

## MENTAL HEALTH

*by:*

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Exercise is one of the leading suggestions for a healthy and balanced lifestyle. This is especially true for teens and young adults. Physical activities can act as a preventive measure for various diseases and can also help improve the mental health of people.

The decrease in physical activities for children and adolescents coincides with an increase in mental health disorders among the young, especially during the pandemic. Though our culture is beginning to recognize the value of physical activity via play in the early development of valuable skills and cognitive function of children. Unfortunately, teens and adolescents are often left out of the discussion.

Being physically active is just as important for teenagers as it is for younger children. In fact, it can be more so, given that they are dealing with hormonal changes in their body, which makes them more susceptible to mental illness and disturbances. As educators and as parents, it is our job to ensure that they have the support they need and that they get the proper exercise that will aid their development and health.

We can achieve this by addressing the issues and consequences of today's youth's lack of physical activity, understanding the impact of physical play on development, learning the benefits of physical activity for teens, and constructing fitness playgrounds to give teens a place to have fun while getting fit. In addition, the Physical Education curriculum should also be improved and spruced up. Add new techniques and activities that will entice the younger generation to actually move and be active.

The majority of teenagers are not receiving enough physical activity. In reality, many people receive as little exercise as elderly people aged 60 and more; youths get as much physical activity as their grandparents. With technology evolving all around us, the young ones are much more preoccupied with other activities. Many children and teens get more screen time a day than exercise. Instead of being physically active, they spend the majority of their time in front of gadgets and sitting around. According to the Kaiser Family Foundation, children aged 8 to 18 spend an average of 7.5 hours a day in front of a screen. Obesity and diabetes are on the rise among youngsters as a result of an increasingly sedentary lifestyle.

What is the best way to encourage teens to participate in physical activities? Target their interests. Some teens are more inclined to rhyme rather than sports, which means they will more likely choose dance-related exercises like aerobics and Zumba. Although both sound “oldish” or outdated, both are effective forms of exercise that can involve full-body movements. Dance exercises can use new and trendy tunes to be more hip and relatable to younger demographics.

For teens that are sportier, there are endless arrays of sports that are included in the MAPEH curriculum that they can choose from. Basketball is one of the most famous sports in the country. Filipinos are obsessed with the sport to the point that there are courts and rings all throughout towns and barangays. In fact, it is now Liga season in the Philippines. Teens and young adults participate in an inter-Barangay basketball league. Basketball, like dance, is also a full-body exercise that utilizes basic fundamental movements like jumping, twisting, arm movements, as well as core usage.

In the end, it makes no difference how your teen exercises as long as they move their body and participate in an aerobic activity (increasing their heart rate) on a regular basis. They will get the benefits outlined above if they exercise on a regular basis. Physical activity may also be employed as a coping strategy, which is something that many parents appreciate. For example, if you and your adolescent are bickering or if

you sense your teen is upset or frustrated, they might exercise for 30 minutes to help them regulate their emotions. Anger may be released in a healthy way by running, walking, or performing yoga. Vigorous exercise might help your kid cope with the powerful emotions that come with adolescence.

Although exercise has been shown to be quite helpful, however, another study discovered that excessive exercise may be hazardous. A study published in the Archives of Disease and Childhood by researchers from Switzerland and Canada found that 14 hours of physical exercise per week is optimum for ensuring good health in teens. At the same time, anything longer than 14 hours might be harmful to their health. It is all about maintaining balance.

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