

Physical Activity

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health. It is important for maintaining physical fitness and can contribute positively to:

- Maintaining a healthy weight
- Building /maintaining healthy bone density, muscle strength, and joint mobility
- Promoting physiological well-being
- Reducing surgical risks
- Strengthening the immune system

Frequent and regular physical exercise helps prevent diseases of affluence such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. It also improves mental health and helps prevent depression.

Physical activity is thought to have beneficial effects related to cognition as it increases levels of nerve growth factors, which support the survival and growth of a number of neuronal cells. In the long term, exercise is beneficial to the brain by increasing:

- Blood and oxygen flow to the brain
- Growth factors that help create new nerve cells and promote synaptic plasticity
- Chemicals in the brain that help cognition, such as dopamine, glutamate, norepinephrine, and serotonin

Sports are a common form of physical exercise. Apart from being a fun activity, sports offer several health benefits, thus contributing to one's physical and mental well-being. Sports play a vital role in the enhancement of one's personality by being a source of exercise and entertainment. Some benefits of playing sports are:

- Those who play sports have a more positive body image than those who do not.
- Playing sports teaches a person to accept both successes and failures in a positive spirit.
- Playing sports is very beneficial for the development of social skills in a person. Sports teach a person to interact with people, act as a team.
- Playing sports requires thoughtful planning. You need to devise the best ways to score for your team and the best strategies to win.