

THE IMPACT OF PHYSICAL EXERCISE ON THE PHYSICAL AND MENTAL HEALTH OF URBAN RESIDENTS

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Abstract: With the continuous improvement of people's material life quality, people pay more and more attention to their own physical and mental health. In people's daily life, as sub-health conditions continue to increase, most Part of the reason is caused by the lack of corresponding physical exercise. People realize that only through physical exercise can they better promote physical and mental health. Physical exercise is part of daily life for urban residents An important link, it not only plays a role in enriching daily life, but also plays an important role in promoting the physical and mental health of urban residents. This article discusses the impact of physical exercise on the physical and mental health of urban residents. Make corresponding analysis accordingly.

Keywords: Physical exercise urban residents; Physical and mental health effect; Countermeasures

1 THE ROLE OF PHYSICAL EXERCISE IN PROMOTING PHYSICAL AND MENTAL HEALTH

Today's rapid economic development in our country has made people's pace of life continue to accelerate. Fast, as the pace of life accelerates, people pay more and more attention to their physical and mental health. Higher and higher. Physical exercise is an important part of daily life for urban residents This method can not only effectively improve the physical health of urban residents, but also Provide a good quality of self for the future life. Also for promoting urban residents mental health plays an important role. Physical exercise is mainly through the movement of the body Exercise has the effect of enhancing physical fitness. Through the knowledge and skills of physical exercise, Indirectly cultivate the moral and psychological quality of residents. Through moderate physical exercise, It can effectively cultivate physical functions and psychological quality. but Excessive or too little physical exercise will cause certain harm to the body. This article Make a corresponding analysis on the impact of physical exercise on the physical and mental health of urban residents.

1.1 The Promoting Effect of Physical Exercise on the Nervous System

Since the body is controlled by the nervous system during exercise, physical exercise can also improve the response ability of the nerves and promote the active development of thinking. exist In daily life, residents who actively participate in physical exercise can better tap the left The potential of the right brain, especially in sports exercises such as middle-distance running and some endurance sports Exercise has an important impact on promoting the development of the nervous system. Good endurance and mental health People with strong endurance can maintain cleanliness in a long-term working environment. A clear mind and energetic state, thereby better improving work efficiency. same At the same time, continuous strengthening of physical exercise can also reduce the chance of neurological diseases. Such as mania, amnesia, dementia, etc.

1.2 The Promoting Effect of Physical Exercise on the Circulatory System

During normal physical exercise, it can promote blood circulation in people's body Acceleration can not only bring certain nutrients to the body, but also take away some nutrients. These metabolic products help enhance the elasticity of blood vessels and eliminate sedimentation of arterial walls. Precipitates slow down the process of arteriosclerosis and reduce peripheral resistance of blood vessels. After investigation, it was found It is known that people who regularly participate in physical exercise have high blood pressure, atherosclerosis and other blood vessels. The incidence of disease is much lower than that of people who do not participate in physical exercise. Simultaneity Physical exercise can also strengthen the body's immune system and improve resistance to disease.

1.3 Physical Exercise has a Stimulating Effect on the Respiratory System

In the process of participating in physical exercise, various parts of the body need to consume a lot of energy. A large amount of oxygen and organic matter is produced, and a large amount of carbon dioxide is produced at the same time, which requires the respiratory system to increase its workload. As the respiratory rate increases, not only does the lungs The exchange rate of gas in the body also indirectly affects the muscles of the shoulders, abdomen and other parts of the body. Exercise to enhance physical fitness, thereby effectively preventing respiratory diseases occurrence, such as bronchitis, tracheitis, etc.

1.4 Physical Exercise has a Promoting Effect on Bones

Relevant research institutions have concluded through research that appropriate load training and resistance training Exercise has a certain promoting effect on the improvement of bone density. Sports are important for increasing The main forms of strong bone density are: mechanical exercise can have corresponding effects on the remaining bones. Stimulating effect, enhances bone cell formation; physical activity increases blood flow in bones Increase, thereby effectively promoting the release of prostaglandins and strengthening various parts of the body effective operation; long-term physical exercise can effectively reduce pancreatic The content of insulin increases the levels of glucagon, thyroxine, etc., thereby increasing Bone mineral content in strong bones. According to relevant reports: the exercise of brisk walking The method is conducive to promoting bone health and maintaining normal bone metabolism in middle-aged and elderly women. Thank you for improving your health.

1.5 Physical Exercise has a Certain Preventive Effect on Diseases

Physical exercise is an important guarantee for good health. Actively participate in daily Physical exercise can effectively enhance the immunity of the human body system, thus having Effectively prevent the incidence of diseases and enable people to carry out their daily lives in healthy physical conditions Regular work. According to relevant research, active participation in physical exercise can maintain good health The flexibility and flexibility of the body, improve the functioning ability of various parts of the body, and improve It plays an important role in blood circulation, preventing diseases, improving sleep, etc. Aerobic exercise for It has good effects on weight loss, lipid lowering, prevention and treatment of fatty liver, etc.

1.6 Physical Exercise has a Positive Effect on the Human Body's Psychology

Participating in physical exercise can not only effectively improve the overall physical fitness of urban residents, Physical fitness also has a positive impact on people's mental health. Its main table Here are the following two points: ① Through physical exercise, people can realize everyone's Different abilities are not only different in knowledge, but also in self-understanding. s difference. Participating in sports not only helps improve one's abilities, but also It can encourage people to display their own strengths and constantly improve their understanding of themselves. understanding of abilities, thereby effectively improving self-confidence, and at the same time also through sports It can promote people to realize their own shortcomings and continuously improve them. ② Regular participation in physical exercise can effectively improve social adaptability. pass The survey found that people who participate in physical exercise have certain improvements in learning ability, interpersonal communication, behavioral restraint, and psychological endurance. by itself The improvement of software can effectively promote people to form good psychological phenomena, thus Actively participate in daily life and work.

