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Teenage Physical Activity and Health

Prachi Rajput*

Editorial office, Sports and Exercise Science, India

**Corresponding Author: Dr. Prachi Rajput, Editorial office, Sport and Science, India*

E-mail: Prachirajput379@gmail.com

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ABSTRACT

Adolescent physical activity may assist shape healthy adult lifestyles and lower the incidence of chronic diseases by promoting the development of such behavior. Teens' health depends on exercise, which is crucial. For the benefit of their future selves, it is crucial to promote healthy lifestyles among kids and teenagers. The youngster is more likely to carry into adulthood the lifestyles they learn while they are young. A person's age may make some lifestyle adjustments more difficult to implement. Engaging the entire family in the cause of healthy living is the most effective strategy. To define the ideal level of physical activity for adolescents, however, a number of scientific issues must be resolved.

Keywords: Physical Activity, Cardiorespiratory Fitness, Adolescence, Young Adults, Health Promotion, Chronic Disease.

INTRODUCTION

Adolescent physical activity may assist shape healthy adult lifestyles and lower the incidence of chronic diseases by promoting the development of such behavior. Teens' health depends on exercise, which is crucial. For the benefit of their future selves, it is crucial to promote healthy lifestyles among kids and teenagers. A youngster is more likely to carry into adulthood the lifestyles they learn while they are young. A person's age may make some lifestyle adjustments more difficult to implement. Engaging the entire family in the cause of healthy living is the most effective strategy. To define the ideal level of physical activity for adolescents, however, a number of scientific issues must be resolved. Adolescence is a crucial developmental stage during which individuals make unique lifestyle decisions and form behavioral patterns, including the decision to engage in physical activity. Physical inactivity, sedentary lifestyles, and poor cardiorespiratory fitness are major risk factors for the emergence of chronic diseases, which can lead to morbidity and mortality as well as financial burdens on broader society due to the need for health and social care services as well as decreased labor productivity. Action must be taken quickly and collectively in response to alarming increases in unhealthy physical activity behavior. The best people to convey persuasive messages encouraging physical activity and behavior change are the healthcare professionals who work with adolescents and young adults. Every interaction is an opportunity to inquire about physical activity, offer suggestions, or point people in the direction of useful resources or possibilities. The PIA risk factors for adolescents are very important. With a focus on education, nutrition, and a supportive environment with family and school involvement, the multidisciplinary National Institute for Health and Care Excellence (NICE) lifestyle change management approach for overweight and obese young people includes physical activity as a key component. With an emphasis on physical, psychological, and physiological barriers, qualified health professionals can provide advice on physical activity in a primary or secondary care context. According to reports, cost, accessibility, and a lack of nearby facilities are the biggest obstacles to teen physical activity. Numerous physical activity programmes have decided to concentrate on these in order to support their strategies for activity promotion. Initiatives to promote physical activity are crucially designed by policymakers, but they frequently receive little to no input and feedback from the main intervention users. There is a "policy gap" as a result between what professionals believe young people's health requirements are and what teenagers actually want from treatments. Target population involvement is considered to strengthen the legitimacy, justification, and viability of policies over those developed through more conventional, top-down techniques.

Hazards associated with physical activity:

Most common hazards during physical activity are Injury to the musculoskeletal system, which can range from modest muscle strain to tissue, bone, or joint trauma, is the most frequent danger. The induction of a cardiac event is the workout danger that is the most serious.

Although the risks are very modest in comparison to the possible health benefits, practitioner understanding is crucial. A history of dizziness, presyncope, or collapse brought on by exercise should be brought up with the general practitioner. When a person is under 35 and has comorbidities like asthma or diabetes, such as sudden cardiac death, unexplained death, or drowning in the family, further expert guidance and initial monitoring may be necessary. The risk of having a cardiac incident during exercise is highest in people with known or suspected heart disease. Exercise-induced cardiac events may also be more likely in people with several cardiovascular risk factors (smoking, high blood pressure, diabetes, and high cholesterol). A cardiac incident might happen while exercising far more frequently in people who have less active lifestyles. The risk of an activity-induced cardiac attack is actually decreased by frequent exercise. Before beginning a program of moderate to vigorous intensity exercise or before stepping up the intensity of your workouts, it is always advisable to speak with a healthcare practitioner.

The most frequent issue related to exercise is injury to muscles, bones, or joints. Even though transplant recipients have not been the subject of studies, it is probable that underlying diseases (such as kidney illness) and some immunosuppressive drugs may have an impact on bones, increasing the risk of orthopedic and musculoskeletal injury when exercising. A qualified physical therapist should be consulted to assess the discomfort and determine the best course of action if you feel joint (hip/knee) soreness after activity. It may be necessary to change the suggested exercises (e.g., substitute a non-weight-bearing activity like cycling or swimming for a weight-bearing activity like walking or jogging).