

ROLE OF SPORTS IN SUSTAINABLE HEALTHY LIFE

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Abstract-

Sports play an important role in promoting a sustainable healthy lifestyle. Engaging in regular physical activity through sports can have numerous health benefits. In this article author explain about different types of benefits through physical activities. A program of regular exercise that includes cardiorespiratory, resistance, flexibility, and neuromotor exercise training beyond activities of daily living to improve and maintain physical fitness and health is essential for most adults.

Keywords- Health, Physical Activity etc

Introduction-

Sports play an important role in promoting a sustainable healthy lifestyle. Engaging in regular physical activity through sports can have numerous health benefits-

-reducing the risk of chronic diseases

-maintaining a healthy weight

-improving mental health

-enhancing overall quality of life.

Here are some ways in which sports can contribute to a sustainable healthy lifestyle:

Promotes Physical Fitness: Engaging in sports helps improve physical fitness and builds endurance. This can lead to a stronger and healthier body, which is more resistant to disease and injury.

Older adults face many challenges in adaptation to aging and related physical function, emphasizing the importance of developing interventions to promote adaptation to aging such as increasing PA among older adults.

A primary concern for the aging individual is the decline in physical function, compounded with the increased prevalence of sedentary behaviour. In 2005, 47% of the young-old (65 to 74) reported no leisure time activity, with 60% of the old (over 75 years old), reporting no leisure time activity. These data indicate that the aging population is falling short of HP 2010 goals and the American College of Sports Medicine (ACSM) and American Heart Association (AHA) guidelines for PA for older adults. Those guidelines recommend at least 30 minutes of moderate intensity PA at least 5 times per week, strength training and flexibility two times a week and balance training. Further, they recommend that sedentary older adults begin with balance, flexibility and strength training to build endurance prior to participating in moderate to vigorous-intensity aerobic PA

The 2002 World Health Report on “Risks to Health - Promoting Healthy Living”

The World Health Organization (WHO) estimates that mortality, morbidity and disability attributed to major NCDs, currently accounts for approximately 60% of all deaths and 43% of the global burden of disease. They are expected to raise to 73% of all deaths and 60% of the global burden of disease by 2020: Already today in the entire world, with the exception of sub-Saharan Africa, chronic diseases are now the leading causes of death. Unhealthy diets, caloric excess, inactivity, obesity and associated chronic diseases are the greatest public health problem in most countries in the world. Overall physical inactivity is estimated to cause 1.9 million deaths globally. Physical inactivity causes globally, about 10-16% of cases each of breast cancer, colon and rectal cancers and diabetes mellitus, and about 22% of ischaemic heart disease. The risk of getting a cardiovascular disease increases up to 1.5 times in people who do not follow minimum physical activity recommendations.

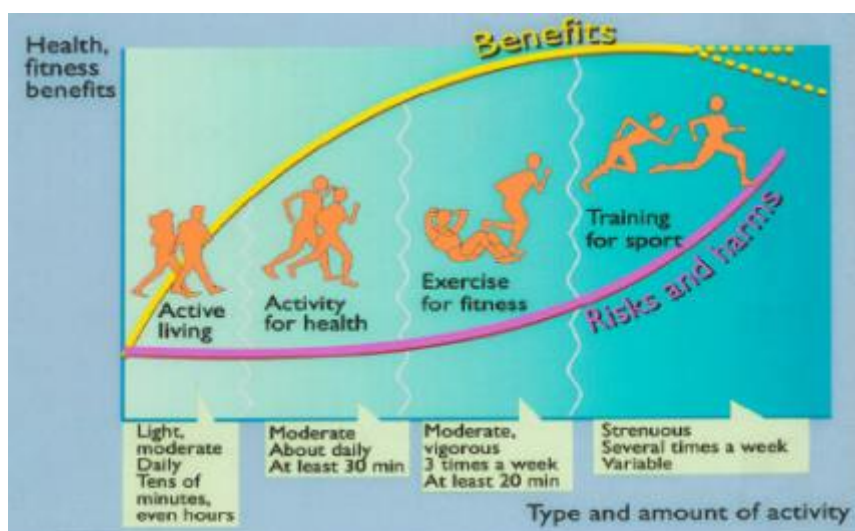


Figure Reported by World Health Organisation Since 2002

American College of Sports Medicine position stand.

