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Exercise and Physical Activity to Promote Health

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ABSTRACT

The development of your child's fundamental movement abilities is aided by regular physical activity (i.e. physical literacy). Physical activity can assist develop strong bones, muscles, a healthy heart, and lungs in addition to maintaining healthy body weight. Maintaining a healthy body weight is another benefit of physical activity for your child. While any form of exercise is beneficial for your health, moderate-to-vigorous activity—that is, movement that makes you breathe more forcefully and perspire—has been linked to even greater advantages. Regular exercise can aid ladies with premenstrual syndrome by reducing symptoms in addition to other general physical advantages. This is due to the fact that moderate exercise encourages the body to release endorphin-producing chemicals.

Keywords: Physical Activity, Regular Exercise, Basketball, Fitness, Cardiovascular Diseases

INTRODUCTION

The development of your child's fundamental movement abilities is aided by regular physical activity (i.e. physical literacy). Physical activity can assist develop strong bones, muscles, a healthy heart, and lungs in addition to maintaining a healthy body weight. Maintaining a healthy body weight is another benefit of physical activity for your child. While any form of exercise is beneficial for your health, moderate-to-vigorous activity—that is, movement that makes you breathe more forcefully and perspire —has been linked to even greater advantages. Regular exercise can aid ladies with premenstrual syndrome by reducing symptoms in addition to other general physical advantages. This is due to the fact that moderate exercise encourages the body to release endorphin-producing chemicals. These are all-natural pain relievers that can also lift your spirits while easing cramping and back discomfort. Exercise can improve the heart's ability to pump blood, which lowers the likelihood of developing high blood pressure. The "good" kind of cholesterol that removes extra fat from the bloodstream, HDL (high-density lipoprotein), can also rise in blood levels as a result. Even though it is generally believed that cardiovascular diseases affect adults, children as young as three have had fatty deposits found in their arteries, and roughly 5% of children have excessive blood pressure. Your middle-schooler has to engage in continuous activity for 20 to 30 minutes, at a heart rate higher than his resting level, at least three times per week. A general rule of thumb is that the effort required to continuously walk briskly is sufficient to maintain fitness. Assure them that participating in regular activities like cycling (always with a helmet), swimming, basketball, jogging, fast-paced walking, cross-country skiing, dance, aerobics, and soccer can not only be enjoyable but also beneficial to one's health. Some activities, like baseball, that merely call for sporadic exercise are advantageous in a variety of ways but do not encourage fitness. The following are some reasons that exercise is good for you:

Lengthen the cardiovascular endurance

The leading cause of death in the United States is heart disease, and regular exercise can help prevent heart issues. Your child's cardiovascular system can be strengthened through exercise, which can also help him feel better and become more physically fit. By improving cardiac function through exercise, high blood pressure can be prevented more often. Additionally, it can increase blood levels of HDL (high-density lipoprotein), a "healthy" kind of cholesterol that removes extra fat from the bloodstream. Atherosclerotic fatty deposits have been seen in children's arteries as young as three years old, and roughly 5% of children have high blood pressure, despite the fact that the majority of cardiovascular diseases are often regarded to be illnesses of maturity.

Strengthen and endurance of the large muscles

Your child will be able to exercise for longer lengths of time as his muscles get stronger, and he'll also be better equipped to avoid injuries as stronger muscles offer better support for the joints. Modified sit-ups, performed with the knees bent and the feet flat on the ground, can strengthen the abdominal muscles, expand the lung capacity, and prevent back issues. He can carry out modified pull-ups (keeping the arms flexed while hanging from a horizontal bar) and modified push-ups (placing the knees on the ground while extending the arms at the elbows) to build upper body strength.

Amplify your adaptability

Children must be able to twist and bend their bodies through the full range of natural motions without tiring out or getting hurt in order to be in full physical fitness. The more adaptable children are, the more agile they become. Stretching to keep suppleness throughout life, starting in childhood, can slow down the process of losing flexibility, despite the fact that most people lose flexibility as they age. As part of your child's warm-up and cool-down routines, incorporate stretching exercises because they are the best way to maintain or increase flexibility.

Keep a healthy weight

Pre-pubescent children who are overweight make up 13% of the population, but only a small percentage of them participate in physical activity. Exercise has the power to effectively burn calories, fat, and curbs hunger. To help you determine whether your child has a healthy percentage of body fat for his or her age and sex, ask your pediatrician.

Reduce tension

Stress that is not well controlled can tighten muscles, which can lead to headaches, stomachaches, and other sorts of discomfort. Your youngster needs to learn how to successfully manage stress as well as detect it when it manifests in his body. One of the finest methods to manage stress is through exercise. A physically active child is less prone than his more sedentary peers to have stress-related symptoms.