

# Evidence for the Peer Effect in Promoting Physical Activity among Adolescents from the China Education Panel Survey: A Review

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## Abstract

High glycemic foods, on the other hand, are linked to postprandial hyperglycemia and hyperinsulinemia, which can lead to appetite and, eventually, weight gain. Numerous studies have questioned whether sugar is the only cause of diabetes (not particularly addressed in any randomised-controlled experiment) or obesity, but the bulk of them have been unable to substantiate even a single association. Most likely, increased energy consumption, which results in overweight, obesity and type 2 diabetes, is the main pathogenic event. These deadly illnesses wouldn't be brought on by consuming one calorie or one teaspoon of sugar every second. In reality, several published research have revealed no association between sugar consumption and body weight when overall caloric intake is taken into consideration.

**Keywords:** Athletes • Coronavirus • Anxiety • Depression

## Introduction

Exercise has been hotly discussed as a natural anti-depressant, in addition to its apparent anti-inflammatory effects. Long-term exercise commitment has been shown to have positive psychological effects on clinical and community groups. Exercise can increase a person's resistance against the onset of depression and other mental conditions linked to stress, such as anxiety and stress itself. Central reward circuitry, which consists of neurotransmitters and neurotrophic factors, is associated to the pathophysiology of stress-related illnesses and their therapeutic management. Although little is known about how physical activity affects the symptoms of psychological stress, several physiological and neuroendocrine pathways have been postulated.

## Literature Review

For instance, the NFL as a whole is harmed by the recent condemnation of Dallas Cowboys running back Ezekiel Elliot for taking off a woman's top in public. In a related matter, the NFL has drawn criticism for not doing enough research on head injuries, including concussions. These negative reviews will always cause problems for the sports business. There is no question that being hurt when playing sports is inevitable. Both seasoned athletes and weekend worriers are fully aware that there is a risk of injury when they exert themselves to the fullest during a game. They continue to pursue their passions while knowing that they run the risk of getting wounded when training for or competing in a competition. Sports participation is what makes athletes' life as happy as it is possible to be. They are prepared to deal with any problems that may emerge [1-6].

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## Discussion

Being a professional athlete attracts a lot of attention from those who want to be your friends. They assume you will not mind paying for some of their material amenities because you have a substantial money account. But when you start saying "no" or if, unhappily, the money evaporates, the "friends" part ways. Many athletes were astonished to discover who their genuine friends were when things got rough. The people who were phoning and hanging out with you every day vanished like cockroaches when the light shined on them when you could afford to be hospitable with your wages. Anyone who engages in physically demanding exercise has the potential to sustain a sports injury. Everyone is susceptible to them; only top athletes are exempt.

## Conclusion

In an effort to save calories, female athletes who feel pressure to maintain a certain body type or weight may overexert themselves or develop eating problems. Excessive activity increases the need for rest and causes the illness known as amenorrhea. She also has less overall energy, overall body fat and less oestrogen. Both male and female athletes may feel the need to overtrain excessively to achieve a specific body ideal. The human body has a powerful capacity to adapt to physical hardship. Stress encompasses more than just physical injury. It may also be used to describe a practise that bolsters and enhances the capacity of the bones, muscles, tendons and ligaments. Often referred to as "remodelling," this procedure involves both the buildup and amputation of tissue.

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## Conflicts of Interest

None.

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