

Is playing sports a good hobby ?

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Sport is identified as a physical activity carried out by human beings usually executed by following a set of rules and principles to ensure fair competition among the candidates. Playing sports and indulging in physical activities aids in confirming various health benefits including comfortable respiration, muscular development, bone strength, advanced life expectancy, and coronary fitness. Playing sports helps in safeguarding the body and prevents it from contracting various types of diseases like cancer.

Also, it assists in controlling unnecessary weight gain and depression by diverting the mind in a positive direction. Some of the affirmative effects of playing sports have been discussed below. It is a known fact that regaling in any kind of physical activity leads to a healthy workout and consequently promotes weight loss. Sports acts as a catalyst for the metabolic processes and resultantly increases lean body mass, burns calories and aids in attaining perfect body shape.

There is a lot of variation in the amount of suggested physical work. It is mainly due to the variation in the shape/size of the body of different individuals and amount of calorie input, nonetheless it is remedial for people who are obese. As enumerated by the U. S. Department of Health and Human Services, Weight stability can be obtained if 2-5 hours are invested in playing averagely demanding sports. Playing high intensity sport is extremely significant for people who wish to reduce their weight adequately.

It is advised by physicians that people of all age groups must undertake any kind of physical activity or sport as it helps in cultivating a healthy heart and mind. As delineated by the British Parliamentary Office of Science and Technology, about 40 percent of deaths related to coronary heart disease

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take place due to insufficient physical work, overweight, mental stress and increased blood pressure. Sports can help in dealing with these physical ailments by reducing the contingency of coronary disease by almost 50 percent.

Decrease in the strength of muscles, bones and joints, is an inevitable corollary of growing old. Aged people are advised to go for regular walks and practice numerous physical exercises so that their body parts are in healthy and working condition. Thus, it can be concluded that playing sports is very significant for people of all age groups and must be taken up seriously in order to maintain a healthy body.