

# The relationship between sports and health

**Long Liu**

*Physical Education College, Anyang Normal University, Anyang, 455000, Henan, China*

**ABSTRACT.** *Along with the development of social economy and the continuous improvement of people's material and cultural life, more and more people begin to pay close attention to their health problems. In modern people's life, the risk factors of unhealthy food organizations are increasing. In the work, the pressure is too large, frequent social intercourse or long-term sedentary, and other risk factors have seriously affected the health of modern people. More people begin to pay attention to this problem, life is movement, make full use of time to carry out scientific sports can effectively enhance people's physical quality, is conducive to the health of the body. This paper mainly through introduced the related concept of sports and health, analysis and of movement has brought the people's physical and mental health benefits, improve the enthusiasm of the people of the scientific movement, encourage more people are able to choose the most suitable for their own way of exercising appropriate exercise, strengthen the physical quality of the population in our country, in advocating healthy exercise.*

**KEYWORDS:** *Exercise, health, exercise, relationship*

## 1. Introduction

As the saying goes, "The body is the capital of the revolution." A healthy body is an important prerequisite for us to create a good life. With the rapid development of our country's economy and increasingly fierce market competition, the pace of life and work of modern people is getting faster and faster, the unreasonable dietary structure, and changes in lifestyle have caused the health problems of modern people to suffer. Many diseases are plagued by [1]. In this way, more people begin to pay attention to physical health issues, and more people begin to join square dancing or gymnasiums, but they do not have a comprehensive understanding of how to exercise properly. This article will discuss and analyze the relationship between exercise and health, hoping to improve people's physical and mental health through reasonable and scientific exercise methods.

## **2 The relationship between exercise and health**

### ***2.1 The meaning of sports***

The so-called exercise mainly refers to an activity that uses physical strength and methods and is carried out in accordance with certain rules. Through relevant exercises on the body in a certain external environment, physical fitness and health can be enhanced and exercised. In the process of development, it has gradually become an entertaining way of sports. Regular physical exercise can effectively exercise all aspects of the body's functions. It can also promote people's mental health and temper people's will and social adaptability. The overall development of [2]. Maintaining moderate scientific exercise can promote cell metabolism and keep the body in a healthy state.

### ***2.2 The meaning of health***

The so-called health, the measurement standard does not simply mean that there is no disease in the body, but more refers to the ability to maintain a happy state in the body, mind, and spirit. Therefore, health is a very broad concept, which includes physical health, spiritual health, ideological and moral health and other aspects of health. Health is the prerequisite and basis for people to carry out various social activities, and it is also the most basic right to life that people enjoy [3].

## **3 The role and significance of sports**

As we all know, proper exercise is enough to bring many benefits to our body, and we can get many benefits both physically and mentally. The collective performance is as follows:

### ***3.1 Appropriate exercise can enhance the unity of physical and mental health***

With the continuous development and progress of the social level, people pay more attention to the pursuit of spiritual level while pursuing material life. At the current stage of social development, the advocacy of the concept of national fitness has allowed more people to join sports and Come in the ranks of fitness. Just like now more people will choose to go to the gym and focus on the exercise and shaping of their bodies. The essence of exercise is to strengthen the unity of people's body and mind, and to have a good and healthy mentality, can people have a healthy body. But often in sports and exercise, people just pay too much attention to the physical exercise and shaping, and ignore the psychological feelings [4]. Through exercise, people will naturally feel psychologically happy and comfortable in the process of physical exercise. This is the purpose of exercise and promotes the overall physical and mental exercise and development.

### ***3.2 Exercise can improve people's consciousness and concepts***

Due to the continuous progress and development of society, there are higher demands on workers. In the process of work, it is not only necessary to have a healthy body, but also a clear mind and active thinking to be able to play creative thinking at work. In the tense working rhythm, people's brain response is not sensitive enough. Taking moderate exercise after work can not only relieve people's physical fatigue, but also relieve and relax people's consciousness [5]. It has cultivated modern people's positive and optimistic attitude towards life. In addition, they can establish and enrich their own circle of friends while developing hobbies, and make positive changes in their thoughts and consciousness.

### ***3.3 Promote the display of people's subjective initiative***

Human potential is hidden deep in the body, just like some mental health problems, hidden in the body and consciousness. Practice has proved that through scientific and reasonable exercise, people's body and mind can be released very well, stimulate people's potential and subjective initiative, and are more conducive to the development of personal character.

### ***3.4 Effectively relieve the pain of certain diseases***

When people's bodies are threatened by diseases, all aspects of body functions are destroyed. Science has confirmed that scientific exercise can alleviate the body's somatosensory pain for diseases. Reducing the level of adrenal hormone secretion in the human body. For patients with certain diseases, scientific exercise can not reduce the pain of the disease, and it can also have the role of adjuvant therapy to a certain extent.

## **4 Scientific exercise methods are the prerequisite for promoting physical health**

### ***4.1 Choose a suitable exercise method according to personal circumstances***

Everyone's physical fitness is different, gender and age are different, the choice of exercise method should also be based on the individual's own situation and hobbies. Only if you are interested, can you continue to exercise in this sport and benefit your health. Aerobic exercise is recognized by the medical profession as a more effective method of burning fat, and it can effectively improve health. As long as they are systemic and can be sustained, most of them are aerobic exercises, such as walking, jogging, cycling, swimming, aerobic dancing, inline skating, badminton, tennis, rope skipping, etc. If you can continue doing More than 30 minutes can be said to be an excellent healthy exercise [6]. In addition, bowling, volleyball, sprinting, etc. are full-body exercises, but the intensity is too strong, or the difference between the strengths and weaknesses is too large (suddenly fast and slow,

or suddenly intense and moderate); or like general static gymnastics, body shaping exercises, dumbbell exercises, Elastic rope exercises, stretching exercises, sit-ups, push-ups, etc., which increase the load of muscles with weight, stretch or exercise muscles (or called weight training), are anaerobic exercises, which can be based on their own Choose the situation.

