

## SPORTS AND PHYSICAL ACTIVITY: A TOOL TO PROMOTE HEALTH AND PREVENT DISEASE

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### ABSTRACT

*Sports include all forms of physical activity that contribute to physical fitness, mental well-being, and social interaction. Exercise, physical activity, and sport have long been used in the treatment and rehabilitation of communicable and non-communicable diseases. It is a strong means for the prevention of diseases and for nations is a cost-effective method to improve public health across populations. Playing sports can make us live longer, think clearer, react faster, lose weight, and prevent diseases with little to no side effects. It is a compelling medicine that doesn't require a prescription. It explained that activity has beneficial effects on an individual's health and well-being. Physical activity and sports have positive impact on other major risks, in particular high blood pressure, high cholesterol, obesity, tobacco use, and stress. It reduces morbidity and mortality from mental health disorders. The objective of this paper is to aware people about the importance of sports and physical activity in our life and how they are helpful in controlling and preventing disease. This paper concludes that physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular. Physical activity also improves mental health and it is important for the health of muscles, bones, and joints. For enhancing sports exercise and physical activity in our routine life so that everybody get fit and active, efforts should be done on increasing physical activity in schools; Help communities keep active; and Promote healthy workplaces.*

*Keywords: Disease, Physical Activity, Sports and Mortality.*

### INTRODUCTION:

A sport is an organized, competitive, entertaining, and skillful activity which required commitment, strategy, and fair play. It is governed by a set of rules or customs. Sports include all forms of physical activity that contribute to physical fitness, mental well-being, and social interaction. It involves all physical exertion and skill in which an individual or team competes against another or others for entertainment. Sports have immense importance because through it

people are able to connect with each other. It becomes a platform where people from far places interacted with each other. It works as a motivator, confidence builder. It is also used for promoting health, prevent disease, and strengthen youth development. Sport teaches individuals how to communicate effectively as well as the significance of teamwork and cooperation and respect for others. Sport is also well-suited to reducing dependence and developing greater independence by helping persons with disabilities to become physically and mentally stronger. These skills can be transferred into other new areas including employment and advocacy work further helping to build self-sufficiency. Sports and physical activity programs can introduce people to skills such as teamwork, self-discipline, sportsmanship, leadership, and socialization. Lack of recreational activity may contribute people more vulnerable to gangs, drugs, or violence.

#### SPORTS AND HEALTH:

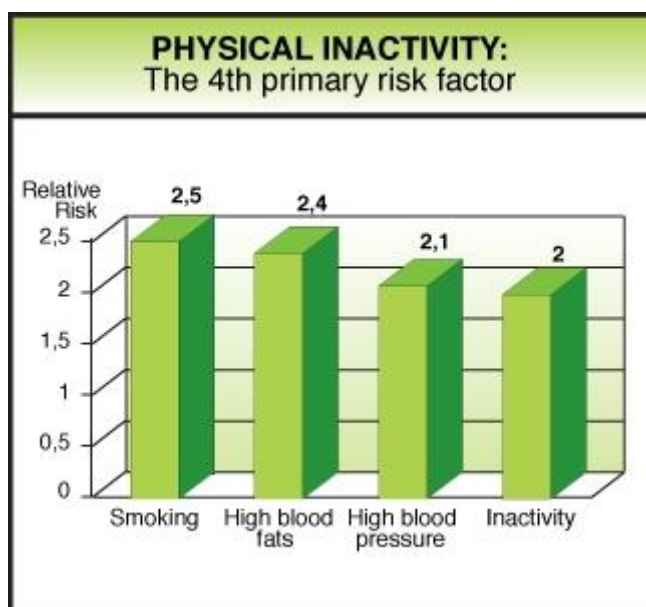
WHO defines health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” To achieve the highest possible level of health, several risk factors can be addressed. Sport is one of the ways of being physically active and it is often used as synonym for physical activity. Engaging in sport is one of the ways of being physically active and it has a great influence on the level of health enhancing physical activity in the general population. Sport can promote healthy lifestyles and make a significant contribution to the well-being of people in developing countries. Exercise, physical activity, and sport have long been used in the treatment and rehabilitation of communicable and non-communicable diseases. It is a strong means for the prevention of diseases and for nations is a cost-effective method to improve public health across populations. It has been shown that individuals who do sport are more likely to meet the recommendations for physical activity related to health than those who are not active in sports. Persons with disabilities often face societal barriers and disability evokes negative perceptions and discrimination in many societies. As a result of the dishonor associated with disability, persons are generally excluded from education, employment, and community life which deprives them of opportunities essential to their social development, health, and well-being. In some societies persons with disabilities are considered dependent and

seen as incapable, thus fostering inactivity which often causes individuals with physical disabilities to experience restricted mobility beyond the cause of their disability. Physical activity and sports are crucial in maintaining muscle strength, joint structure, joint functioning, and bone health. Participation in physical activity and sports can promote social well-being, as well as good physical and mental health, among people.

