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## Health and fitness through sports

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### Abstract

In today's life Health & fitness are two aspects and sports works as a bridge to keeps us fit mentally & physically. In modern world, man lives hectic and inactive life. We have developed such technology and inventions which changes one's lifestyle like "instead of walk we ride, watch instead involving and sits instead to stand. To overcome the pressure it is very important to bring effective positive changes to our lifestyle to participate in more physical education programmes with sports activities.

**Conclusion:** Playing sports has an important place in Health and fitness mentally and physically. It's always a fun and sports like swimming, soccer, running etc. keeps us healthy & fit which reduces stress.

**Keywords:** Health and fitness, physiological fitness, workout, sports

### Introduction

"Health is Wealth" a phrase that defines the importance of health in human beings life. In modern life the technology and gadgets that we innovate make our life easier but hectic and busyness makes more stressful. Current lifestyle and working makes our life physically more inactive. To work fast and effectively, we develop such habits that will make our lifestyle dull, more stressful and inactive like we forget to walk, stand, laugh and to take participation in physical activities. For fitness as well as to overcome this stress it's very important to make positive efforts in our current lifestyle by participating in physical activities like sports, yoga and more physical related programmes.

According to 'WHO' the fitness and good health is not just the lack of infirmity and disease but it refers to a state of complete mental, physical, emotional, spiritual social and intellectual well-being and to gain this we need a coordination between health, wellness and fitness.

From ancient periods to now a day's sports plays an important and effective role in our lifestyle to make us healthy and fit with a strong mind state. Sports prepares us mentally & physically to participate as a social being in the society. Sports is not only playing a particular game or intense workouts in gymnasium but there are lots of reason, how and why, one involved in a sport like fitness, strengthening, stamina building, flexibility or relaxation.

Sports provide you an environment in which you have fun, motivation, refresh, distressing at the same time. It helps to achieve happiness and keeps us full of life. It not only helps to improve endurance, strength, stamina, muscle building etc. but also excitement, satisfaction, wellness and happiness.

Sports creates a sense to achieve certain goals which increase motivation as well as maintains blood flows, improves breathing, immunity etc. Thus we have to lay emphasis on a lifestyle which promoted more physical activity with simplest, funniest and energetic method like sports, yoga, swimming, workouts in gym related physical programmes. Now question arises which sport is perfect, but it varies from person to person which depends on various factors as well as interest. The main thing is your strong mental state and dedication to physical workout and play sports regularly which results in good health and fitness.

### Benefits from sports in relation to health and Fitness

1. Playing sports is a recreation of lost energy as you enjoy to play results satisfaction.
2. It helps to overcome pressure, depression and anxiety.
3. It also works as an motivational boost up as we set goals and challenge our selves.
4. It helps in your body condition as it reduces your fat, increases flexibility improves

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breathing maintains blood flow etc.

5. It improves your endurance, stamina, performance and concentration.
6. It helps to build a better mind frame as you lose and win which helps to take important decisions at your work place or in living condition.
7. As your body and mind is healthy and fit you will do better in every field like – Academics, team work etc.
8. It helps to fight different types of diseases like Diabetes, Hypertension, high Cholesterol, improves blood circulation, strong immunity, strong muscles and bones.
9. It makes you a self-esteemed social being who has positive attitude, discipline, mutual respect, calmness and a hard worker with high goals.

When we used to play sports we achieve high standards and there are scientific studies that demonstrate the inactiveness of youth, adults and children which leads them to serious health problems like high blood pressure, hypertension, diabetes, obesity, heart problems and much more.

Now a question arise how and what sports should one play?

- a. First you have to find in which sports you have interest.
- b. Then you have to get ready and motivate yourself.
- c. Find a perfect environment.
- d. Then just play.

### **Lifestyle with Sports**

Our lifestyle is meant for our day today work. Except a community of farmers and labourers none others has a habit to do physical activities frequently.

Yes in our life style, work, our pay and financial aid has upper hand on all other activities but without physical activities and sports one's health has drastic results. So, we have to make a habit for sports whether we are in field or not. We will spent at least 30 to 40 minutes for any sport, we have to make it a hobby and has to take it as a challenge.

Some exercises like swimming, cycling, jogging, running, walking, skipping can be done regularly every day with all family members. One can also develop any activity as a family sport. Work is important but sport will improve your working ability.

### **Conclusion**

Body is like a temple in which we worship which leads to better world. In this world only human beings use their brains to achieve goals, develop technology for making our lives better as well as easier. We develop machines and gadgets to ease our work. We work to get monetary benefits but forget to take care of our body. Who is doing all for you physically and mentally. We took various pressures mentally and physically that leads to dangerous effects and life style. To overcome all this hectic life style we all have sports of our ability which offers unique benefits. It improves you as a whole, decreases the chances of diseases, gives strength to body and mind, makes you more disciplined, positive attitude with self esteemed motivated mind to take all challenges because when you become healthy and fit and you will get energetic and positive mind frame. Sports redefines your character and helps to improve society, the nation and the world. Always remember the greatest "Wealth is Health".

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