

Consequences of Sports

PHYSICAL BENEFITS	PSYCHOLOGICAL BENEFITS	SOCIAL BENEFITS
↓ Blood Pressure ↓ BMI ↑ Insulin sensitivity ↑ Bone density ↓ Heart disease ↓ Resting heart rate	Academic performance Self Image Perceived health status Life satisfaction Reduced feelings of depression & anxiety Promotes sense of well-being	Teamwork Group problem solving Building relationships Competition Discipline Accountability Self-motivation

Source: goportageindians.com

Fig: Benefits of Sports

Sports and games are essential for a healthy life. Playing sports regularly keep away many diseases like obesity, mental stress, sleeplessness and heart problems. Everyone loves games and sports. Sports improves self-reliance, self-confidence, discipline, justice and nationalism.

Games help to boost metabolism, burn calories, improve respiration and increase the circulation of blood. Sports improves our health as well as our mind. Healthy people can concentrate on their work and face problems courageously.

Various exercises are performed automatically while playing games. Swimming, cycling, skipping, running and yoga is simple activities to keep fit. Games keep our body active, energetic, alert and youthful. While playing games, many exercises happened which energizes us.

Sports are popular all over the world. We can forget all our anxieties and worries by seeing and playing games. Football, cricket, badminton, tennis or wrestling is watched by millions of fans all over the world. They stop our mind to divert in the wrong direction.

Games are crucial for the students. Games and sports are not given much priority in schools. There should be an interval for sports and game every day in every school. Schools may have problems to managing daily sports and games for students. As a result, students lack concentration on the study, and they lack physical as well as mental strength. Every parent wants their children to complete their home works rather than playing games. They don't comprehend that sports make children strong both physically and mentally. Students are getting fatter and becoming obese due to lack of participations in sports.

Thus, sports have extreme value in life. Sports facilities are being developed in rural and semi-urban areas. There are playgrounds in villages. Sports base are being developed everywhere, so as to promote them. Various sports organizations are also doing well in a promotion of sports.