#### ROLE OF SPORTS AND PHYSICAL ACTIVITY IN PREVENTING DISEASE:

Playing sports can make us live longer, think clearer, react faster, lose weight, and prevent diseases with little to no side effects. It is a compelling medicine that doesn't require a prescription. It can cut chances of developing a major illness in half and increase our life expectancy. A study at 27 National Institutes of Health showed that eating a healthy diet and playing sports that exercise our body regularly can reduce chances of getting diabetes by 58 percent. It has long been used as a tool to improve mental, physical, and social well-being. Exercising and playing sports increases blood flow to all parts of the body including brain. Regular exercise can reduce depression, anxiety and even improve quality of sleep. Physical activity is associated with enhanced health and well-being. The results of numerous studies have revealed that regular physical activity is widely recognized as a mean of preventing the occurrence of many chronic diseases and reduced risk of all-cause mortality (Blair et al., 1995; Lee et al., 1995; American College, 1998; Hulens et al., 2002; WHO, 2002; Lebrun et al., 2006). Physical activity and healthy sports are essential for our health and well being. Appropriate physical activity and sports constitute one of the major components of a healthy lifestyle, along with healthy diet, tobacco free life, and avoidance of other substances harmful to health. Available experience and scientific evidence show that the regular practice of appropriate physical activity and sports provides people, male and female, of all ages and conditions, including persons with disability, with wide range of physical, social and mental health benefits. It interacts positively with strategies to improve diet, discourage the use of tobacco, alcohol, and drugs, helps reduce violence, enhances functional capacity, and promotes social interaction and integration. Physical activity is for an individual; a strong means for prevention of diseases and

for nation's cost-effective methods to improve public health across the population. The physical activity also causes the brain to secrete endorphins, which are chemicals that help fight physical pain and emotional stress. Playing team sports that promote working together toward a common goal like basketball or football are excellent ways to naturally raise self-esteem. People who do not do physical activity suffer from many diseases which can be shown by the graph.



#### DIRECT AND INDIRECT BENEFITS OF SPORTS AND PHYSICAL ACTIVITY IN PROMOTING HEALTH AND PREVENTING DISEASE:

Regular physical activity and sports can be a practical means to achieving abundant health gains, either directly or indirectly through its positive impact on other major risks, in particular high blood pressure, high cholesterol, obesity, tobacco use and stress. It reduces morbidity and mortality from mental health disorders. Physical activity reduces the risk of cardiovascular disease, some cancers, and type 2 diabetes. It improves glucose metabolism, reduces body fat, and lowers blood pressure. Physical activity may reduce the risk of colon cancer by effects of prostaglandins, reduced intestinal transit time, and higher antioxidant levels. Physical activity is

also associated with lower risk of breast cancer, which may be the result of effects on hormonal metabolism. Participation in physical activity and sports can improve musculoskeletal health, control body weight, and reduce symptoms of depression.

Regular physical exercise and playing sports reduce the risk of dying prematurely from heart disease or stroke, colon cancer and diabetes. They are helpful in preventing hypertension, osteoporosis, and in developing lower back pain or knee pain. Through sports and physical activity we maintain healthy bones, muscles.

#### SPORTS AND PHYSICAL ACTIVITY AS A KEY TO SUSTAIN ENERGY STEADINESS AND A HEALTHY WEIGHT:

Regular physical activity by the side of with a nutritious diet is a key to preserve a healthy weight. In order to maintain a healthy weight, there must be a balance between calories consumed and calories spent through metabolic and physical activity. Although overweight and obesity are caused by many factors, in most individuals, weight gain results from a combination of excess calorie burning up and insufficient physical activity. Even though a large portion of a person's total caloric requirement is used for basal metabolism and processing food, an individual's various physical activities may account for as much as 15 to 40 percent of the calories he or she burns each day. While energetic exercise uses calories at a higher rate but physical activity will burn calories.

#### CONCLUSION AND SUGGESTIONS:

This paper concludes that Sports and physical activity have greater importance in our mental and physical health. Lots of disease can be controlled by doing regular exercise and with playing sports. Through sports and exercise we feel relaxed and it becomes helpful in maintaining relations with others also. It explained that People of all ages, both male and female, benefit from regular physical activity and they can improve their health and quality of life. Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension,

colon cancer, and diabetes mellitus in particular. Physical activity also improves mental health and is important for the health of muscles, bones, and joints.

Physical activity provides more opportunities for those who engage in active and healthy lifestyles. For enhancing sports exercise and physical activity in our routine life so that everybody get fit and active, efforts should be done on increasing physical activity in schools; Help communities keep active; and Promote healthy workplaces. We should communicate with our constituents about resources such as parks, trails, and recreation centers that support active lifestyles. Emphasize should be given on proper exercise techniques and participation in lifelong physical activity. Provide incentives for health care providers to encourage patients to make disease prevention through physical activity.

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