Overall, staying active contributes to both restful sleep and emotional well-being (Banno et al., 2018). Physical activity can help reduce symptoms of insomnia and other sleep disorders. It lowers stress hormones that can interfere with restful sleep. Exercise encourages relaxation and helps clear the mind before bedtime. Improved sleep from regular activity boosts energy levels during the day. Consistent physical movement supports a balanced mood and a positive outlook on life (Alnawwar et al., 2023). Exercise enhances brain function by increasing blood flow and oxygen to the brain. It promotes the growth of new brain cells and strengthens neural connections. Regular physical activity improves memory, helping with learning and information retention. Exercise also boosts concentration and mental clarity, making it easier to focus on tasks. Overall, staying active supports cognitive health and reduces the risk of mental decline (Cotman & Engesser-Cesar, 2002). Physical activity stimulates the release of chemicals that protect brain cells and improve communication between them. It helps reduce inflammation and oxidative stress, which can damage brain function. By keeping the brain active, exercise supports creativity, problem-solving, and overall mental sharpness (Radák et al., 2001). Exercise strengthens the immune system by promoting good circulation, which helps immune cells travel through the body more effectively. Regular physical activity reduces inflammation and supports the body's natural defense mechanisms (Forte, Branquinho, & Ferraz, 2022). Engaging in regular exercise creates a balanced lifestyle that supports both body and mind. It builds discipline, resilience, and a positive routine that benefits daily life. Movement encourages social interaction, boosting confidence and reducing loneliness. Physical activity helps manage stress and keeps negative emotions in check. By making exercise a habit, individuals invest in a future of vitality and independence (Kim, Cho, Park, & Yang, 2015). Exercise offers countless hidden benefits that many individuals may not even realize. It improves digestion enhances skin health, and boosts hormone balance naturally. Regular movement supports better posture and reduces chronic pain over time. It also sharpens reflexes and coordination, lowering the risk of accidents or injuries. Beyond the visible, exercise nourishes the body in ways that deeply impact overall well-being

(Tertipi et al., 2024). In conclusion, exercise is far more than just a way to stay in shape, it's a powerful tool for complete well-being. Many researchers have proven the multiple benefits of exercise through studies conducted on individuals across various age groups. Long-term studies confirm that physically active individuals have a lower risk of chronic diseases like diabetes, hypertension, and obesity. These proven benefits encourage the integration of exercise into daily routines for a balanced lifestyle (Karacabey, 2005).

2.2 Use of Technology

The use of technology has significantly transformed the fitness industry in recent years. People are nowadays using technology to track their fitness activities. They are motivated to adapt such types of technology to exercise on daily basis (Bal & Singh, 2022). Smart devices and apps allow people to track their physical activity in real time. They monitor steps, heart rate, calories burned, and even sleep patterns. These tools help users set goals and stay motivated by showing daily progress. Reminders and alerts encourage regular movement throughout the day. By offering instant feedback, smart devices promote healthier habits and active lifestyles (Shen, Li, & Sun, 2018). Many fitness apps also offer guided workouts and personalized training plans. They allow users to compete with friends or join virtual fitness communities for support. Tracking features help identify patterns and areas for improvement over time. Some devices sync with nutrition apps to give a complete health overview. Overall, smart technology empowers individuals to take control of their fitness journey (Kranz et al., 2012). Smart devices can track various types of exercises, from walking and running to yoga and strength training. They provide detailed reports and graphs to visualize progress and stay on track. With GPS integration, users can map routes and monitor outdoor activities like cycling or hiking. These tools can also detect inactivity and send reminders to move, promoting consistent habits. As technology advances, fitness tracking is becoming more accurate, personalized, and user-friendly (Magni, Scuotto, Pezzi, & Giudice, 2021). Smart devices often include features like heart rate monitoring and oxygen level measurement for health insights. They can alert users to potential health issues, encouraging early intervention. Many devices sync with smartphones, making it easy to review data anytime. Gamification elements in apps make exercising fun and rewarding (Jin, 2019).

