

Organizations for Treating Addiction Using Exercise

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Description

The review of the scientific literature was conducted with the intention of determining the current state of research regarding the connections that exist between addiction treatment programs and physical activity. In addition, the search was restricted to studies conducted within the previous five years, that is, from January 1, 2016, to November 31, 2021. Results: Ten of the 38 initial articles chosen were ultimately included because they met the established eligibility criteria after a more in-depth analysis. According to the findings, physical activity is positively correlated with adhering to treatment for abstinence from addiction. Physical activity has been included in coadjuvant treatments alongside other pharmacological or behavioral treatments. These findings emphasize the significance of promoting physical activity in substance abuse recovery and treatment programs. Programs for physical activity also improve other health variables that have an effect on quality of life, like sleep quality and mood, and reduce the likelihood of social exclusion. Beyond what 40 illnesses and persistent circumstances can be credited to an inactive way of life, which is straightforwardly decreased by actual work.

Addictions are mental and physical illnesses that cause a need or dependence on a substance, activity, or relationship. Social, psychological, biological, and genetic factors influence a collection of signs and symptoms. Addictions are diseases that kill people and get worse over time. Constant episodes of feeling out of control, having negative thoughts, and denying the existence of the disease characterize them. A person's general health, family and social relationships, activities at school or work, leisure habits, personal hygiene practices, economic circumstances, and other aspects of their life are all affected by drug dependence, which is a complex disorder. which causes problems that are related to the affected people as well as the people in their surroundings. A few authors have investigated the efficacy of active work as a treatment for various diseases, including habit-forming messes, in light of the positive effects it has on emotional and physical well-being. Addiction is characterized by multiple relapses, but they can be avoided. Stress is one of the main things that can cause a patient to relapse, so therapy is needed to reduce or eliminate this possibility. One of these options is therapy that incorporates programs for physical activity. Physical activity plays a significant role in reducing the most common stress symptoms depression, anxiety, insomnia, difficulty concentrating, and fatigue that lead to relapse in addicts [1-4].

Numerous studies have demonstrated that physical activity and conventional treatment for substance withdrawal have positive effects, as well as a reduction in withdrawal symptoms and levels of depression and anxiety. Both people who have a history of regularly engaging in physical activity and sedentary populations have seen these effects. Some studies refer to sports and physical activity as a "poly-pill" because it influences a large number of health factors and there is currently no pharmacological treatment that can act on so many aspects of health. Additionally, the practice of physical activity has few adverse effects. It has a significant impact on people's lives, not only for improving quality of life but also as a preventative and efficient component of some diseases' combined treatments, such as addiction. According to clinical evidence from studies on the

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impact of physical activity on issues like smoking, alcohol, and/or drug abuse, sports can directly affect the use of stimulants and reduce withdrawal symptoms.

In this sense, a recent meta-analysis of exercise programs, like alcohol dependence intervention programs, showed that they significantly improved physical health and depression. As models for the interventions, these works utilized yoga/stretching, a combination of aerobic exercise, strength training, or calisthenics, and aerobic exercise. According to the World Health Organization (WHO), exercise is good for the heart, mind, and body. Despite the findings and manifestations of knowledge of the multiple benefits of physical activity and sports on people, this study was conducted to observe the effect of sports on addictions.

In fact, a 2016 study found that certain physical fitness parameters like aerobic endurance, mobility, muscle strength, or balance were linked to a healthier life. Therefore, aspects of health promotion strategies based on physical activity interventions will be of great relevance to public health organizations that aim to design population strategies that enable reaching a level of general health that is more satisfactory. Women who quit smoking through physical activity programs also smoked less and had a lower dependence on nicotine. According to the findings of these studies, sports practice was found to be associated with a reduction in stress and, as a result, a contribution to smoking cessation. It is surprising that stress has been shown to be a barrier to quitting smoking given the level of perceived stress in the population and the strong link that has been documented between this physiological reaction and smoking in the general population. On the other hand, studies have shown that people who are stressed find it harder to exercise. As a result, these individuals ought to be provided with additional methods of stress reduction so that they can begin participating in sports sooner rather than later.

This review looked at another study, which found a triple connection between smoking addiction, sports, and genetic predisposition. If you want to quit smoking and decide to do aerobic and concentration training at the same time, you have a much better chance of succeeding. The evidence that the D4DR gene is associated with the personality trait of novelty seeking may have something to do with this. In order to demonstrate the influence of aerobic or cardiovascular physical exercise interventions on the treatment of addictions, some authors have conducted intervention studies based on therapies like yoga for this kind of treatment. It has been demonstrated that yoga, in conjunction with conventional counseling based on cognitive-behavioral therapy, is an effective strategy for quitting smoking. In a similar vein, one of the studies included in this review concluded that yoga appears to increase successful smoking cessation, particularly among light smokers [5].

Physical activity was found to be effective as a complementary treatment for alcohol use disorder, an additional type of addiction that was the subject of this study. According to this study, moderate amounts of active work prevent excessive alcohol consumption. In light of these findings, it is essential to keep in mind that addicts frequently also struggle with issues related to their mental and physical health. Both of these issues can be alleviated by engaging in regular physical activity, which in turn reduces their need for this substance. Physical activity has also been shown to increase the production of proteins like mind-determined neurotropic factor, which aids in neurogenesis/versatility, neuroimmune flagging, brain vasculature, brain adaptability, and fixation.

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Conflict of Interest

None.

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