#### ***4.2 Grasp a reasonable amount of exercise***

In people's opinion, there is often such a misunderstanding that the greater the amount of exercise, the better, and the more conducive to physical health to achieve the effect of exercise. In fact, this view is wrong. Excessive exercise is not only not beneficial to the health of the body, but will increase the burden of health due to strenuous exercise. Therefore, it is necessary to adhere to the principle of moderation and appropriate amount in exercise, and carry out reasonable exercise within the range that the body can bear, which can also achieve the effect of physical exercise [7].

#### ***4.3 Learn scientific exercise methods and skills***

Before people choose sports, they must understand the sports, to understand the people that the sports is suitable for, and the sports taboos. What preparations should be made before exercising? Follow the scientific method and persist in practice to achieve better exercise effects and avoid harm to your health.

#### ***4.4 Exercise should be gradual***

Regardless of whether it is a normal person or an obese person, there should be a certain limit to the time spent in sports every day, and different plans need to be made according to the specific circumstances of the individual. It is not blindly to pursue exercise for as long as possible. Blind excessive exercise will not only damage skeletal muscles, increase the incidence of cardiovascular and cerebrovascular and cardiopulmonary diseases, but also weaken the immune system. Cause women's menopause and other adverse effects. Participating in sports exercises must not be eager for success. It is necessary to understand that achieving the effect of fitness and healing is not something that can be done overnight. Instead, scientific exercises should be carried out in a purposeful, planned, and step-by-step manner. Achieve satisfactory exercise results. The amount of exercise should be small at the beginning of exercise, and then gradually increase and reach the appropriate amount of exercise after adaptation. After a period of exercise, if you feel hot and sweat slightly during exercise, you feel relaxed and comfortable after exercise, and your appetite and sleep are good. This indicates that the exercise is appropriate and the effect is good, so you must stick to it. Exercise should be from easy to difficult, from simple to complex, from slow to fast, and the time should be gradually increased. Every time you exercise, you should go from static to dynamic, from dynamic to static, combining dynamic and static, and gradually transition. In

addition, if you want to master the movement essentials, skills and exercise methods, you must also step by step, practice regularly, and consolidate the effect in order to achieve the expected exercise purpose.

#### ***4.5 Persevere in exercise***

In order to achieve results in physical exercise, it does not depend on the number of exercise items. The key lies in persistence, which is what people often say is "persistence". On the basis of mastering the amount of exercise, it is best to keep exercising every day. When it is really difficult, exercise should not be less than 3 times a week. Each exercise is about 30 minutes. Never "fishing for three days and drying the net for two days", otherwise the fruits of exercise will be lost. Therefore, taking part in sports exercise requires determination and perseverance, effective and perseverance, to achieve "natural achievement". At the same time, we must arrange exercise time reasonably and develop a good habit of exercising on time, so that we can be persistent.

#### ***4.6 It is not advisable to have an empty stomach or be too full before exercise***

It is not advisable to fast or overeat before exercise. Although fasting exercise has a significant effect on reducing fat, it is not advisable from a health perspective. Fasting exercise will increase the incidence of hypoglycemia and easily lead to gastroptosis. For middle-aged and elderly people, it is especially easy to induce cardiovascular and cerebrovascular diseases, and even sudden death. Exercise after meals is also not good for health. After a meal, a large amount of blood in the human body flows to the digestive system. If you exercise vigorously at this time, a large amount of blood will flow to the motor organs, resulting in insufficient blood supply in the digestive system, resulting in slower gastrointestinal peristalsis, which is not conducive to digestion.

### **5 Concluding remarks**

In summary, the progress of the times has given people a higher level of attention and understanding of sports and health. Appropriate exercise can achieve the purpose of fitness, disease prevention, anti-aging, and longevity. However, scientific exercise methods must be emphasized. Exercise blindly based on enthusiasm and desire not only fails to achieve the expected results, but also causes sports injuries that are harmful to health. In the continuous pursuit of material things, people pay more attention to spiritual pursuit. In the future development of society, scientific sports and lifestyles will be advocated more, and people's physical and mental health will develop in a coordinated way.

### **Acknowledgement**

Project Name: The General Project of Humanities and Social Sciences Research of Colleges and Universities in Henan Province "Generation, Development and Coping Strategies of Alienation of Physical Education Teachers", Project Number: 2021-ZDJH-015.

### **References**

- [1] Liu Lingling. (2012) Research on the relationship between physical fitness and mental health of college students. Central China Normal University.
- [2] Yao Ziyang. (1979) Flowing water does not rot, and household hinges are not worms-on the relationship between exercise and health. Journal of Zhejiang University of Traditional Chinese Medicine 06: 58-60.
- [3] Zhang Jun. (2015) On the relationship between sports and physical and mental health. Journal of Inner Mongolia University of Finance and Economics, 06: 95-96.
- [4] Orlandi R., R, Kenndy, D. W. (2017) Revision endoscopic frontal sinus surgery. Otolaryngol. Clin North Am. 34 (1): 77-90.
- [5] Koreas. G. B, editor. (2018) Combine traditional Chinese and Western medicine clinical results. Rev Endocr Metab Disord, (2),73.
- [6] Kew. J, Rees GL, Close D. (2016) Multiplanar reconstructed computed tomography images improves depiction and understanding of the anatomy of the frontal sinus and recess. Am J Rhinol (2): 19-23.
- [7] Endemann D.H, (2015) Schiffrin EL. Endothelial dysfunction. J Am Soc Nephrol, 15(8): 1983-1992.