Benefit of Physical Exercise

Chinenye Iwuchukwu*

Department of Health, University of Ibadan, Ibadan, Oyo, Nigeria

Introduction

If you are regularly physically active, you may benefit from the following: Reduce the risk of a heart attack, manage the weight better, have a lower blood cholesterol level, lower the risk of type 2 diabetes and some cancers, have lower blood pressure, have stronger bones, muscles and joints and lower risk of developing osteoporosis, lower your risk of falls, recover better from periods of hospitalization or bed rest and make you feel better with more energy, a better mood, feel more relaxed and sleep better. A healthier state of mind includes the following: Exercise may block negative thoughts or distract individual from daily worries. Exercising with others provides an opportunity for increased social contact. Increased fitness may lift the mood and improve your sleep patterns. Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.

Description

Coleyon explained the following as the reasons swimming is good for the health and well-being: Toning up or full body workout: Not only is it a brilliant way to lose weight, it's also a great way of getting a full body work out. Swimming is a great way of toning the body and all of the muscles. It's a great mixture of both cardio and strength, plus it really improves the endurance level. Improved flexibility: The range of motion that is involved when swimming allows one to work most of the muscles in the body. This means that muscles get lengthened which allows the joints to become more flexible. Better mental health and stress relief swimming is a great way to have a bit of 'me time' and take some time off. It allows to get away from the stress of life and focus on something completely different. Boosts your mood as with most forms of exercise, swimming helps with the production of endorphins and the release of serotonin. Both endorphins and serotonin are known to help boost your mood. Swimming has been found to help people relax because of the sound of the water and the rhythmic strokes. You're unlucky to injure yourself: There is a very small chance of being injured in the pool as swimming doesn't put stress on the skeletal system. It's also great if one is recovering from an injury, as it's one of the only forms of non-weight-bearing exercise. Sweat free-If you don't like the idea of getting sweaty when you work out then swimming could be for you. When you swim you won't feel sweaty or overheated as the water is constantly cooling you down.

Almost anyone can do it from 3+ months to over 65's, disabled and non-disabled people of any age can take up swimming with the reassurance of knowing that it has great health benefits. One can set its own pace and intensity which makes it easy for anyone to pick up. Lowers the risk of illnesses swimming has been found to lower blood pressure, reduce joint pain, improve lung capacity, improve heart health and increase bone strength. These all help with lowering the risk of disease. It can boost life expectancy not exercising is one of the biggest factors in causing ill health and early death. According to the Swimming and Health commission, swimmers have a 28% lower risk of early death and 41% lower risk of death caused by heart disease and stroke. Burns more calories than other forms of doing just 30 minutes of breaststroke can burn up to 367 calories. When you compare this to running (300 kcal per 30 mins) and cycling (180 kcal per 30 mins), swimming is the best exercise to do if you want to burn those extra calories.

Conclusion

The benefits of regular participation in athletics have been clearly set out across the life course, regular activity can: Prevent ill health and reduce the number of people dying prematurely. Enhance mental health, quality of life and self-reported wellbeing. Delay the need for care in older adults (age 65+). Reduce health inequalities and improve wider factors influencing health and wellbeing. Sports are beneficial to the physical health. In recent years, research has also found that sport participation can positively affect the mental health. Here's how: Sports improve your mood involving in a physical activity. Whether playing soccer, working out at a gym or taking a brisk walk, physical activity triggers brain chemicals that make us feel happier and more relaxed. Team sports in particular provide a chance to unwind and engage in a satisfying challenge that improves the fitness. They also provide social benefits by allowing to connect with teammates and friends in a recreational setting. Sports improves concentration regular physical activity helps keep the key mental skills sharp as we grow older. This includes critical thinking, learning and using good judgment. Research has shown that doing a mix of aerobic and muscle-strengthening activities is especially helpful. Participating in this kind of activity three to five times a week for at least 30.

Address for Correspondence: Chinenye Iwuchukwu, Department of Health, University of Ibadan, Ibadan, Oyo, Nigeria, Tel: +8130717514; E-mail: iwuchukwuchinenye2@gmail.com