

Leisure sports for promotion of Health

Ramakant D. Bansode¹, Dr. Vandana Singh²

¹College of Veterinary & Animal Sciences, Udgir (Maharashtra)

²Patna Women's College ,Patna (Bihar)

Abstract: The importance of a **Leisure sports** is linked to a higher quality of life as well as Health Promotion. It is well documented that regular playing of Leisure sports in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weights, reduces anxiety and stress, increases self-esteem and may improve blood pressure and who have regular, sequential Leisure sports are stronger students – physically and mentally. Leisure sports enhances the mind-body connection, which can improve mood and physical health – and even lighten various psychological disorders. Improved depression, body image struggles, eating disorders, and even physical problems such as back pain and asthma are some of the health benefits of exercise.

INTRODUCTION

Leisure sports and games are part of intangible heritage and a symbol of the cultural diversity of any societies. Leisure sports is provides opportunities to learn motor skills, develop fitness and gain understanding about physical activity. **Leisure sports** benefits gained from physical activity include: disease prevention, safety and injury avoidance, decreased morbidity and premature mortality, and increased mental health. The Leisure sports program is the place where students learn about all of the benefits gained from being physically active as well as the skills and knowledge to incorporate safe, satisfying physical activity into their lives. Leisure activities can improve the physical and mental health of individuals and have the significance of **regulating the body and mind, alleviating the stress of life, and providing a pleasant experience** (Lin et.al 2014)

THE HEALTH BENEFITS OF LEISURE SPORTS

Cognitive Benefits

Participation of sports ,sends your heart racing, which pumps blood around your body, increasing the oxygen to your brain. Exercise can also help to stimulate the production of growth hormones that help to create new brain cells. Children learn through a variety of modalities (e.g., visual, auditory, tactile, physical). Teaching academic concepts through the physical modality may nurture children's kinaesthetic intelligence. Academic constructs have greater meaning for children when they are taught across the three realms of learning, including the cognitive, affective and psychomotor domains. Greater depth and relevance can be achieved when the subject matter constructs are related to each domain of learning. Research has demonstrated that children engaged in daily Leisure sports how superior motor fitness, academic performance, and attitude towards school versus their counterparts who did not participate in daily physical education. Leisure sports learning experiences also offer a unique opportunity for problem solving, self-expression, socialization, and conflict resolution

Affective Benefits

Physical competence builds self-esteem. Quality Leisure sports programs enhance the development of both competence and confidence in performing motor skills. Attitudes, habits, and perceptions are critical prerequisites for persistent participation in physical activity. Appropriate levels of health-related fitness enhance feelings of well being and efficacy

Leisure Sports Improves the Quality of Life

In early years children derive pleasure from movement sensations and experience challenge and joy as they sense a growing competence in their movement ability. Evidence suggests that the level of participation, the degree of skill, and the number of activities mastered as a child directly influences the extent to which children will continue to participate in physical activity as an adult. Regular physical activity improves functional status and limits disability during the middle and later adult years. Physical activity contributes to quality of life, psychological health, and the ability to meet physical work demands. Leisure sports can serve as a vehicle for helping students to develop the knowledge, attitudes, motor skills, behavioural skills, and confidence needed to adopt and maintain physically active lifestyles. The outcomes of a quality Leisure sports program include the development of students' physical competence, health-related fitness, self-esteem, and overall enjoyment of physical activity. These outcomes enable students to make informed decisions and choices about leading a physically active lifestyle.

Improved body image

Fewer symptoms of eating disorders are also reported by women who involved in physical exercise perhaps because exercise encourages one to listen to the body's feedback and learn to be sensitive to the bodily sensations. This in turn makes one less preoccupied with one's appearance, gives more positive views of the body, and helps incorporate healthy eating habits in one's life. A healthy body image is one of the health benefits of exercise. Women who involved in Leisure sports are more body satisfaction, less self-objectification, and greater satisfaction with physical appearance (compared to women who don't do yoga).

Leisure sports as a preventive tool

In fact, many who have adapted exercise as part of their regular fitness routine does so since it significantly improves their health maintenance system. One of its practical applications involves stress reduction techniques that enable an individual to cope with daily stresses in if that could have entailing impact on the health. Indeed, stress depletes the immune system's ability to fight off diseases so it is important to eliminate stress in the life. There are several methods involved in physical exercise that will provide with an effective stress management tool, such aerobic exercise, breathing exercises, and stretching exercise. Heart problems and cardiovascular diseases is one of the leading causes of death worldwide. Finding an effective cure against these type of diseases will greatly reduce to mortality rate. But regular exercise offers an even more effective approach to put a stop to the increasing number of people suffering from heart diseases. Hence, expert Leisure sports suggest incorporating Aerobic exercise, calisthenics and resistance exercises into the daily life so that one can embark on an important lifestyle transformation that will improve the heart condition.

