



Achieving Mental Wellness through Physical Fitness

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Abstract

Mental wellness plays as vital a role as physical fitness and it is no surprise that they often come hands in hands. This paper aims to focus on the importance of mental wellness and how it can be attained through physical fitness. It also highlights how our body coordinates with our mind while doing various physical activities to achieve good health.

Key Words: Mental Wellness, Physical Fitness, Stress, Exercises, Health.

Introduction:

We tend to have a higher risk of developing serious physical health problems if we are not mentally at peace. Those of us with a mental health problem are twice as likely to die from heart disease, four times as likely to die from respiratory disease, on average, likely to die between 10 and 17 years earlier than the general population, if we have schizophrenia or bipolar disorder (this may be due to a number of factors including suicide, poor diet, exercise and social conditions. People may also be slower at seeking help, while doctors can sometimes fail to spot physical health problems in people with severe mental health problems). If you have a long-term physical health condition it can also put you at risk of developing a mental health problem such as anxiety or depression.

Over the years scientists have thought over how exercising can boost brain function. Regardless of age or fitness level, studies depicts that making time for exercise provides some serious mental benefits.

Reduces Stress:

Exercises leads to reduction in your stress level. One of the most common mental benefits of exercise is stress relief. Working up a sweat can help manage physical and mental stress. Exercise also increases concentrations of Norepinephrine, a chemical that can moderate the brain's response to stress. Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even alleviate symptoms among the clinically depressed. For this reason, doctors recommend that those who are suffering from depression or anxiety should balance their gym time. In some cases, exercise can be just as effective as antidepressant pills in treating depression.

Improve Self-Confidence:

It is interesting to note that physical fitness can boost self-esteem and improve positive self-image. Regardless of weight, size, gender or age, exercise can quickly elevate a person's perception of his or her attractiveness, that is, self worth. One should find an outdoor workout that fits his/her style, whether it's rock-climbing, hiking, renting a canoe or just taking a jog in the park. Plus, all that Vitamin D acquired from soaking up the sun can lessen the likelihood of experiencing depressive symptoms.

Prevent Cognitive Decline:

As aging and degenerative diseases like Alzheimer's kill off brain cells, the noggin actually shrinks, losing many important brain functions in the process. While exercise and a healthy diet can't "cure" Alzheimer's, they can help shore up the brain against cognitive decline that begins after age 45 Working out, especially between age 25 and 45, boosts the chemicals in the brain that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning.

Boost Brainpower:

Various studies have shown that cardiovascular exercise can create new brain cells and improve overall brain performance. Studies have suggested that a tough workout increases levels of a brain-derived protein in the body,

believed to help with decision making, higher thinking and learning. Smarty (spandex) pants, indeed. Regular physical activity boosts memory and ability to learn new things. It increases production of cells which are responsible for memory and learning. For this reason, research has linked children's brain development with level of physical fitness. But exercise-based brainpower isn't just for kids. Working out can boost memory among grown-ups, too. A study showed that running sprints improved vocabulary retention among healthy adults.

Helps in Controlling Addiction:

The brain releases dopamine, the "reward chemical" in response to any form of pleasure, be that exercise, drugs, alcohol or food. Unfortunately, some people become addicted to dopamine and dependent on the substances that produce it, like drugs or alcohol. On the bright side, exercise can help in addiction recovery. Short exercise sessions can also effectively distract drug or alcohol addicts, making them de-prioritize cravings (at least in the short term). Working out when on the wagon has other benefits, too. Alcohol abuse disrupts many body processes, including circadian rhythms. As a result, alcoholics find they can't fall asleep (or stay asleep) without drinking. Exercise can help reboot the body clock. It has been noted that for some, a moderate workout can be the equivalent of a sleeping pill, even for people with insomnia. Moving around five to six hours before bedtime raises the body's core temperature. When the body temp drops back to normal a few hours later, it signals the body that it's time to sleep. Research shows that workers who take time for exercise on a regular basis are more productive and have more energy than their more sedentary peers. While busy schedules can make it tough to squeeze in a gym session in the middle of the day, some experts believe that midday is the ideal time for a workout due to the body's circadian rhythms.

Conclusion:

Various researches and studies have proved that the mental wellness can be achieved through physical activities. Working out can have positive effects far beyond the gym. It helps in gaining self-confidence, maintaining coordination between nervous system and whole body and even thinking smarter are some of the motivations to take time for exercise on a regular basis. In a world so chaotic the only way to survive is by attaining your peace of mind which can be achieved through various physical activities.

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