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Strategies for Boosting Physical Performance and Health

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ABSTRACT

The advantages of exercise are well-established and widely reported. The Everybody Walk! The campaign aims to encourage Americans to walk and remove social and behavioral barriers that hinder individuals from being physically active, despite the fact that it is widely acknowledged that physical activity is a low-cost option for disease treatment and prevention. The American College of Sports Medicine, the Centers for Disease Control and Prevention, and the National Institutes of Health have all suggested regular exercise is inactive. It is well acknowledged that physical activity can be used to primarily prevent chronic diseases. The activity also has a positive impact on a person's health and wellbeing

Keywords: Exercise, Physical Activity, Sports Medicine, Regular Exercise.

INTRODUCTION

The advantages of exercise are well established and widely reported. The Every Body Walk! Campaign aims to encourage Americans walking and remove social and behavioural barriers that hinder individuals from being physically active, despite the fact that it is widely acknowledged that physical activity is a low-cost option to disease treatment and prevention. The American College of Sports Medicine, the Centers for Disease Control and Prevention, and the National Institutes of Health have all suggested regular exercise that is inactive. It is well acknowledged that physical activity can be used to primarily prevent chronic diseases. Activity also has a positive impact on a person's health and wellbeing. Despite the advantages of routine exercise, there are many adults worldwide who are physically inactive. Studies examining illness processes as well as controlled clinical trials are needed to support environmental and governmental initiatives aimed at promoting physical activity. We must hold patients and doctors responsible for physical activity as a vital sign in order to increase the rate of physical activity. Taking physical activity into account as a vital marker is the first step. The second phase is encouraging patients who are not physically active to start exercising more. The third step entails developing circumstances and catalysts that encourage people to engage in increased physical activity. The fourth step is to provide evidence that patients who engage in physical activity experience a lower incidence of disease. Discovering and disseminating best practices is the final and fifth phase. The best methods must be identified and disseminated by doctors and patients in order to achieve physical activity goals. We'll need healthy individuals and communities in the future to preserve and promote health if we're going to reach total health. Our communities need to be healthy and self-learning because patients spend so little time with their doctors. Finding a successful strategy and sharing it with other communities is a crucial component of self-learning. Numerous patients search for solutions to increase their activity level on a daily basis. Currently, there isn't a structured, systematic Web-based method to find these services that also enables community organizations to see the services a patient has already used. Furthermore, there is no reliable way to determine whether a service is improving the quality of healthcare for a population.

Methods to Boost Physical Activity

Use physical activity as a vital sign to gauge

Like other crucial indicators of health, exercise is a crucial component of good health (eg, blood pressure). The doctor might initiate a discussion on the value of physical activity for health if the patient is not fulfilling their exercise goals. Patients must, in the end, be in charge of their health and amount of physical activity. The first stage is for them to comprehend what is required of them. Learning how to switch from idleness to daily physical activity is the second step.

Encourage patients to exercise at least 150 minutes weekly

When ability, triggers, and motivation are in harmony, behaviour changes. Being physically active should be primarily motivated by one's own good health. As was already said, exercise has several positive health effects. Some patients will require instruction on how to engage in physical activity (ability) and reminders to do so. It has been demonstrated that behavioural therapies greatly boost physical activity, which enhances body mass index and diabetes control. Patients who receive behavioural interventions may become more physically active. According to Brown et al., behavioural interventions have been successful across a range of populations and environments.

Make physical activity more accessible where we live, learn, work, play, and pray to create healthy environments

Patients have numerous obstacles to being physically active due to their complicated lives. It is now necessary to collaborate in order to develop settings that make it simpler to engage in physical activity. A family exercising together on the weekends, students taking part in physical education classes at school, workers taking part in workplace physical activity programmes, and religious organizations encouraging people to exercise at religious events are a few examples of how this might be accomplished. The absence of safe places to walk, ride a bike, and play has been cited as a barrier to physical activity. Adults and kids will both benefit from more physical activity if there are more locations for it and if people are informed about where to locate them. The promotion of neighborhood-wide initiatives and assistance for families who want to be physically active should be a joint effort between doctors and patients, as well as community leaders. These broad-based programmes have the potential to create multidisciplinary teams that are focused on utilizing local assets to encourage physical activity in the places where we live, learn, work, play, and pray.