

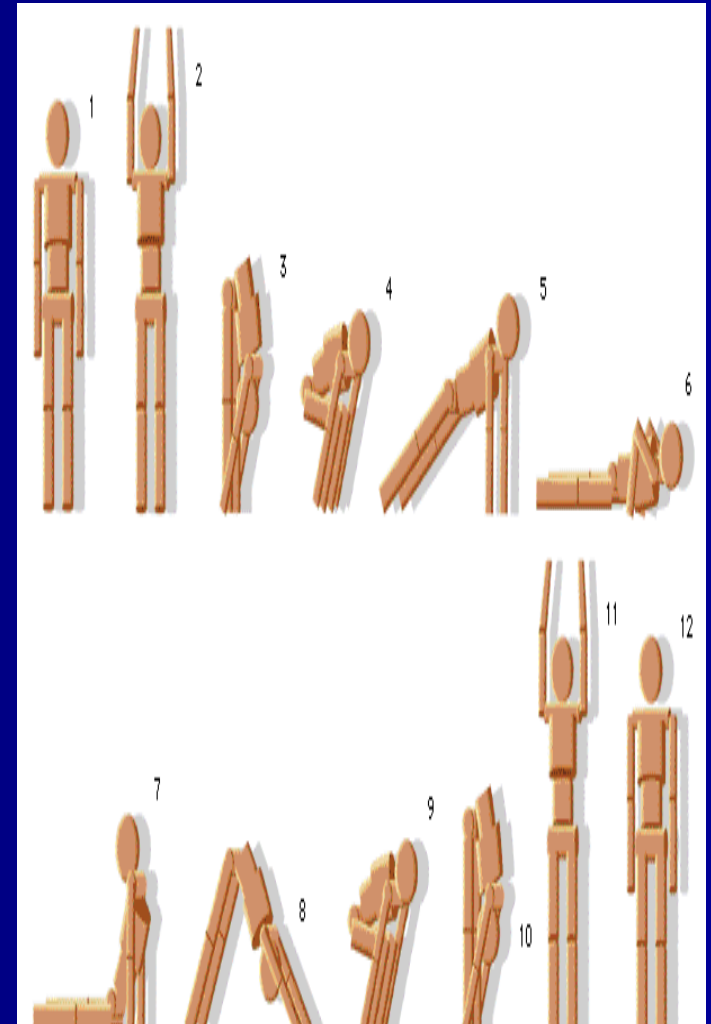
PERSONALITY DEVELOPMENT THROUGH EXERCISE

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INTRODUCTION

- Regular exercise leads to improve psychological as well as physiological affect. Exercise has important part of treating medical problems such as hypertension, depression, high blood fat levels, clotting in blood, blood pressure (high & low) etc.



PHYSIOLOGICAL BENEFITS OF REGULAR EXERCISE

Exercise has led to the inclusion of “lack of exercise” by the American Heart Association (1999) as a fourth risk factor for heart disease and other three risk factors are smoking, high blood pressure & elevated cholesterol.

EXERCISE IMPROVED PSYCHOLOGICAL AFFECT



- It is manifested in the form of a reduction in negative affect eg; (anxiety & depression) and an increase in positive affect eg.; (self efficacy, vigor, well being) exercise as a treatment for selected mental health symptoms.

EXERCISE IMPROVES PERSONALITY

- Regular exercise plays key role in staying healthy.
- It improves our body image or personality.
- It increases our energy level.
- It helps in controlling weight and reduce stress.
- Exercise has important part of treating medical problems such as hypertension, depression, blood pressure etc.
- Exercise enhances the output of hormones which increases nutritive powers.
- Exercise develops skill & active life.
- Exercise form musculoskeletal integrity.

EXERCISE SHOULD FOLLOWED BY SOME INSTRUCTIONS

- If suffering from any disease, follow the instructions of physicians.
- Exercise should be with enjoyment.
- Exercise should be in sessions.
- Exercise should be with age, sex, and medical condition.
- Exercise should be with variations which avoids boredom.

CONCLUSION

Exercise is beneficial in many ways-

- Through exercise the postural muscles can be kept toned and strengthen,
- This can lead to improve posture and reduce fatigue. Even the nervous system acting as a controller to the pattern of movement involved,
- It helps to develop mental power, mental health as well as inner & outer personality of an individual.

THANKYOU

