

### Promoting a Healthy Lifestyle and Sports among Youth

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#### ABSTRACT

The article covers significant points about sport, youth and healthy life style. As we know these three points closely connected with each other in our life. Moreover, in the article main concepts of promoting a healthy lifestyle among youth and its importance were noted.

The term "youth" refers to a group of people who are a certain age and have specific characteristics and experiences due to their age and social status. Being young is a natural part of life, but the specific age range and how society sees it varies depending on the culture and laws of the society [1]. In many countries the term "youth", adolescent, teenager, kid and young person are interchanged often meaning the same thing. Furlong A (2011) but they are occasionally differentiated. Youth also identifies a particular mindset of attitude as in "he is very youthful" The term adolescent refers to specific age range during a specific age range during a specific developmental period in a person's life, unlike youth which is socially constructed category. Although linked to biological process of development and aging, youth is also defined as a social position that reflects the meanings different cultures and societies gives to individuals between childhood and adulthood. Youth is the stage of constructing the self – concept of youth is influenced by several variables such as peers, lifestyle, gender and culture

Physical activity is defined as any bodily movement produced by skeletal muscles that result in energy expenditure beyond resting expenditure. Exercise is a subset of physical activity that is planned, structured, repetitive, and purposeful in the sense that improvement or maintenance of physical fitness is the objective[2]. Exercising is when your body moves in ways that make you healthier both mentally and physically. Exercise physiology is a type of kinesiology that looks at how a person's body reacts in the short term to physical activity. It also studies how the body changes over time when doing physical activities many times. This study looked at exercising, which means doing physical activities and eating healthy food to improve your body's fitness, your mind's health, and your general health. Dieting means being active and eating different kinds of foods that make you strong and healthy. Dieting and exercise are commonly used together to help people who are overweight or obese lose weight. Eating healthy means to have different types of food that provide your body with the necessary vitamins and minerals to stay healthy, feel good, and have energy. There are different types of important things called nutrients

that our body needs to be healthy. These include protein, carbohydrates, fat, water, vitamins and minerals.

The concept of health and healthy lifestyle here does not only imply mere absence of disease or infirmity by a state of complete physical, mental and social wellbeing. According to Physical activity guidelines for Americans (2008) and WHO (2010), it is a concept emphasizing the eight aspects of wellbeing into one's life namely: emotional; environmental; financial; intellectual; occupational; physical; social; and spiritual. Following this broad definition, I use health and healthy lifestyle to encompass personal; psychological; social; and physical capabilities and as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. Health is a resource for everyday life, not the object of living, and is a positive concept emphasizing social and personal recourses as well as physical capabilities. Health is a fundamental human right, essential for personal development and an essential component of development, vital to a nation's economic growth and internal stability[3]. According to U.S. Department of Health and Human services (2008) people who exercise and eat healthy food have a higher chance of a healthy lifestyle. Most findings on the effectiveness of exercise intervention and dieting suggest that exercising and dieting programmers' designed to reduce the immediate and potential long term health effects should include a focus in improving and maintaining physical fitness through physical activity. Exercise intervention for exercising and dieting include aerobic activity e.g. cycling, walking, resistance training (weights) or some combination. According to Telama (2005) health-related behaviors' (physical activity, dietary habits, locus of control and quality of life) are risk factors for the development of many diseases in adulthood. The late adolescence period of life is important because at this stage of life, the adolescents are independent in choosing their lifestyles and different habits which will affect their whole life. So, they have more chances to develop unhealthy health-related behaviors.

Children's engagement in sports competition is known to contribute to the developmental outcomes for a healthy lifestyle, where children learn about physical, social and cognitive skills[4]. More broadly, engagement in physical activity is also recognized to contribute a range of positive outcomes, specifically; physical and mental health, social wellbeing, cognitive and academic performance (Bailey et al, 2012). According to WHO (2006), there is evidence to suggest that improved nutrition enhances learning ability leading to better academic performance. Exposing children to balanced and nutritious food throughout childhood reinforces lifelong eating habits thus contributing to their overall wellbeing and helping them enjoy a healthy and fulfilling life in the future. Casey et al (2009) make the point that the engagement of sport and recreation organizations has potential to facilitate health promotion and public health. To enhance organizational capacity and achieve program sustainability, it is important that organizational processes, structures, and resources that support long-term health promotion practice are effectively and efficiently planned and managed. Participation in a supervised exercise-therapy program improved measures of self-esteem among obese and morbidly obese adolescents over time[5]. Recently, Donaldson and Finch (2012) have presented an argument for the idea of health promoting sports clubs'. In their review of the evidence they examined approaches in Scandinavia and Australia where the first main focus was using sports clubs to promote health messages. More recently, the focus has shifted to using health promotion messages as a mechanism for increasing participation in sport.

Summing up all given facts above it should be noted that if you exercise and eat healthy food, you are less likely to get sick from not moving enough or eating poorly. You have a better chance of staying healthy. Doing physical activity can make you feel healthier in your body and mind, help you socialize better, and improve how well you learn in school. Staying active can improve your health in many ways. It can reduce the risk of heart problems, diabetes, depression, help you manage your weight, improve thinking skills, and make your life better overall.

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