

Physical Activity: A Basic Need for All

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Abstract: *This article is a document the need of physical activity for all. This article presents many reasons why all youth need physical activity for their all around development. Physical activity is for an individual, a strong means for prevention of diseases and for a cost effective method to improve public health across the population.*

Keywords: Physical activity, Development, Diseases.

1. Introduction

Physical activity is the basis of life. All living being are instinctively active: They move and they live: They live because they move. Life is characterized by movement or activity. All function of the organism are a function of movement. In order to have a better understanding of the life function, movement as it relates to life process, may be categorized into

1. Survival activities or basic organic activities
2. Developmental activities

Survival activities are simple organic reflexes such as respiratory, cardiac, mesenteric and digestive movements. They may be in born but are not within the conscious control of individual. Development activity is the large muscle activity comprising locomotion. The scientific evidence supporting physical activities role in health and well being has been extensively documented. Physical activity is defined as any bodily movement produced skeletal muscles that require energy expenditure. Physical inactivity (lack of physical activity) has been identified as the fourth leading risk factor for global mortality moreover physical inactivity is estimated to be the main cause for approximately 21-25 % of breast and colon cancers. 27% of diabetes and approximately 30% of ischemic heart disease burden. Regular and adequate levels of physical activity in adults.

- Reduce the risk of hypertension, coronary heart disease, stroke, diabetes, breast cancer, depression.
- Improve bone and functional health.

The term “Physical activity” should not be mistaken with “exercise”. Exercise is a subcategory of physical that is planned, structured, repetitive and purposeful .in the sense that the improvement or maintenance of one or more components of physical fitness is objective. Physical activity includes exercise as well as other activities which involve bodily movement and are done as part of playing working, active transportation, house chores and recreational activities. The purpose of this article is to document the need of physical activity in the current trend of obesity and physical inactivity among youths and adults.

2. Physical Activity Helps Prevent Disease and Promote Wellness

The importance of regular physical activity in reducing the risk of major chronic diseases. It is now clear that the risk of major chronic diseases such as heart disease, high blood pressure, stroke, some form of cancer and diabetes are increased by sedentary living. There is evidence that regular physical activity can improve immune function. Like brushing your teeth early in the life to prevent cavities later in life, engaging in regular physical activity early in life can lead to healthy activity habits later in life thus reducing the risk of disease and improving the quality of life

W.H.O. declared that health was more than freedom from disease. Quality of life and sense of well being were considered to be equally important to good health. This positive component of good health is now referred to as wellness. In recent years, Evidence has accumulated demonstrating that physical activity can promote wellness in adults as well as youths. Active people are less likely to be anxious and depressed. Active people are more productive at work

3. Physical Activity Can Help Fight Obesity and Promote Physical Fitness

The high incidence of obesity in our society has been characterized as an “obesity epidemic” by some experts. One probable cause of childhood overweight and obesity is decreased daily energy expenditure .Inactivity among children has likely increased because of factors such as reliance on cars and bikes for transportation, increased screen time (e.g. Television, videogames, internet). The problem of overweight and obesity among youths extend beyond the clinical and cosmetic. Overweight children are more likely to experience psychosocial and psychiatric problems than non obese children.

Physical fitness, as it relates to good health, has been categorized into five components (cardiovascular fitness strength, endurance, flexibility, and body composition). With the help of regular physical activity we promote physical fitness among all youths and adults.

4. Physical Activity Promote Learning

Research indicate that regular participation in physical activity promote the process of learning research also indicates that increased time spent in physical activity either enhance “academic” performance. In addition research has demonstrated that even short bouts of physical activity can positively affect cognitive functioning in children. Even neutral effects document that taking time for physical activity does not diminish academic learning in other areas such as math reading and science.

In a recent large scale study looking at the relationship between physical fitness and academic achievement. It was associated with higher levels of physical fitness. Results indicated a consistent positive relationship between overall fitness and academic achievement.

5. Physical Activity Helps to Educate the Total Child

Empty heads devoid of bodies do not come to school to be filled. Nor is school a place where we build bodies at the expense of the head. A central tenant of a sound educational philosophy is to educate the whole child. A famous quote “A sound mind in a sound body” Most educators agree with the sentiment of the quote and support the notion that educating the total person is a worthy primary goal. Children have the opportunity to learn the motor skills and acquire the knowledge to participate in a variety of physical activity. Physical activity is a primary means of accomplishing educational objectives

6. Concluding Comments

Ask a parent what is important. Perhaps more than anything they would wish for good health for their children and their loved ones. This is no doubt one reason why support for physical activity is so strong. However this support is not always reflected when critical decisions about children’s education are made. Physical activity programs, like many other programs face increased scrutiny and the potential for elimination when budgets are tight. In order to survive, physical educators must accept the responsibility of promoting the physical activity programs. The accumulated evidence presented in this article can serve as a resource for helping to know the importance of physical activity

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