

## **Sports and its influence on General Health: A review**

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### **Abstract:**

Playing sports is a generally a fantastic way to improve your fitness and health. Many of us may not feel at home pounding away on a treadmill or working up a sweat in the gym, but we'll happily chase a ball around endlessly while playing a game of some sort. For most people, taking part in sport will improve your general health and wellbeing.

### **Introduction:**

Sports have an immense impact on a person's daily life and health. They do not just give you an interesting routine but also a healthy body. Getting indulged in physical activities like sports improves your heart function, reduces the risks of diabetes, controls blood sugar, and lowers tension and stress levels. It also brings positive energy, discipline, and other commendable qualities to your life. Playing sports strengthens your body and also improves your muscle memory and muscle coordination. Primary health care doctors recommend taking part in sports on a regular basis. There are countless benefits of sports; some of them are here for you.

There are plenty of reasons why you should become involved in sport with reduced body fat, bone strengthening, improved stamina and flexibility being some of the reasons why you should take up a sport.

### **Weight control**

The problem of obesity is faced by millions across the globe. Being obese increases the risks of hypertension and heart diseases. One of the best ways to get rid of obesity is by indulging in sports. Physical activity helps you control your weight. Most sports are intense physical activities that burn extra calories quickly and efficiently. Taking part in sports is a great way to burn away all that extra weight and get the ideal body shape.

Playing sports, while managing a proper diet plan, can prove to be far more efficient than anything else. Obesity is caused by the extra fat present in your body. This body fat can be burned by working out. The only problem is that working out feels like a chore and more tiring. On the other hand, sports are fun. You keep playing even after getting tired because you enjoy it.

### **Lower Hypertension**

Hypertension or high blood pressure is a major health risk for people from all sides of the world. Hypertension can cause a stroke or other health diseases. Regular physical activity and exercise help you keep the blood pressure normal. Sports provide you with all the stretching, running, and exercise that you need. Thus, taking part in sports can be a great way to tackle high blood pressure. Most health experts and doctors recommend people suffering from hypertension to take regular exercise. Sports are the best form of physical workout that's both interesting and thrilling. People who take part in sports regularly are found to maintain normal blood pressure as compared to those who do not.

### **Lower cholesterol levels**

Playing sports helps you control your cholesterol level. Exercise helps you maintain a lower cholesterol level. According to multiple types of researches, it was proved that people with high physical activity had lower cholesterol levels as compared to those who maintain a sedentary lifestyle. Physical activity is very

important for maintaining a low cholesterol level. Top athletes like Cristiano Ronaldo and others are found to have astonishingly low cholesterol levels even after thirty years of age.

### **Better blood circulation**

Blood circulation begins to improve as you play sports. By running or taking part in other physical activities the body remains well-oxygenated. Thus, you stay more healthy and active. Being active might also increase haemoglobin and blood volume. When you play, your heart starts to pump faster and an extra load is put on your heart muscles. This extra load strengthens your heart muscles which improve the overall flow of blood. Regular aerobic exercise increases the capillary density of working muscles in a healthy way. Aerobics also increases the mitochondrial count in the fibres of working muscles. Your heart starts to function better, resulting in a better heart pumping rate. The overall result is that you can exercise harder under less stress.

### **Stronger immunity**

Regular exercise also strengthens your immune system. Your body becomes immune to many diseases. Exercise increases the rate of flow of white blood cells significantly. As you sweat while playing sports, toxins are removed from your body. The rise in body temperature also lowers the chances of bacterial growth.

### **Muscle training.**

Sports are the best way to have a proper muscle workout. It is fun to play and does not feel like a chore. At the same time, they give you strong and toned muscles. This is only possible if you continue to play active sports like soccer, football, tennis, and baseball regularly. By engaging in sports you tone your muscles and train them for working together. It is known as neuromuscular programming. As you play your muscles become stronger and stronger. By playing sports you gain lean muscle mass and burn fat at the same time. If you want a perfectly lean body with shredded six-packs and muscles, this field might prove to be more helpful than the gym. For gaining such muscles you must prefer sports that involve the movement of most of your muscle groups.

### **Stronger bones**

Taking part in sports not only strengthens your muscles but also your bones. During sports you put stress on your bones with high power and strength movements; this, in turn, increases your bone density which results in stronger bones. For example, unlike normal walking, running while playing puts extra load or stress on your bones. In order to withstand this increased loaded stress the bones adapt and become denser.

### **Stronger mind**

Sports bring a positive attitude to your life. They make your mind sharper and stronger. Sports are fun to play and they refresh your mind. Being good at sports makes you feel good, accomplished and boosts your self-esteem. Playing team sports also boosts your strategy-making ability. By sports, you learn to make decisions quickly and instinctively. This quick decision-making ability is of high use in everyday life. Sports also teach you to stay calm and think with a cool mind. They teach you to make decisions in high-stress situations without panicking or getting hyper.

- Apart from this some another influences of sports on human body
- Playing sports helps reduce body fat or controls your body weight.
- Sports allow you will gain the satisfaction of developing your fitness and skills.
- Sports can help you fight depression and anxiety.

- A sport allows you to challenge yourself and set goals.
- Playing sports helps strengthen bones.
- Sports help aid coordination, balance and flexibility.
- Many sports can help improves stamina and concentration.
- Sports allow you to experience the highs and lows of both winning and losing!
- Through sports you will meet people with a similar interest to yourself and are likely to gain many new friends.
- Sports are a great way for families to get exercise together.
- If you are sporty then you are more likely to have a healthy lifestyle.

**Conclusion:**

Getting indulged in physical activities like sports improves your heart function, reduces the risks of diabetes, controls blood sugar, and lowers tension and stress levels. It also brings positive energy, discipline, and other commendable qualities to your life.

**References:**

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