

Essay Sample on Physical Exercise: A Vital Step for Healthy Living Essay

Introduction

Physical exercise is one of the activities that improve individual health and well-being. Aside from other activities such as reading, walking, and sleeping, physical exercise improves a person's health thereby increasing their chances of exhibiting a healthy life. Some of the physical activities may include jogging, nature walk, going to the gym and doing aerobics to improve blood flow in the body as well as the mental capability. In most cases, physical exercise is what every person want to do to relax their mind also to improve their social well-being. Through engaging in sports, people get an opportunity to interact with each other and to share their health and mental well-being (Steger, Kashdan & Oishi, 2008). During free time, every person often wants to maximize their time in different activities that can increase their happiness. The activities thus differ depending on the interest of a person. As an individual who value physical exercise or sports, when I have a free day to do whatever interests me and brings happiness, I would choose to engage in physical exercise. In other words, I would choose to go jogging from morning to evening, and in the process, I would also initiate the interaction and socialization with other people involved in the same activity.

One of the main activities that I would engage in is physical exercise. Specifically, jogging will improve both my physical and psychological well-being. As a result, the above condition will enhance my happiness and social skills. Through sports, I would be able to refresh my mind and also improve my physical well-being. The physical exercise can improve the moods of an individual and increase happiness in the long run.

In most cases, people who exercise daily possess a healthy and happy life. In other words, they tend to possess good communication skills; they are outgoing and able to relate well with other people. Therefore, through engagement in the physical exercise, I will be able to increase not only happiness but also the general improvement of an individual in all aspects of life. Right from the morning to the evening, on a free day, I will get engaged in various activities that pertain to physical exercise (Stevenson & Wolfers, 2009). Some of these activities may include involving others in the process of socialization; a situation that will, in turn, create mental well-being. Sports characteristics expressively moderate the relationship between participation in sports and juvenile felony. In adolescents, sports participation and delinquency are essential developmental themes for the individuals in the adolescent stage.

In most cases, well-being is characterized by different things, which may be physical, psychological, and mental. Sports thus tend to improve almost all the above status in every person. In addition to the above characteristics, sports improve skills as well as the reasoning of every person. Therefore, it improves all aspects of an individual. Sport is an effective tool in reversing and preventing felonious behaviors among adolescents and children (Stevenson & Wolfers, 2009). Through engaging in different sporting activities and recreations, there is always the support of positive character essential in developing important factors of juvenile delinquency. Engagement in sports programs can reduce specific risk factors of juvenile delinquency and escalate protective factors for youth development. In other words, participation in sporting events enables children and those in the adolescent stage to develop social behaviors and in the end, protect them from juvenile

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Zhe Xu



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Constitutional Law Kevin Saunders, Michael Lawrence, 2013-04-25 For the first time Oxford University Press equips students with an accessible guide to exercising their understanding of the fundamental law of the United States on law school exams In Constitutional Law Model Problems and Outstanding Answers Kevin Saunders and Michael Lawrence help students demonstrate their knowledge of constitutional law in the structured and sophisticated manner that professors expect on law school exams *Measurement and Evaluation in Physical Activity Applications* Phillip A. Bishop, 2017-06-30 This book takes a learner oriented approach as it strives to make complex material understandable and usable By understanding the underlying principles of measurement and evaluation readers will then be able to apply those principles and concepts in a variety of physical activity and health related settings Practical exercises and applications demonstrate the usefulness of measurement and evaluation reinforce key points and make readers active participants in their own education The book is divided into three parts Part One introduces the measurement process showing readers the relevance of measurement and evaluation to their personal and professional lives and including examples and statistics related to such concepts as validity reliability and objectivity The two chapters in Part Two further help readers understand numbers and assist those who need to use more advanced statistical calculations Part Three presents measurement and evaluation applications in various settings such as measuring physical fitness measuring exercise physical activity and health measuring in competitive sports and coaching measuring and evaluating knowledge and assigning grades and measuring in research Throughout discussions and examples show the relevance and application of measurement and evaluation in various professions including physical therapy athletic training fitness wellness management exercise and sport psychology exercise science coaching and physical education Dwight's Journal of Music ,1877 *Writing to Respond to Text and Tests* Martha Joseph Watts, 2015-07-15 Writing to Respond to Text and on Tests is a revised edition of Writing to Respond Cultivating a Habit It highlights the academic vocabulary that students address on each step of the process and it encourages

students to take charge of their critical thinking skills Students are coached into formulating questions to steer their writing responses This unique feature makes the process practical for all student groups on the middle and high school levels This process tackles all the English Language Arts Shifts identified by the Common Core States standards Sport and Exercise Psychology Andrew M Lane,2015-08-26 The new edition of Sport and Exercise Psychology asks four fundamental questions that get to the heart of this flourishing discipline What inner states influence what people think feel and behave How can people manage or self regulate their own inner states How can sport and exercise psychology professionals help people manage their inner states Is sport psychology just a placebo effect Taking an applied perspective that bridges the gap between sport and exercise the book answers these questions by covering the key topics in the field including confidence anxiety self regulation stress and self esteem There are also chapters on the role of music in performance imagery and exercise addiction Each chapter is written by an expert in that field and includes a range of features illustrating specific issues either within the research literature or their practical application This is a comprehensive and engaging overview of an evolving discipline and will be essential reading to any student of sport and exercise psychology It will also be of huge interest to athletes and coaches seeking an accessible understanding of the role of psychology in sport *The Structured Essay* Mary Michael Spangler,Rita Werner,2002-03-18 **TOEFL Practice Exercises** Pamela J. Sharpe,2020-10-06 Publisher's Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product Barron's TOEFL Practice Exercises provides students with more than 1 000 practice questions for both the ITP Institutional TOEFL Program and the iBT Internet Based TOEFL This book has the tips strategies and practice you need to succeed on the TOEFL Explanatory answers for all questions The exercises break down each question and show you how to answer it smartly and quickly Example essays and speaking responses One full length ITP practice test with instructions for evaluating answers and determining a test score One full length iBT practice test with instructions for evaluating answers and determining a test score The top 100 academic vocabulary words on the TOEFL along with ten exercises to test proficiency Getting into Nursing Karen Elcock,2015-05-15 This book helps potential nursing students succeed in getting into nursing It gives practical help on the application process filling out application forms passing numeracy and literacy tests and succeeding at interviews It also explains what nurses do what personal qualities are needed and what is involved in nursing training so applicants can decide whether nursing is really for them This book has been carefully shaped to answer all of the common questions applicants are likely to have along with many they will not yet have thought of It has been updated in light of the recommendations in the Francis Report and covers values based recruitment the importance of compassion in practice and considers the needs of non traditional applicants and mature students Features of the book include practice numeracy and literacy tests to help students face their interview day with confidence all the information students need given in one place with no need to trawl through countless websites

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