

“Effect of Physical Fitness Activities on Physical and Mental Health”

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Abstract:

Healthy living standard is result of good mental and physical health. Most of the recent researches proved that physically and mentally fit people live longer than physically unfit and mentally ill peoples. Physical fitness activities are helpful to bring out person from psychological stress. By knowing the relationship between mental and physical state we can solve any challenges related with it. Satisfaction of life and happiness in life are associated with health and physical fitness we can reduced risk of any disease by staying healthy and fit by physical fitness activities.

In this article following objectives has been studied

- 1 The Relation between Psychological and Physiological Factors.
2. Effect of Physical Fitness Activities on Physical and Mental Health.
3. Physical Fitness Activities and Mental Stress.
4. Physical Fitness Activities Attention-Deficit/Hyperactivity Disorder

Keywords: Psychological, Stress, Disease, Physical Fitness.

Introduction:

Now a day's s physical fitness and mental fitness is major factor in society. Everyone wants to keep their children fit and healthy and fit. It is proven in previous research that mental health and physical health is not apart from each other they are related to each other because when ever Any of it get imbalanced then other one will affect. Well-being of an individual on emotional, social and psychological level refers definition of mental health. Mental health affects the processing of emotions and decision making.

Mental health is essential for healthy relationship as well as expressing emotions. At the time of comparison between children and adults we give more importance to physical health than mental health. Without having scientific knowledge most of the people try to grow their children physically healthy and fit. Most of the parents don't have much knowledge about the important factors effecting on physical health. Modern lifestyle factors affects on psychological and physiological characteristics also. Unplanned modern lifestyle is one of the reasons for Psychological stress.

Objectives of the Study:

1. The Relation between Psychological and Physiological Factors.
2. Effect of Physical Fitness Activities on Physical and Mental Health.
3. Physical Fitness Activities and Mental Stress.
4. Physical Fitness Activities Attention-Deficit/Hyperactivity Disorder.

1.The Relation between Psychological and Physiological Factors:

In the process of developing mental health, physical health plays important role. Healthy physique decreases the risk of mental health problems. Mentally abnormal people may experience some physical problems also. People who experience chronic physical problems they may suffer from mental health also. Cardiac Patients get depression and they suffer with Panic Disorder. Arthritis Patients experience depression, anxiety; we can see the difference in mood. Those people who are suffering from long term physical health conditions they may have high risk of mental health.

2.Effect of Physical Fitness Activities on Physical and Mental Health :

Physical fitness activities are not only for enhancing endurance capacity it helps to gain muscle size, reducing fat, enhance muscle power. Daily routine physical fitness activity gives you the sense of wellbeing. People who regularly do physical fitness

activities they feel more exiting thought day than other people and more relax at night. Physical fitness exercise keeps you away from normal disease and improves your immunity power. Physical fitness activities help to deal with daily routine stress problems; it boosts your physical capacity for routine work. Physical fitness activities increase blood flow in body so the blood circulation systems work properly.

3. Physical Fitness Activities and Mental Stress:

Without the side-effects physical fitness activities can treat mild level of psychological stress. Doing physical fitness activities everyday can reduce risk of psychological stress (Harvard T.H). Daily routine physical fitness activities can prevent you from memory loss disorder and boost your memory. Physical fitness activities help to improve neural functions in brain. Physical fitness activities break the chain of negative thoughts and feeling from mind and helps to keep mind relax and calm. Physical fitness activities affect internal environment of body, glands releases endorphins hormone which helps to reduce intensity of stressors. Effect of stress can be noticed by the painful body muscles, headache, lactic acid in stomach, feeling of vomiting, sweating, vibrations in body. By doing physical fitness activities we can avoid stress factors, physical fitness activities can helps to reduce muscle fatigue.

4. Physical Fitness Activities Attention-Deficit/Hyperactivity Disorder:

Everybody knows that regular physical fitness activities can boost your mood, feel you more energetic and keep you fresh all day as well. Physical fitness activities can affect as a medicine for ADHD. Physical fitness activities effective on ADHD only if you do physical activities in proper scientific order under the supervision of physician. For treatment of ADHD a person should fix a target of minimum duration for physical activities in a day and for a week. If you wanted to increase the intensity of work out you should consult to your physician he may suggest you to use heart rate monitor device to check current pulse. Outdoor physical fitness activities affect fast than indoor physical fitness activities.

Conclusion:

For being motive you should plan sports activities because sports activities have almost all type of physical activities. Sports activities and team games develops your communication skills by action of hands movements which helps to enhance your self esteem. Doing physical activities by playing games or workouts in gymnasium is helpful for reducing risks for any type of psychological illness disorder or physiological risk of injuries.

Source:

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