Virtual workouts and online training sessions have made fitness more accessible from home. People can now join live classes or follow on-demand videos anytime, fitting exercise into their busy schedules. This convenience removes barriers like travel time and gym memberships. Online platforms offer a wide variety of workouts, from yoga to high-intensity training. Virtual

fitness has opened new opportunities for people to stay active and healthy regardless of location (Liu, Menhas, Dai, Saqib, & Peng, 2022). Online trainers provide personalized coaching and real-time feedback during virtual sessions. Group classes create a sense of community and motivation, even from a distance. Many platforms offer workouts tailored to different fitness levels and goals. Virtual workouts allow people to try new exercises and stay engaged with their fitness routines. This digital shift has made staying active easier and more flexible than ever before (Mokmin & Jamiat, 2021). Virtual fitness also supports those with limited access to gyms or fitness centers. It enables people to exercise safely at home, especially during times of social distancing. The variety of online resources makes it simple to find workouts that match personal interests. Many apps and websites provide progress tracking and goal setting to keep users motivated. Virtual workouts have revolutionized how people approach and maintain their fitness (Fatima, 2024). AI-driven coaching provides personalized fitness plans based on individual goals, fitness levels, and preferences. These smart systems analyze user data to adjust workouts in real time for maximum effectiveness. AI coaches offer motivation, technique tips, and progress tracking to keep users engaged. Personalized plans help prevent injury by ensuring exercises are suited to each person's abilities. This technology makes fitness accessible, efficient, and customized for everyone (Parashar, Jain, & Ali, 2023). AI-driven fitness apps can adapt routines based on user feedback and performance over time. They use data from wearable devices to create more accurate and personalized workouts. Users receive instant guidance, making workouts safer and more effective. AI also helps identify weaknesses or imbalances, suggesting targeted exercises. By providing continuous support, AI coaching encourages consistency and long-term success (Huang, Kaewunruen, & Ning, 2022). Technology has made fitness more engaging by offering interactive workouts and challenges. It allows users to easily track their progress and set achievable goals. Convenient access to fitness content means people can exercise anytime, anywhere. Gamification features keep motivation high and make exercising fun. As a result, more individuals are inspired to maintain an active and healthy lifestyle (Zhou, Krishnan, & Dincelli, 2022). Technology has revolutionized the way people approach fitness and health. It provides personalized tools and resources that cater to diverse needs and lifestyles. By making exercise more accessible and enjoyable, technology breaks down barriers to staying active. The integration of smart devices and AI ensures continuous support and motivation. Ultimately, technology empowers individuals to take control of their well-being and achieve lasting fitness success (Sullivan & Lachman, 2017).

2.3 Barriers to Regular Exercise

There are many barriers that prevent people from exercising regularly. Common obstacles include lack of time due to busy schedules or work commitments. One common obstacle to exercising is the lack of time caused by busy schedules. Many people find it challenging to balance work, family, and personal responsibilities. Long work hours and commuting leave little opportunity for physical activity. This makes it hard to prioritize exercise amidst daily demands. Finding time for fitness often requires careful planning and commitment (Schutzer & Graves, 2004). Additionally, stress from work can drain energy and reduce the desire to exercise.

Some people may feel too tired after a long day to engage in physical activity. Busy lifestyles often lead to skipping workouts in favor of rest or other tasks. Without flexible schedules, fitting in regular exercise becomes even more challenging. Overcoming time barriers requires setting realistic goals and creating dedicated time slots for fitness (Stults-Kolehmainen & Sinha, 2014). Lack of time can also lead to choosing convenience over healthy habits, such as opting for sedentary activities. Many people underestimate how even short bursts of exercise can benefit their health. Technology and apps can help by offering quick, guided workouts for busy individuals. Employers promoting workplace wellness programs can encourage employees to stay active (Felicia Cavallini, E. Callaghan, B. Premo, W. Scott, & J. Dyck, 2020). Some individuals encounter physical limitations or health conditions that make exercising challenging. Chronic illnesses, injuries, or disabilities can restrict the types of activities they can perform. Pain or mobility issues may discourage regular movement and physical effort. However, modified exercises and professional guidance can help these individuals stay active safely. Finding suitable workouts tailored to their needs is essential for maintaining health and well-being (Bouffard & Crocker, 1992). Physical limitations often require personalized fitness plans to prevent further injury. Gentle activities like stretching, swimming, or chair exercises can provide benefits without strain. Healthcare professionals can offer support and advice on safe exercise options. Adapted exercise routines can improve strength, flexibility, and overall quality of life. With the right approach, many people with health challenges can still enjoy the benefits of physical activity (Stumbo & Pegg, 2004). Some individuals face physical limitations or health issues that make exercising difficult. Conditions like arthritis, heart problems, or injuries can restrict their movement. These challenges may cause pain or discomfort during physical activity. However, gentle and adapted exercises can help improve their strength and mobility. With proper guidance, they can safely stay active and maintain their health (Richardson, Smith, &

