

EFFECTS OF EXERCISE ON MENTAL AND PHYSICAL HEALTH

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ABSTRACT

This paper was to assess the effects of exercise on mental and physical health. Exercise is essential for improving overall health, maintaining fitness, and helping to prevent the development of obesity, hypertension, and cardiovascular disease. Exercise consists of cardiovascular conditioning, strength and resistance training, and flexibility. There has been a growing interest in developing awareness of mental and physical health through exercise. Exercise has many effects, both curative and preventive, on mental and physical health. The study concluded that exercise not only improves physical fitness but also mental and physical health. Exercise lowers the risk of a variety of ailments, including diabetes, cancer, and cardiovascular disease. Daily exercise lowers stress and anxiety, increases happy emotions, raises self-confidence, boosts brain function, sharpens memory, and strengthens muscles and bones. Exercise, on the other hand, has a short-and long-term impact on mental and physical health. Above all, regular exercise enhances one's quality of life. One of the recommendations made was that the government should increase the standard of recreational centres to help individuals improve their mental and physical health.

KEYWORDS: Exercise, Mental and Physical Health

Introduction

There has been a growing interest in developing awareness of mental and physical health through exercise. Exercise has many effects, both curative and preventive, on mental and physical health. Any amount of exercise, even if it falls below the suggested amount, is likely to produce benefits. According to Vuori (2005), the positive effect of exercise not only improves mental and physical

health but also enhances emotional well-being. Regular physical activity is still an important behaviour for promoting health, delaying or preventing common musculoskeletal disorders such as mechanical low back pain, neck and shoulder pain, and lowering the risk of developing coronary heart disease, hypertension, diabetes, osteoporosis, obesity, and colon cancer. Exercise is a subcategory of physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body (Elmagd, 2016). Exercise is used to improve health, maintain fitness, and is important as a means of physical rehabilitation. Also, we can define exercise as any bodily movement performed in order to develop or maintain physical fitness and overall health.

The human body is like a complex and delicate machine that comprises several small parts. A slight malfunction of one part leads to the breakdown of the machine. In a similar way, if such a situation arises in the human body, it will also lead to malfunctioning of the body. Exercises can help to keep a society, community, or nation prosperous (Gulam, 2016). Exercise is associated with many physical and physiological benefits that help an individual feel good and function effectively. Exercise provides an enjoyable way to spend leisure time. People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate intensity on a regular basis. Regular exercise substantially reduces the risk of developing heart disease, stroke, high blood pressure, some cancers, and diabetes and may help ease stress, anxiety, and depression. At any age, being physically fit is an asset to your overall health. According to Kravitz (2012), people of all ages can improve the quality of their lives and reduce their risks of developing coronary heart disease, hypertension, some cancers, and diabetes with continued participation in moderate exercise. Exercise can also enhance one's mental well-being and promote healthy musculoskeletal function throughout life.

Concept of Exercise

Exercise is physical activity that is planned, structured, and repetitive for the purpose of conditioning the body. Exercise consists of cardiovascular conditioning, strength and resistance training, and flexibility (Encyclopedia of Children's Health, 2021). Exercise is essential for improving overall health, maintaining fitness, and helping to prevent the development of obesity, hypertension, and cardiovascular disease. Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness (Kylasov & Gavrov, 2011). Physical exercise is important for maintaining physical fitness and can contribute to maintaining a healthy weight, regulating the digestive system, building and maintaining healthy

bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system. Cooper, (2020) stated that exercise is the training of the body to improve its function and enhance its fitness. Exercise is a component of physical activity. The distinguishing characteristic of exercise is that it is a structured activity specifically planned to develop and maintain physical fitness.

Exercise involves engaging in physical activity and increasing the heart rate beyond resting levels. It is an important part of preserving physical and mental health (Bubnis & Felman, 2019). Exercise is physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness, and is important as a means of physical rehabilitation (Farlex, 2018). Exercise is useful in preventing or treating coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression. It is often assumed that exercise involves only movement, represented by activities such as walking, running, jumping, and swimming. Indeed, by their imprecise titles, respected texts (Bartlett, 2007) either wittingly or unwittingly promulgate this assumption. Exercise can also involve movement assisted by machines or other devices, such as those found in cycling, wheelchair racing, kayaking, rowing, skiing, and skating. Exercise is physical activity that is done in order to become stronger and healthier. It is also a particular movement or series of movements done to become stronger and healthier.