A program of regular exercise that includes cardiorespiratory, resistance, flexibility, and neuromotor exercise training beyond activities of daily living to improve and maintain physical fitness and health is essential for most adults. The ACSM recommends that most adults engage in moderate-intensity cardiorespiratory exercise training for ≥ 30 min·d on ≥ 5 d·wk for a total of ≥ 150 min·wk, vigorous-intensity cardiorespiratory exercise training for ≥ 20 min·d on ≥ 3 d·wk (≥ 75 min·wk), or a combination of moderate- and vigorous-intensity exercise to achieve a total energy expenditure of ≥ 500 -1000 MET·min·wk. On 2-3 d·wk, adults should also perform resistance exercises for each of the major muscle groups, and neuromotor exercise involving balance, agility, and coordination. Crucial to maintaining joint range of movement, completing a series of flexibility exercises for each the major muscle-tendon groups (a total of 60 s per exercise) on ≥ 2 d·wk is recommended.

Enhances Mental Health-

Reduces Stress, Anxiety and depression: Sports can be a great way to relieve stress, anxiety and depression, as physical activity releases endorphins that can improve mood and reduce feelings of depression. Team sports may help reduce depression and poor sleep quality in college students. However, physical activity alone may not help improve anxiety and perceived stress. (Johnston, 2021)

Participating in sports can improve mental health by reducing the risk of depression, anxiety, and other mental health issues. It can also provide a sense of purpose, social connection, and improve self-esteem.

Builds Social Connections: Sports provide an opportunity to build social connections with other like-minded individuals, and can help build a sense of community and belonging.

Economically Benefits-

Economic Benefits of Physical Activity also has economic benefits especially in terms of reduced health care costs, increased productivity, healthier physical and social environments. Economic consequences of physical inactivity affect individuals, businesses and nations. Data from developed countries indicate that the direct costs of inactivity are enormous. In the USA, an investment of US\$ 1 (time and equipment) leads to US\$3.2 in medical cost savings. Physically active individuals save an estimated US\$ 500 per year in health care costs according to 1998 data. The costs associate with inactivity and obesity accounted for some 9.4% of the national health expenditure in 1995. Inactivity alone may contribute as much as US\$75 billion to US medical costs in the year 2000. Workplace physical activity programmes in the USA can reduce short-term sick leave (by 6-32%), reduce health care costs (by 20-55%) and increase productivity (by 2-52%). In Canada, physical inactivity costs about 6% of total health care cost. In companies with employee physical activity programmes/initiatives, the benefit of US\$ 513 per worker per year can be reached (from changes in productivity, absenteeism, turnover and injury).

Doing at least 150 min of moderate-intensity physical activity per week, as per lower limit of the range recommended by the 2020 WHO guidelines, would lead to an increase in global gross

domestic product (GDP) of 0.15%–0.24% per year by 2050, worth up to US\$314–446 billion per year and US\$6.0–8.6 trillion cumulatively over the 30-year projection horizon (in 2019 prices). The results vary by country due to differences in baseline levels of physical activity and GDP per capita.

Conclusions-

Increasing physical activity in the population would lead to reduction in working-age mortality and morbidity and an increase in productivity, particularly through lower presenteeism, leading to substantial economic gains for the global economy. (Hafner, 2020)

Supports Sustainability: Participating in outdoor sports can foster a sense of appreciation for the environment, and can lead to a desire to protect it. Furthermore, engaging in sustainable sports practices, such as biking or running instead of driving, can reduce carbon emissions and support environmental sustainability.

Overall, sports can play an important role in promoting a sustainable healthy lifestyle, by providing opportunities to improve physical and mental health, build social connections, and support sustainability.

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