

# Physical activity of adolescents in clarksville, tn

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Health Sciences and Medicine 10 February Physical activity of Adolescents in Clarksville, TN Young Adults remain inactive for most of their time. It has to be noted that they do not play during school time. As such, they tend to be obese, asthmatic or even dull. While considering this, the quality of the activities and a balanced diet are very important. “ Everyone needs to stay active to be physically fit. Yet one child in every fifteen faces the challenges of asthma. This easy to read booklet is a perfect companion for teachers and coaches who want to help students with asthma participate in sports and physical activities” (School Tools: Cross-Cutting Resources). Physical activities on a daily basis are a must it should be carried out for at least one hour a day. A balanced diet plan is highly essential in this regard. Nutritious food has to be taken in this growing age or it might even lead to diseases caused by malnutrition. It is said that one should be successful in resisting temptation for eating excessive food. One should even avoid going to restaurants or shops when one is not hungry. On hungry occasions, high-fat and high -sugar foods are to be avoided. To engage students in physical activities on a daily basis is one of the prime objectives in promoting active adolescence with a sound health- use stairs instead of lifts, get off the bus, one stop early, take a short walk at regular intervals. In short, it would be ideal to remember the proverb “ Health is Wealth”. Recommendations for Health Professionals: There are a series of recommendations for health professionals, pertaining to preservation of health, by correlating it with physical activities. As physical activity is essential to overall health, health professionals can play a pivotal role in building a young, healthy generation. “ Physical activities can help control over weight, reduce the risk of heart disease and some cancers, strengthen bones and muscles, and improve

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mental health” (Physical Inactivity Estimates, By Country par. 1). From the information known to us, there are several forms of exercises which can keep an individual in good stead, all throughout his life. Aerobics, though rigorous and risky, can promote health to a great extent. Aerobics, muscle strengthening, and bone strengthening are focused here. Specific guidelines are there, concerning the time gap for these activities. These activities are based on improved cardio-respiratory fitness and muscular strength. They reduce symptoms of depression. The high risks involved in it can be judged or evaluated by a health expert. Muscle strengthening, on at least three days a week, is advisable. Legs, hips, back, abdomen, chest, shoulders, arms need to be strengthened. Bone strengthening is also encouraged, on at least three days of the week. In short, health experts are advised to go in accordance with their ideas based on health related problems. It is widely understood that regular, systematic exercise mechanisms can even prevent some forms of cancers or even cure them if they are in their early stage. Canoeing, cross country skiing, bicycle riding, running, brisk walking etc. can also be recommended by health professionals.

#### Factors to be Considered While Designing a Website for People Looking for Information about Health Issue:

Designing a website is an important aspect in electronic media, as far as imparting information is concerned. Formerly, people were referring books or seeking the help of educated people to get relevant information regarding any topic. These, were time consuming. So, people in modern times, don't resort to it, as information come to them through the electronic media. All that they have to do is to download the information needed to them. To begin with, the website should be user-friendly. In regard to information on health issue, there shouldn't be any difficulty in visiting the site. People refer <https://assignbuster.com/physical-activity-of-adolescents-in-clarksville-tn/>

to the site, to seek information regarding some complicated diseases. They shouldn't feel any form of complication even if what they seek is complicated. A website should provide sufficient information regarding any health issue. Even minor details are not to be omitted as the seeker of information may need relatively unimportant ideas, or at times deep information regarding some serious health issue. The diction or the language style should be simple, readable and understandable. Even the medical terms should be simplified as far as possible. People belonging to all layers of life may go through the information provided in the site. Some may be well informed while some may be moderately educated. So this is an area where the site providers have to concentrate. Moreover, the site should be easily accessible at any time. There shouldn't be any delay in getting the information. Works Cited Physical Inactivity Estimates, By Country. Centers for Disease Control and Prevention. USA. gov. n. d. Web. 10 February 2012. School Tools: Cross-Cutting Resources. Live Healthy Georgia. 2007. Web. 10 February 2012.