Concept of Mental Health

Rowling, Martin, & Walker (2002) define mental health as the capacity of individuals and groups to interact with one another and the environment in ways that promote subjective wellbeing, the optimal development and use of cognitive, affective, and relational abilities, and the achievement of individual and collective goals consistent with justice (Rowling, Martin, & Walker, 2002). Mental health is a dynamic state of internal equilibrium that enables individuals to use their abilities in harmony with the universal values of society. Basic cognitive and social skills; the ability to recognize, express, and modulate one's own emotions, as well as empathise with others; flexibility and ability to cope with adverse life events and function in social roles; and a harmonious relationship between body and mind represent important components of mental health which contribute, to varying degrees, to the state of internal equilibrium (Galderisi, Heinz, & Kastrup, 2015). Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term "mental health" to mean the absence of a mental disorder (Legg, & Felman, 2020). Mental

health is more than the mere lack of mental disorders.

According to the World Health Organization (2004), mental health is a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. Mental health includes subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others. Positive psychology and holism view mental health as an individual's ability to enjoy life and strike a balance between life activities and efforts to achieve psychological resilience (Snyder, Lopez, & Pedrotti, 2011). Mental health refers to our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices (U.S. Department of Health & Human Services, 2019). Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental health is associated with a number of lifestyle factors such as diet, exercise, stress, drug abuse, social connections, and interactions.

Concept of Physical Health

Physical health is the state of being free from illness or injury. It can include a variety of topics, such as a healthy diet, a healthy weight, dental health, personal hygiene, and sleep. Physical health is vital for overall well-being (NHS 2019). Physical health refers to a person who has good health and is likely to have bodily functions and processes working at their peak. Physical health involves pursuing a healthy lifestyle to decrease the risk of disease. Maintaining physical fitness, for example, can protect and develop the endurance of a person's breathing and heart function, muscular strength, flexibility, and body composition (Sampson & Felman, 2020). Physical health also involves reducing the risk of an injury or health issue, such as:

- ❖ minimizing hazards in the workplace
- ❖ using contraception when having sex
- ❖ practicing effective hygiene
- ❖ avoiding the use of tobacco, alcohol, or illegal drugs
- ❖ taking the recommended vaccines for a specific condition or country when traveling
- ❖ Good physical health can work in tandem with mental health to improve a person's overall quality of life.

Physical health refers to a person's physical activity level, diet, nutrition, sleep cycle, and level of consumption of alcohol or drugs (Koshuta & Chapel, 2021). Physical health is defined as an individual's body's well-being and the proper functioning of their organism, which is a normal state for people in both physical and mental health who are not ill (Nishat, 2020). Physical health might be more focused on being able to live comfortably enough to do the things that you want to do. Physical health refers to the ability to perform daily tasks and live comfortably in one's body. Physical health is correlated with mental health because good physical health leads to better personal feelings in the long term.

Effects of Exercise on Mental and Physical Health

Improves Cardiovascular Health: Exercise is good for heart health. Possible effects include improving cholesterol levels, lowering blood pressure, reducing the risk of heart attacks and heart disease, and reducing the risk of stroke. Reducing the risk of cardiovascular disease is an important effect of exercise. A person can begin experiencing the effects of exercise right away, according to the CDC (2021), who recommended that adults perform 150 minutes a week of at least moderate-intensity activity. The effect continues to increase as people become more active than this.

Reduces Risk of Some Cancers: The National Cancer Institute says there is "strong evidence that higher levels of physical activity are linked to a lower risk" of the following cancers: colon, stomach, esophageal, breast, bladder, uterine (endometrial) and kidney. For example, a 2016 analysis of 26 breast, prostate, and colorectal cancer studies found a 37% reduction in cancer-specific mortality when comparing the most active patients with the least active. There may also be a link between physical activity and a reduced risk of other cancers, but the evidence is less clear.

Improves Mental Health and Mood: Physical activity can help reduce anxiety, and this effect can start right after a moderate or vigorous exercise session. In the long term, exercise can also help reduce the risk of depression.

Improves Bone Health: exercise can help prevent the bone density loss that occurs with aging. Moderate or vigorous muscle-strengthening and aerobic exercise, as well as bone-strengthening programs, can all help. Real benefits to bone density can be obtained with as little as 90 minutes of exercise per week (Tipane & Daniels, 2021). Weight-bearing exercises, such as walking and dancing, and resistance exercises, are particularly good for bone health.

Conclusion

The study concluded that exercise not only improves physical fitness but also mental and physical health. Exercise lowers the risk of a variety of ailments, including diabetes, cancer, and cardiovascular disease. Daily exercise lowers stress and anxiety, increases happy emotions, raises self-confidence, boosts brain function, sharpens memory, and strengthens muscles and bones. Exercise, on the other hand, has a short-and long-term impact on mental and physical health. Above all, regular exercise enhances one's quality of life.

Recommendations

1. The government should increase the standard of recreational centers to help individuals improve their mental and physical health.
2. The government should create awareness on the importance and effect of exercise on mental and physical health.
3. Humans should prioritize exercise in order to preserve physical fitness, mental wellness, and overall health.

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