

Leisure-time Physical Activity from the Standpoint of Public-Health

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ABSTRACT

Physical activity during leisure time reduces the risk of early death, but the number of years of life expectancy gained at various levels is unknown. In a large pooled analysis, our goal was to quantify the years of life gained after age 40 linked with varying levels of physical activity. People who participate in leisure activities have lower stress levels, a better mood, a lower heart rate, and more psychological engagement, which means they are less bored, which can help them avoid hazardous habits. Positive leisure use is associated to identity development, improved coping skills, stress reduction, activity innovation, increased physical activity, socialising, academic and community participation, well-being, and health on the one hand. Physical activity has been shown to promote health and reduce the risk of heart disease, stroke, type 2 diabetes, depression, and several malignancies among people who are physically active.

Keywords: Physical Activity; Public-Health; Leisure Activities; Exercise

INTRODUCTION

Leisure time physical activity encompasses all physical activity-related behaviour that people engage in during their free time. As a result, there is a distinction between it and physical activity that is done for a living or in the context of daily life. The distinctions between leisure activities and everyday activities, in particular, are blurred due to their situational and subjective nature. Sport and exercise are the key areas of leisure time physical activity because they are specialised forms of leisure-time behaviour that intentionally strive to improve physical fitness [1]. *Physical exercise is a broad term that refers to any movement of the muscles. Sports and exercise, as well as lifestyle activities, are examples of these movements. It's sometimes referred as movement that only requires a small increase in energy expenditure. Physical exercise, on the other hand, can be defined as "repetitive, structured movement targeted at improving a person's fitness."* There is evidence that physical health influences leisure activity participation, and that both physical health and activities have an impact on well-being [2]. Health is most likely a required but not sufficient condition for engaging in certain types of leisure activities; there are other factors that may influence leisure activity participation. However, the current research emphasises on health and well-being as important features of leisure activities. We argue that leisure activities represent a critical relationship between physical health and happiness.

The discovery that leisure activities affect the link between health and happiness could have major consequences for health recommendations aimed at improving psychological outcomes. People consider their schedules every day, determining how much

time to commit to academics, how many hours to devote to sleeping and personal care, and what to do with their leisure or free time. According to studies, people's free time varies from less than five to more than 100 hours a week. With so many other pressing issues in Center County and beyond, leisure or free time is frequently reduced to kicking back, relaxing, and taking it easy. But there's a lot more to leisure than that. Leisure is about social interaction and support; it's about spending time with loved ones, friends, and family, sharing therapeutic banter and laughter. Leisure time is time that has been set aside for you. Camping weekends and annual beach vacations come to mind, bringing with them excitement, shared memories, and valuable introspection time. Distractions like lunch with friends and laughs around the office coffee pot are times that create pleasant feelings, boost mood, inspire optimism, and help us deal with the stresses of everyday life [3].

Leisure activities are crucial for subjective well-being because they allow people to express their values and needs. People improve their quality of life by participating in leisure activities, which allow them to form social bonds, experience happy emotions, and gain new skills and information. We will look at how leisure activities increase subjective well-being in this report. We will attempt to distinguish between several forms of leisure activities in order to determine which ones contribute the most to subjective well-being. We'll look into which recreational activities contribute to the subjective well-being of women and men of various ages. Most importantly, leisure is a source of mental, bodily, and social health throughout one's life; time to promote wellness, protect against life's bumps and bruises, and contribute to overall quality of life.

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If that isn't enough to persuade you of the benefits of leisure, consider this: leisure is big business – by some accounts, the world's largest industry. Consider the Penn State IFC/Panhellenic Dance Marathon, the world's largest student-run philanthropy. Thon is an important element of the local and regional economy, as well as Penn State's national and international identity, with tentacles in tourism, transportation, cuisine, apparel, and student enrolment [4]. As a result, we must assist people in understanding why engaging in positive leisure hobbies is helpful and how to put their ideals toward positive use of free time into action.

CONCLUSION

Leisure activities are important not only for certain people, but also for the general public's health. Leisure activities should be encouraged throughout one's life in order to preserve and even improve one's health. Because physical health may limit the types of leisure activities that adults can engage in, more treatments should be created to guarantee that a diverse range of activities are available to all adults, regardless of physical capabilities.

According to research, key elements linked to happiness, such as social involvement and leisure activities, are precursors to effective ageing. As a result, good public health should be viewed as a lifelong process that can be influenced to some extent by engaging in recreational activities.

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