



Improving Your Health Through Physical Exercise

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ABSTRACT

For good health, not only factors such as diet, taking care of your movements and others are necessary, but also such a key factor as physical activity. This has been proven hundreds of times; when a person constantly engages in physical exercise, he easily achieves his goal. In addition, physical activity takes us to a new level of well-being in terms of education, science and other social spheres.

Keywords:

physical, activity, health, form, exercise, energy, character.

Physical activity and exercise are of great importance nowadays. It's good for your health and fitness, and it's a lot of fun. In other words, we can say that physical activity and exercise that, through casual or organized participation, maintains or improves physical fitness and entertains the participants. However, there is clear indication that physical activity and exercise have positive health benefits by reducing chronic disease and improving physical and mental health. There is growing evidence that there is a strong empirical and theoretical link between physical activity and positive health outcomes [1]. In addition, regular participation in physical exercise is associated with a longer and better quality of life, a reduced risk of various diseases, and many psychological and emotional benefits. Some researchers say that inactivity is one of the most serious causes of death, disability and decreased quality of life in developed countries. Physical activity and exercise can affect the physical health of youth. First, it may influence the causes of disease in childhood and

adolescence. Evidence suggests a positive relationship between physical activity and a host of factors that influence physical health, such as diabetes, blood pressure and the ability to use fat for energy [2]. Second, physical activity can reduce the risk of chronic disease. In addition, regular physical activity starting in childhood helps improve bone health. There is also a general trend towards increasing childhood obesity in some countries. Obesity in childhood is known to have significant impacts on both physical and mental health, including hypertension and abnormal glucose tolerance. Physical activity is considered a vital aspect of a weight management program for youth, increasing caloric expenditure and promoting fat loss. Moreover, there is evidence of alarmingly high rates of mental disorders among adolescents and even young children, ranging from low self-esteem, anxiety and depression to eating disorders and substance abuse. Research shows two ways that physical activity can promote mental health in youth. First, there is fairly good evidence that regular

physical activity can have positive effects on psychological well-being. Second, research has shown that physical activity can help reduce problematic levels of anxiety and depression. Physical activity and exercise as a means of improving health.

Physical activity and exercise improve the functioning of the cardiovascular and respiratory systems; improves muscle strength, bone health and reduces hip and spinal cord, colon and other cancers; improves health by reducing rates of type II diabetes [3] and also improves psychological well-being by reducing depression [2]. Warburton and others believe that exercise is an effective treatment for diabetes. They also found that walking at least 2 hours a week reduced the rate of premature death from any cause by 39 to 54% and from cardiovascular disease by 34 to 53% among patients with diabetes. Regular physical activity reduces the risk of obesity [4]. Physical activity or exercise programs influence emotional well-being. Physical activity and exercise as part of their lifestyle, which helps reduce the negative effects of aging on the body and mind [1]. Exercise is considered the first step in lifestyle changes to prevent and treat chronic diseases. The main findings of this study are to develop a workplace culture and environment that supports and motivates employees to be physically active. Additionally, all practitioners should be fully informed about the benefits of physical activity for both physical and psychological well-being. In addition, all practitioners should be encouraged to become physically active themselves, both for personal self-care and as role models. Seminars should be organized to educate people about the benefits of physical activity and exercise. In addition, one of the main limitations of the present study is that it is conceptual in nature and will need to be tested empirically in the future. Second, the focus is on the effects of physical activity and exercise on health. Future research should also examine the impact of physical education and sport on health, society and education.

List of literature

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