

International Conference on **Sports Medicine and Fitness**

March 23-25, 2015 Chicago, USA

Sports and health

Md. Sakibuzzaman

Sir Salimullah Medical College, Bangladesh

Health is a common theme in every culture. Among definitions still used, merely absence of disease or state of a well-being. Though health is central to the concept of quality of life, it has various dimensions. Among these dimensions sports is closely related to physical and mental dimensions. However physical activity with a sound mind indicates a good health status. So sports is comprised of all those physical activities and exercises, those are essential for maintaining a good health status. Although mental health is precisely related with sound mind, by any means sports maintains a state of harmony between mind of the individual and surrounding world. Thus insinuates the intimate connection between sports and health. Sports include all types of physical activity to maintain or improve physical ability and skills. Nowadays obesity has become a common health problem in developing world. Sport is the key to an increased energy expenditure. So this is an important part of weight reducing program. And sports also help in increasing endurance. The most common emerging health problems in teenagers such as psychological problems etc are developing because of internet addiction. Regular sport is the answer to decrease internet addiction in teenagers. Though sport is a recreation for mind, it may also help preventing toxic drug abuse. Department of Psychiatry of Sir Salimullah Medical College has included routine sports activity in guideline for treatment of drug addiction. It has revealed satisfactory improvement in addicted patients. So ultimately sports can promote good health to world community.

Biography

Md. Sakibuzzaman is studying MBBS at Sir Salimullah Medical College, Dhaka, Bangladesh. Apart from study, he works as an Associate Operating Officer at Zaman Health Complex, Sherpur, Bangladesh. He participated in Indonesia International (bio) Medical Students' Congress (INAMSC) 2013 as a representative from his medical college. He has published 3 papers in reputed Bangladeshi journals.

Sakip_jaman@yahoo.com

Notes: