

Evidence from the China Education Panel Survey Supporting the Peer Effect in Promoting Physical Activity among Adolescents

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Abstract

On the other hand, high glycaemic foods are associated with postprandial hyperglycemia and hyperinsulinemia, which can cause hunger and, ultimately, weight gain. Despite the fact that numerous studies have questioned whether sugar is the sole cause of diabetes (not specifically addressed in any randomized-controlled trial) or obesity, the majority of them have failed to ratify a single linkage. The primary pathological event is most likely excessive energy intake, which leads to overweight, obesity, and type 2 diabetes. These morbid conditions would not be caused by a single nutrient or sugar consumption per second. In fact, once total energy intake is taken into account, many published studies have found no link between sugar consumption and body weight.

Keywords: Athletes • Coronavirus • Anxiety • Depression

Introduction

Aside from its obvious anti-inflammatory properties, exercise has been extensively debated as a natural anti-depressant. The psychological benefits of long-term exercise adherence in clinical and community populations are well established. Exercise can boost resistance to the development of depression and other stress-related psychiatric disorders, such as anxiety and stress itself. The pathophysiology and treatment of stress-related disorders are linked to central reward circuitry, which includes neurotransmitters and neurotrophic factors. Despite the fact that there is little known about the effects of physical activity on psychological stress-related symptoms, multiple physiological and neuroendocrine mechanisms have been proposed.

Literature Review

For instance, the recent criticism of Dallas Cowboys running back Ezekiel Elliot for removing a woman's blouse in public hurts not only the Cowboys but also the NFL as a whole. On a related issue, the NFL has come under fire for conducting little study on head injuries, particularly concussions. The sports industry will always face difficulties as a result of these damaging reports. Without a doubt, participating in sports will inevitably result in injuries. Both professional sportsmen and weekend worrywarts are perfectly aware that when they push themselves to the maximum during a game, they run the danger of getting hurt. Even though they are aware that they could become hurt while practising for or participating in a competition, they continue to pursue what they love. For athletes, participating in sports is what makes their lives the happiest they can possibly be. They are equipped to handle any difficulties that may arise.

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Discussion

When you are a professional athlete, many of people approach you and ask to be buddies. They believe that because you have a sizable financial account, you will not mind paying for some of their material comforts. However, the "friends" leave when you start saying "no" or if, regrettably, the money disappears. When times get tough, many sportsmen were shocked to learn who their true buddies were. When you could afford to be hospitable with your earnings, the individuals who were calling and hanging out with you every day dispersed like bugs when the light shone on them. Sports injuries can happen to anyone who participates in strenuous physical activity. They can affect anyone; elite athletes are not the only ones who get them [1-6].

Conclusion

Female athletes who experience pressure to maintain a specific body type or weight may overexert themselves or develop eating disorders in an effort to reduce calorie intake. The disease known as amenorrhea is brought on by excessive exercise, which increases the need for rest. She also experiences a loss in overall energy, total body fat, and oestrogen levels. The urge to overtrain excessively in order to obtain a particular body image may be experienced by both male and female athletes. The ability of the human body to adjust to physical stress is extremely strong. Stress refers to more than just bodily harm. It can also refer to an activity that strengthens and improves the functionality of bones, muscles, tendons, and ligaments. This process, commonly referred to as "remodelling," involves both the destruction and accumulation of tissue.

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Conflicts of Interest

None.

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