

Discuss the impact of regular exercise linking to physical and mental aspect

‘Regular exercise is any structured physical activity performed consistently to improve health and fitness, involving a combination of aerobic and muscle-strengthening activities’ (World Health Organization (WHO), 2024). The benefits, both physical and mental, are repeatedly praised through multiple testimonials. Alternatively, if not executed correctly or overusing exercise can lead to detrimental health risks and drawbacks. This assignment will explore both the positives and negatives to regular exercise along with the recommendations given by practitioners to allow the best outcome when training.

Benefits of partaking in regular physical exercise can consist of both physical and mental aspects. From a physical standing point, regular exercise is seen to play a vital role in the maintenance of multiple health benefits and living a healthy and fulfilled life. It has been found that people who partake in regular exercise are at a substantially lower risk of noncommunicable diseases such as; heart disease, stroke, diabetes, early onset death, osteoarthritis etc... (NHS, 2024) ‘Regular and effective exercise programs are important and one of the most economic ways of protecting against diseases and supporting treatment as well as improving endurance training in developing countries like ours’ (Karacabey, 2005)

Beyond the physical aspects, exercise has been shown to have a profound impact on mental health. Thorough recordings in multiple articles show that physical activity can relieve symptoms of disorders such as anxiety, depression and stress. A study conducted on university students communicated that by engaging in short term aerobic exercise, depressive symptoms were alleviated in 73.68% of students. There was a notable change in all students that partook in this study, showing that overall, engaging in aerobic interventions significantly lowers symptoms in many mental health disorders compared to control groups. Therefore, even short-term exercise can buffer challenges faced in people with poor mental health. (Herbert et al., 2020)

Whilst physical activity is often praised for its physical and mental aspects, there can also be multiple drawbacks that occur when participating. Rather than achieving the desired outcomes, overtraining can lead to longer recovery periods, high physical fatigue levels and decreased strength and endurance (Champion, 2023). In addition to physical attributes,

overreaching can also lead to many mental drawbacks these being; depressive symptoms, feeling angry for a prolonged period, and problems with concentration etc.. (Mind, 2023). Therefore, whilst physical activity can enhance health, it is important to follow guidelines and maintain a balanced and mindful approach to avoid potential drawbacks.

Taking part in regular exercise can be shown in many different ways depending on lifestyles. New guidelines recommend regular exercise, depending on one's age and level of activity. For adolescents and adults recommendations are 150 minutes of physical activity a week using moderate and vigorous zones in your aerobic health. Children must engage in 60 minutes a day to ensure growth and health (Department of Health and Social Care, 2019). "The key to being optimally fit is in finding harmony between challenging our limits and respecting our body's need for rest and recovery." (Champion, 2023)

In conclusion, physical activity is crucial to enhancing both physical and mental attributes. Following evidential recommendations and maintaining healthy balances between exertion and recovery times, will maximise enhancement and minimise all risks; providing long-term good health and wellbeing.

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