2 PHYSICAL EXERCISE PROGRAMS AND LOADS THAT PROMOTE PHYSICAL AND MENTAL HEALTH

2.1 Physical Exercise Programs to Promote Physical and Mental Health

Since everyone's physical condition is different, different sports have different preferences, therefore, the best physical exercise program must be for athletes Like and reasonable. Such as jogging, Tai Chi, etc. that require long-term exercise and high intensity The low-level sports are suitable for middle-aged and elderly people. Exercise for people with cardiovascular disease You should start with a small amount of exercise and gradually increase it, and the amount of exercise should not be too large. Fitness running itself has a certain degree of intensity and endurance, which is useful for improving the fitness of middle-aged and elderly people. It plays an important role in promoting body functions. According to relevant investigations, it is known that aerobic Aerobics is a good form of exercise for women, and running is a good way to promote college students' progress. The best way to do physical exercise. Therefore, when performing corresponding physical exercises, Exercisers should choose reasonable exercise programs based on their actual conditions, so that It not only has the effect of exercising the body, but also has a good effect on one's own psychology. Relax, thereby forming a positive and healthy psychological phenomenon. Otherwise, even if you participate in a large number of Physical exercise cannot have the desired effect.

2.2 Physical Exercise Loads that Promote Physical and Mental Health

The main purpose of participating in physical exercise is to strengthen the body through physical exercise physical fitness to prevent the occurrence of diseases, and physical exercise load reflects the physiological burden of people. The important expression form of charge can truly reflect a person's physical condition. therefore, When performing corresponding physical exercises, you should choose according to your own endurance. Suitable exercise load, and at the same time develop yourself in the exercise load and need to pay attention to the problems Find solutions to problems in a timely manner. When planning exercise loads before physical activity, It should be combined with the age, physical condition and gender of the exerciser. For example, women with menstrual period, etc., and the exerciser's physical fatigue, self-feeling, physical condition, etc. should also be considered. Indicators, such as blood

pressure, vital capacity, etc., are all factors that exercisers need to consider comprehensively. factors, and select appropriate exercise load based on these factors to effectively promote Promote the development of your own physical and mental health. Therefore, when participating in physical exercise, you should be truthful Carry out corresponding physical exercise based on the principle of seeking truth from facts, otherwise excessive exercise load will not Not only does it not play a role in improving physical fitness, but it will also harm your own health. cause certain impact.

3 COUNTERMEASURES TO STRENGTHEN PHYSICAL EXERCISE TO PROMOTE PHYSICAL AND MENTAL RESISTANCE

3.1 Change Bad Living Habits and Ways

According to the survey, good living habits and methods are important for promoting physical and mental health. plays an important role. Diseases caused by bad living habits and ways have become The public enemy of people's health all over the world. For example, problems such as smoking and alcohol abuse, according to WHO According to relevant reports, for every 1,000 tons of tobacco used, 650 people die. Death. At present, most of the smokers are teenagers and children. Due to the physical condition of teenagers and children, The body is still in the developmental stage, and the harm caused by smoking will be more serious. communication in our country 35%-45% of accidents are caused by drunk driving of. According to this courseware, bad living habits will cause great harm to physical and mental health. Influence. Therefore, urban residents should constantly change their bad habits and lifestyle way to protect one's own health, while ensuring one's own physical and mental health. At the same time, it can also ensure that other people are not harmed by you, thereby avoiding unnecessary financial losses. production losses.

3.2 Develop Good Physical Exercise Habits

According to relevant surveys, people who do not regularly participate in physical exercise are When the intensity of exercise increases, the kidneys will produce several times more energy than in a resting state. Substances such as adrenaline and cortisol can easily cause rapid heartbeat and elevated blood pressure. phenomenon, causing adverse effects on physical health. Especially in the state of "exercise hunger", occasional physical exercise not only fails to exercise the body, but also It will lead to an imbalance in the internal environment of the body, and some organs may suffer from organ failure due to imbalance. The phenomenon of shortened official life span. Therefore, in daily life, urban residents should Develop good physical exercise habits to effectively improve your physical health. Ensure the normal operation of daily life and work. For those who have been engaged in physical work for a long time People should also not ignore the positive effects of physical exercise. Because of physical exertion Most of the activities are single activities, causing the body organs to maintain the same function for a long time. Working conditions often lead to overloading and causing certain injuries. Therefore, it should Actively participate in physical exercise to coordinate the operation of all body organs and eliminate fatigue.

3.3 Develop Scientific and Reasonable Physical Exercise Methods

When urban residents participate in physical exercise, they should combine their own interests and hobbies and personal physical conditions, to develop scientific and reasonable physical exercise methods and content, Thus, physical exercise can effectively promote physical and mental health. If you can't seek truth from facts Excessive physical exercise will have a negative impact on your own health. because Therefore, when performing physical exercise, sports events, exercise intensity, and exercise should be combined with Reasonably arrange yourself according to exercise factors such as exercise time, exercise frequency, and progress. Physical exercise to improve physical health and reduce the chance of disease.

4 CONCLUSION

To sum up, with the continuous improvement of people's quality of life, people's attention to physical The emphasis on physical education and exercise is getting higher and higher. Physical exercise is instrumental in promoting physical and mental health plays an important role, therefore, people's awareness of participating in physical exercise should be continuously improved. Knowledge, combined with your own actual situation, choose exercise methods and exercises that suit you content, through scientific physical exercise to enhance people's physical fitness, thereby having Effectively prevent the occurrence of various diseases and promote people's healthy life.

COMPETING INTERESTS

The authors have no relevant financial or non-financial interests to disclose.

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