

# Argumentative assignment



**ASSIGN  
BUSTER**

Human body is structured in a specific way that it needs both physical and mental strength and stability to maintain individual's fitness for a long time. In any sense, physical and mental strength is linked with each other such that healthy body helps mind to be prosperous and healthy mind keeps Individuals away from depress situations. Those foods intake does help body to build itself and energize but the level of study a normal student does Just makes It hard to keep the fitness level to the required level.

Although, the educations' main responsibility is to train mind and provide quality education but I think schools should require students to practice sports at least an hour on daily basics. Study helps student to gain knowledge and become educated for the betterment of society but daily one hour sports also helps in mental stimulation, blood circulation, motivation, active participation" both mentally and physically" and helps maintain fitness for longer period of time. Education does helps in mental stimulation which improves brain to function accordingly.

If an individual does not use what he/she learns, he/she loses it eventually. Mental stimulation actually protects brain against cognitive decline: physical exercise also does the same. But it protects in a better way. Research shows that Olympic athletes who have limited time to train and then have to perform at high level, their brain plays an important role because it grows with the exercise they do along with study. Blood circulation is also considered a major function of human body.

Now a day, sitting down for hours in front of computer to do assignments, using only hands and moving lips or eyes does not help any blood to

circulate, instead it causes stress. Also, researchers have linked sitting for longer periods of time with major health concerns. To name some: obesity, metabolic syndrome, increased blood pressure, high blood sugar, excess body fat, cardiovascular disease, cancer, and abnormal cholesterol levels. To overcome such health related risks, I think normal students should be requiring physical activity at least an hour daily by schools.

It can be done either by physical training in gym or playing a sport they enjoy the most. Blood circulation just not only brings the blood to our muscles but it also colors our skin, removes toxins, lactic acid, and fills us with vitality. Although motivation is a psychological term but it carries a deep meaning when we associate it with a student's daily life. Students go to school in order to study with a goal or desire to become a valuable character for society.

Additionally, it is true that reading the books or articles are considered food to mind but sports are also important to motivate the desire and help reach the goal. Those students who play sports for motivation not only makes their body to stay fit both mentally and physically but also helps them earn good grades in school. Considering this fact, schools should add an hour long physical sports in the syllabus on daily basis. Education institutions always want their students to participate in class discussions; and most of the times they complain just because they feel anxious doing the assignments all the times.

It is understood that education is the key to success but playing sports at least an hour everyday helps maintain health. Moreover, it benefits to build

the confidence level of success in life. There is no particular age for education, no matter how old are you, you can always go back to school and fulfill your desires of education but in order to do that you need to stay fit both mentally and physically. However, lacking of physical ctivity does makes a normal student to become unfit and lose interest in going back to school at any age.

According to research, exercise is associated with effective stress management, fewer sleep disorders, enlightened mental outlook, reduced loneliness, and lower depression and anxiety. Thus, making students to stay fit longer and it eventually adds 1 to 2 years to their life span as well. Education plays a virtual role in the development of a human being and creates a positive impact on the society. Students who go to school does understand the significance of education and ts' main responsibility which is to train minds.

The amount of knowledge average student gains upholds the positive attitude towards society and towards success. But to make that all happen they need anxiety free healthy minds; and I think one hour daily physical sports does untangles it out. Schools should require students to practice sports at least an hour daily so they stay away from health associated threads, situations like cognitive decline, anxiety, and unfitness; thus, they go to school with mental and physical fitness, and come back with excellent grades on their report card