Leisure sports are considered as a gift by many due to its immense benefits and ability to provide cure for a wide range of diseases without having to intake medications. But aside from providing cure, physical exercise can also be used as a preventive too. With regular physical activity, it is believed that one can improve health and well being such that body is better able to fight off diseases. The discipline of exercise makes one think differently about one's mind and body by enhancing mind-body bond. People of any age or gender can benefit from the exercise. Its restorative mechanism is what makes exercise unique from other medical approaches or exercise trends that are currently practiced by various individuals. It emphasizes the promotion of a healthy well-being more than it focuses on trying to cure diseases. Indeed, prevention is still several ways better than cure and anyone who has tried can attest to this.

When an individual suffers from stress, it constricts breathing passage, creates tension in the heart muscles, and increase heart rate. When this happens, one simply has to start executing aerobic exercises to release pressure exerted on the heart and its surrounding muscles. Performing aerobic exercises and positions are the subject of several health studies over the recent years. And these studies show somewhat similar results that indicate the ability regular exercise to improve the quality of life. This happens mainly due to the improved body composition and better fitness level. Moreover, these effects are equally significant as a complementary therapy for those that are undergoing conventional medical treatments. By regularly executing aerobic exercises, an individual is able to improve their muscular strength, produce a leaner body mass, and improve immune system. It also helps to improve one's level of self-esteem and produce a more positive body image, which greatly impacts their view of the self without suffering from any form of side effects.

It is so believed that exercise improves the health such that it equips oneself with the ability to fight off common diseases and other conditions. Whether it affects the physical health or internal organ system exercise is able to address various health issues, which is the key to improving the quality of life. So, what are these common health problems and how does exercise improve your body's ability to prevent them? All these questions need serious explorations scenically.

Chronic back pain or problem is a common complaint shared by several individuals. But Therapeutic exercise offers a great method to relieve your of any pain sensation or prevent back pain from developing. Back pain, particularly in the lower back area, is often caused by poor posture of remaining at the same position over a long period of time (which is likely with individuals sitting in their office desks for several hours each day) the aim of Therapeutic exercises is to add flexibility, provide proper toning, and increase strength in your muscles. All of these are important qualities that the body needs to eliminate pain in the back or some other parts of the body. And the best part about performing these therapeutic exercises is that they serve both as a way to prevent injuries or speed up the process of healing.

The ability to add strength and flexibility to your muscles and joints are obvious benefits that can be derived from strength and flexibility to your muscles and joints are obvious benefits that can be derived from stretching exercise people are aware that exercise provides benefit to your internal health system, as well. One of that is your digestive system. When you perform advanced stretches or curling exercises, it also internally massages your organs such that it facilitates for proper functioning of those organs. And when your internal or digestive organs are healthy, so is the rest of your body.

Stress-Related conditions:

Exercise causes your body to release endorphins, the chemicals in your brain that relieve pain and stress. It also reduces the levels of stress hormones, cortisol and adrenaline. There are several ways to equip your body to cope with the effects of stress or better yet manage stress before it begins to create devastating effects on the body. Exercises are very effective in helping you control stress and regulating your breath patterns. The Complete Breath technique is one of the breathing exercises that one needs to learn, especially when “stressed out”. Simple concentration and paying close attention to the sound of the breathing and this enables to calm down the nerves and avoid panic attack. Daily or regular exercises and aerobic exercise also known to effectively reduce anxiety or depression caused by stress. Anxiety and stress are normal bodily responses prompted by various external impulses. In fact, stress is considered as healthy as it enables the body to push beyond the limits and act according to what type of physical situation an individual is confronted with. But when present in an overwhelming amount exercise is not good for your health.

Health Conditions Related to Aging Process

Older individuals can experience several great benefits from therapeutic exercise such as improved dexterity, injury prevention, and reduced amount of pain in their joints, muscles, and ligaments as yoga exercises help to add flexibility into them. There is also a relatively new category of exercise that caters to the needs of older or aging individuals. This might appear as a bit surprising for many given that most people have this misconception that exercise requires a certain level of flexibility or physical skill.

CONCLUSIONS

Participate in regular sporting activities, you can expect to enjoy numerous health and social benefits, including: **reduced risk of heart disease and stroke**. reduced risk of developing high blood pressure. reduced blood pressure in people who already have high blood pressure. Research is proving connections between good physical health and exercise for instance, epileptic stress, back pain and fatigue caused by multiple sclerosis are all health problems that have been proven to be reduced by various types of exercise and that’s just barely scratching the surface of all the scientific research about exercise and health.

Sports seems to possess enormous health potential and serious scientific explorations and its inclusion in the school educational curriculum along with Leisure sports is the need of time to enhance the quality of life of the people in general and nation as a whole. The health benefit of **Leisure sports** with regard to weight loss is that it’s easier to stop eating when your mind-body connection is strong. It’s your body awareness that is improving, not necessarily the caloric burn. Regular exercise improves mindfulness and encourages a “gentle strength”, which positively affects weight loss and weight management.

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