Papathomas, 2017).Physical limitations often require tailored exercise programs to suit individual needs. Low-impact activities such as swimming or yoga can be effective alternatives. Consulting healthcare professionals ensures exercises are safe and beneficial. Staying active, even with limitations, can enhance overall well-being and reduce symptoms (Nikolajsen, Sandal, Juhl, Troelsen, & Juul-Kristensen, 2021).Lack of motivation is a common barrier that prevents many people from staying active. Feeling self-conscious about appearance or skill level can make exercising uncomfortable. Fear of judgment or failure may stop individuals from trying new activities. Without encouragement or support, it's easy to lose interest in fitness routines. Building confidence and finding enjoyable activities can help overcome these challenges (Rodrigues, Teixeira, Cid, Machado, & Monteiro, 2019).Setting small, achievable goals can boost motivation and create a sense of progress. Working out with friends or joining group classes provides social support and accountability. Positive reinforcement and celebrating milestones encourage continued effort. Finding activities that are fun and engaging makes exercise feel less like a chore. Over time, building a routine helps develop discipline and a lasting commitment to fitness (Munson & Consolvo, 2012).

The summary of literature review clearly states that exercise is very important for any individual of every age group to live a healthy life. Researcher had tried to show the importance of exercise and mentioned the barriers due to which any individual could not perform exercise and how to overcome from those barriers. Researcher has also tried to mention that being fit is not from today's world but it is from ancient time and how people have used the resources from time to time. Research also highlights how use of technology have shifted people from time to time and how people are motivated to exercise by getting influenced by those technologies. How people are getting influenced by technology and making use of those technologies in their day to day life.

3. Discussion and Conclusion

The main objective of this research paper is to highlight the role and importance of exercise in day to day life of an individual. How exercise helps in maintaining fitness level. Researcher had tried to highlight the available researches which support how exercise can cure many disease. Exercise is not a new concept or staying fit is not a new concept people are exercising from the ancient times. Earlier people use to walk a lot and there were no vehicles at that time. Walking and farming were their regular practice and there were many physical activities involved by intentionally or unintentionally. These types of things make them fit and there were very rare disease found among them. But now in today's era there are very less physical movement

involved in their day to day life. People are not into walking and farming. Farming is very rare found among people only in rural areas. People are more into desk jobs. Due to desk jobs and getting influenced by social media people don't get time to exercise. People are playing video games or virtual games rather than going to playground and play any outdoor games. Very few people are going outside for outdoor games. In this research paper the various barriers of regular exercise are shown by researcher. Researcher has also highlighted how technology has changed in fitness industry. With the help of smart devices people can track their daily activities. Various features are available in those devices tracking from step count to sleep monitoring etc. These devices had taken the fitness industry to next level. Individual can track almost everything and they can get guidance from these devices and perform and track their desired activities.

There are multiple benefits of regular exercise. Making a regular habit of doing exercise can leads to happy and healthy life. Fitness industry is very extensive. There are still many areas which are unexplored and many researches are still required with proper medical support and observations. In this research paper the researcher has tried to highlight the numerous benefits of regular exercise to prevail a healthy life and why people are not doing exercise and with the help of technology how the next take their fitness to next level.

4. Limitations of the Research

1. This research is based on literature review. The research can be done by collecting primary data with proper analysis.
2. This research paper may miss out some areas which can conclude the research in much better way.
3. Researcher can add few technologies in fitness industry for better understanding the role of exercise.
4. A conceptual model can be framed for better understanding the role of exercise.
5. Theories can be added to conclude in much better way.

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