

Benefits of Sports Activities

Since the dawn of time, human is doing sports. In today's world, the number of people who benefit of sports activities has grown considerably all across the globe. The issue of sports activities has become increasingly controversial in many countries. It seems to be the case that not do sports activities lead to more adverse circumstances for people. Furthermore, this is a highly complex multidimensional matter involving many aspects. However, protection from chronic diseases and positive mood appear to be the two major benefits of sports activities for people who do them.

Firstly, one significant benefit of sports activities is protection from chronic diseases. For example, heart attack is very chronic disease and it happens in early years if people not healthy, especially very obese men can be heart attack. To be fit, people must do many exercises. For instance, according to the results of a recent survey conducted by scientists, a large majority of people spend three hours in a day for sports. Also, physical fitness can develop protection from chronic diseases. Everyone knows old person who is grandfather or grandmother but he runs or goes to sports salon and he is never ill even he is 80 years old.

Another, significant benefit of sports activities is positive mood because most people do sport and are in happy mood due to increased levels of serotonin. They do physical action to burn energy and their serotonin raises. Also they are more sociable as, they are making many friends because of team work. So they have both physical and psychological benefits. To illustrate, a recent survey by an international team of leading experts reports that many people who do not make sports or activities have problems in their psychology such as aggression, being nervous. Moreover, many people can be depressed because of their unstable mood.

To sum up, there has been a rise in the number of people who attempt to overcome the problem of not do sports activities, making the importance of this issue visible to a large number of people. The issue is the lack of being sportive and not getting fit. Two major effects of the benefits of sports activities appear to be more significant than the others: protection from chronic diseases and positive mood. It is about time society as a whole, ranging from family members to governments, placed more importance on education of benefits of sports activities to tackle the problem of human's not active, unhealthy life.