

OPTIMIZING HEALTH IN PHYSICAL EDUCATION

by:

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Engaging in physical activity and eating well are the keys to good health and fitness, guided by a well-thought-out training plan and nutritional guidelines. With health optimization, you can avoid acute, chronic, and life-threatening illnesses for a longer period of time and be in the best possible shape to fight back against disease if it does strike. Additionally, you can prevent issues in one part of your body from throwing off the balance in the rest of your body. Physical education reduces the likelihood of obesity, diabetes, heart disease, asthma, and sleep disorders, among other diseases. Our cardiovascular health and the growth of our bones and muscles both benefit from regular physical activity.

In a nutshell, health optimization is the practice of considering one's health from the perspective of "how I can make this even better" or "what can I do to feel my best every day and live a long and healthy life," as opposed to "how can I fix this thing that's wrong with me." This approach is known as "health optimization." The following was the consensus definition of optimization in the context of public health following the final round: Optimizing a health intervention or its implementation to meet stakeholder-defined public health impacts within limited resources is a deliberate, iterative, and data-driven process.

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Students can participate in physical activity throughout the school day through physical education, which helps them do better in school. Students' behavior and concentration can both benefit from daytime physical activity. Improvement requires end-client commitment. Participation in optimization processes might be a significant investment that necessitates organizational commitment and support, according to some participants. Additionally, the organization in charge of program implementation may experience disruption as a result of ongoing optimization of an implementation strategy.

Leadership and support from the organization, as well as a readiness and willingness for ongoing change within the relevant organizations, appear essential in such circumstances. Students can participate in activities that will help foster positive social interactions through physical education. Students can learn to cooperate with others and feel like they are a part of a team by participating in these activities. People feel included when they are a part of a team. Through physical education activities, students can learn how to have healthy relationships with each other.

Adolescents' lives became inactive as a result of the proliferation of different online games. They spend less time doing physical activities and more time playing video games, watching television, and even watching movies. The World Health Organization identified physical inactivity or lack of physical activity as the fourth most significant risk factor for global mortality in 2010 (6% of deaths). Physical inactivity is responsible for approximately 21-25% of cases of breast and colon cancer, 27% of cases of diabetes, and approximately 30% of cases of ischemic heart disease.

You can build strength and efficiency in everyday life by exercising regularly and participating in physical activities on a regular basis. This will help you maintain a healthy body and be able to handle higher demands. For instance, regular aerobic exercise will alter your body's various organs and tissues, but it will focus more on your cardiovascular system. Muscle-strengthening exercises can make your muscles grow in size. After two months, the increase in muscle fiber size, also known as hypertrophy, typically begins.

Last but not least, increasing your range of motion around the joints can be accomplished through stretching or bone-strengthening exercises. You can get more done in a day with it.

A consensus-based definition of optimization in the context of public health was achieved, and a map was created of a number of conceptual and practical considerations that go along with designing and carrying out optimization in practice. The idea of optimization is relevant to public health and may be a particularly useful means of increasing the impact of public health initiatives, despite the fact that it poses a challenge. The initial concepts and definition of optimum public health provide a solid foundation for future research into the field's potential impact of this promising strategy.

Physical activity improves sleep quality for both adults and children, and getting enough sleep is good for our brains. Any movement that requires the use of energy and is caused by muscular contractions is considered to be physical activity. If you want to participate in physical activities, you should think about the progression principle, which says that moderate activities should come before vigorous ones. We now know that physical education improves students' academic performance as well as their social interactions, and that having friends and good grades generally makes people feel better about themselves. People who exercise have a lower risk of depression and are able to generate more energy, allowing them to accomplish more in a day.

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