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## Importance of physical education and sports in modern lifestyle

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### Abstract

In today's modern way of life, man is turning a blind eye to his health. This has led to radical changes in human life and they have to face various ailments. In today's world physical education is essential. Man can live health and better life only by doing physical exercise. Today new and degausses are emerging and have made big has to men's body. Man life has become dependent on medicines. Physical education and sports ploy important role is man development and good helpful for better social, physical, mental life.

**Keywords:** Modern life style, physical education, sports, modern age, social life

### Introduction

Man cannot be successful in his life without good health. We know that health mind lies in healthy bode. Now a day's video games and computer games have taken the place of our traditional games. Man does not have time to play indoor or outdoor games in the modern age of technology. Sport is important for mans all round development and for living healthy life. Today very fast changes are seen in the field of physical education. First of all man gets physical education and then gets social education. Thus man's social education has the leases of physical education. Today everything is done by machines. The fitness long become so much dependent on technology that human does not have enough time to take care of his or her body which is a very valuable gift of nature to humans. Humans have stopped physical exercises because of technological tools and other facilities. Human cells stopped a physical exercises because of technology tools and others facilities. Previously human were used to remaining healthy by playing various outdoor games and their by doing physical exercise. The human body has become the store house of a various diseases (Burton G.V -2000) <sup>[1]</sup>.

### Importance of Physical Education

In today's age of globalization there is a great need for physical education. If a person wants to get a rid of stress he need to do physical exercise every day. It keeps a person healthy and well. If we are regularly physically active we can reduce the risk of a heart attack. Manage our weight better have a lower blood cholesterol level. Exercises help us block the negative thoughts and destruction from our daily life. Exercising with other people provide an opportunity to increase the social contact. A healthy life style main live your mood and improve your sleeping pattern. Exercise also change level of chemicals in your brains, such as serotonin and stress hormone (Staniszewski T -2007) <sup>[2]</sup>.

The human body developer very naturally from the parental stage to old age, when this natural development is happened by some physical exercise it improves the energy level of the body. There are different types of exercise for a different age stage from childhood to old age. This exercise is important for natural development in a scientific way. (Krotee M.L.-1986) <sup>[3]</sup>

### Modern Lifestyle and Health

In the modem era, advancement in technology has directed us to lead sedentary lifestyle and has resulted in marked decline in our regular physical activity and food habits compare to the Paleolithic lifestyle.

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Physical inactivity over a longer period of time has been identified as a risk factor for the development of non communicable disease such as her disease diabetes cancer and obesity. The major reasons for physical in activity are due to insufficient participation in physical activity sedentary lifestyle and increase use of passive modes of transport (Dr. Sharma V.K - 2020) [4]

Physical incubators to increase with age and sedentary lifestyle are more likely to be lead by female than men.

Is clear from the above change in a lifestyle cool keeping us holier in the modern computer world? A closer look is to the Paleolithic lifestyle leads by our and sister really want that balanced physical activity along with a nutritious diet have helped them to stay metabolically healthy. People living sedentary lifestyle must look into Paleolithic lifestyle which might provide the answer to keep them healthy and leads a better future (Chavhan Mausam - 2012) [5].

### Daily Exercise Vital for Better Health

Daily exercise can reduce all of the biomarkers of aging. Exercise can improving eyesight normalizing blood pressure improvement muscle lower cholesterol and improved bone density. If you want to live a healthy life and live longer, you must exercise. In the following some tips of better health.

1. Exercise daily
2. Get enough sleep
3. Avoid bad habits
4. It will and balanced diet
5. Stay hydrated (Nicholas B Tiller - 2018) [6]

### Stay stress free in life

In today's stressful life, if you want to be stress free, you need to exercise. Stress is an unavoidable passed of life, but that doesn't mean you should ignore it. Too much untreated stress can cause potential serious physical and health problem the good news is that in many cases stress is manageable. With some patients and a few useful strategies, you can reduce your stress, whatever their families stress or stress at the workplace.

Exercise doesn't necessarily mean powers lifting at the gym are training for the marathon. A short work around the office or simply standing up to strength during a break at work can offer immediate relief in stressful situation. (Shan, Chinubhai P - 1982) [7]

Look for the positive in life and things for which you're grateful.

### Research Methodology

The secondary source are given more importance in this paper the secondary source of information use are the papers, research journal, newspaper, thesis and books of famous philosopher.

### Result

The health benefits of praying sports includes proper weight management, efficient functioning of the heart control diabetes, lower cholesterol level, improved blood circulation, and lower hypertension and stress level. Development of mass sports and its place in modern society is a topical issue of great importance. Popularization a physical culture sports and healthy lifestyle play on important role in society in any country. The sports system is directly connected with the subsector of health, science, culture, upbringing and education.

### Discussion

Sports and physical education is an important social phenomenon in all levels of modern society providing a large impact on key area of social life. It affects the national relations, business life, social status, fashion forms, ethical value, and people lifestyle. Sports, Being one of the most important means of enhancing human health physical development and improvement, it also has a significant positive impact on this spiritual world, he is attitude, emotions, moral principle, promoting harmonious development of personality.

### Conclusion

In today's world physical education is essential. Man can live healthy and better life only by doing physical exercise. Today new and new diseases are emerging and have made been harm to man's body. Various kind of physical activities help in developing the organic system and functioning of the body. On the basis of above discussion it can said that physical education place a very important role in the modern world and everyone must participate in any kinds of physical activity.

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