Sheffield
Therapy
Centre

THE BENEFIT OF SPORT AND EXERCISE

The Chartered Society of Physiotherapists suggests physio is

"... concerned with human function and movement and maximising potential":

It also takes into account psychological, cultural and social factors and encourages people to be active and make the best of independence and function. Basically, this is everything that is important to us when we take part in any sport or activity.

All of this is relevant to every single person. Without our health, we cannot function at our maximum potential, and in terms of sport, that means not competing at our best. As well as improving our performance, there are several other reasons why we should try to live an active healthy lifestyle.

1. Exercise makes your bones stronger. The best kinds of exercise to make bones stronger are weight-bearing exercises like walking, running and resistance exercises such as lifting weights. It isn't always necessary to play in a sports team, just living an active lifestyle will help your bones stay strong. And as we all know, strong bones means less risk of broken bones!

2. Exercise Increases your metabolism and prevents obesity. Metabolism measures how your body handles food and uses nutrients, and this can be improved by exercise. As your body uses more calories with exercise your resting metabolic rate increases, which leads to less body fat and makes it easier to control your weight. Just being a few pounds overweight puts more stress through joints, and vital organs like the heart.

3. Exercise helps prevent day to day injuries. By using all your muscles playing sport, your body gets used to constantly changing it's position. This has a carry-over to times when you are not playing sport and therefore improves your balance and posture and prevents things like falls and trips.

4. Exercise keeps you more flexible. It's a sad fact but we start becoming less flexible very early in our life. However, playing sports gives us an opportunity to move our muscles through all ranges. Exercise and stretching prevents them from getting tight and painful. Even a brisk walk for a few minutes is great for the muscles and much better for you better than a car journey.

5. Exercise is good for your mood. When we exercise, our body releases natural 'feel-good' chemicals called endorphins. Endorphin release has been proven to lift our spirits and make us feel good. Also think about how good you feel when you hit that killer pass, save a penalty or bury a 30-yarder into the top corner! You don't get that same buzz when you are sat inside watching the news!

6. Exercise is good for the whole body. When we exercise the blood is pumping round our body, we are taking lots of oxygen through our lungs, and all our organs are working harder than usual. This hard work helps to strengthen our heart and lungs, and makes us less susceptible to coughs, colds, and diseases. It also helps prevent and controls diabetes. It is great for many other problems too. With the help of inhalers, it can help against asthma and you may have even caught sight of David Beckham using an inhaler at matches.

So, next time you can't be bothered to put the games console down and get off the settee, think about how tight your muscles are getting, how sluggishly your heart is pumping, how stagnant the air in your lungs is, and how you aren't burning off that extra piece of cake!

Ridgeway House,
500 Ridgeway Road, Gleadless Townend,
Sheffield S12 2JX
Tel: 0114 2390022
email: info@sheffieldtherapycentre.co.uk