

SPORT: A REVIEW OF HEALTHY LIFESTYLE IN THE WORLD

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ABSTRACT

In recent decades, healthy lifestyle has occurred around the world. Everyone has been doing daily monotonous routines such as working in industrial activities. Sport activities are new phenomena in twenty-first century to make everyone keep health. Sport could make our body is healthy, avoid heart disease caused by blockage of blood vessels. This article will describe how sport can be managed and governed to promote positive health outcomes. Sports are physical activity and give an impact like healthy, sports program must accessible, align with community needs, empowerment and encourage participant leadership. Sport should accessible for everyone in the world, children, young, adults, old man, sport including every age to get health and refreshing. The volume of regular physical activity has been frequently and consistently related to health benefits. Sport and exercise are contributors to the health of nations, the relation is curvilinear with the exact parameters of the curve varying for different health benefits

Keywords: Sport, healthy lifestyles, health, sport phenomena, human health.

INTRODUCTION

In recent decades, healthy lifestyle has occurred around the world. Everyone has been doing daily monotonous routines such as working in industrial activities (Wibowo & Syarifuddin, 2018), consume highly processed and less-nutritious convenience food at the expense of locally grown produce, the level of sedentary behavior has increased while physical activity levels have decreased due to advances in technology and urbanization and the consumption of tobacco, alcohol and other psychoactive drugs is consistently on the rise (Schulenkorf & Siefken, 2019). Healthy lifestyles are the answer to make our body keep healthy, several healthy activities are holiday in nature (Wibowo et al, 2019) and take some sport (Saputra et al, 2019).

Sport activities are new phenomena in twenty-first century to make everyone keep health. Sport could make our body is healthy, avoid heart disease caused by blockage of blood vessels.

Several study inform that Coronary heartdisease mortality in men age 45-60 years in various countries (**Fig. 1**). Recent study that inform unhealthy lifestyles will make an impact for human health such as cardiovascular disease (Schulenkorf & Siefken, 2019), severe mental illness (Scott & Happell, 2011) and else. This review will describe a healthy lifestyles with sport in the world and sport impact for human health.

A Frameworks of Healthy Lifestyle with Sport

This article will describe how sport can be managed and governed to promote positive health outcomes: (a) sport organisations should leverage partnerships to build capacity for health and promote organisational sustainability; (b) sport should be adaptable and evolving to ensure the development of a culture that values health; and (c) sport impact for human health. Taken together, these themes provide an exploratory framework for managing sport in a way that may increase the likelihood of positive health outcomes among participants and other sport stakeholders.

Accessible, Aligned with Community Needs, and Empowering are Sports

Sports are physical activity and give an impact like healthy, sports program must accessible, align with community needs, empowerment and encourage participant leadership. Sport should accessible for everyone in the world, children, young, adults, old man, sport including every age to get health and refreshing. Every community in the world need sports in all of the activities, when someone go to another place by walk or run, they doing sport in every activities.

Adaptable and Evolving are Sport

Sport should be adaptable and evolving to ensure sport culture values health. Sport is adaptable activities in the world, some adaptation sport in recent decades create a new sports branch such as futsal, when there is less land to playing football (Saputra et al., 2019), sreetball is a phenomena of adaptable of sport. This approach to adapting sport culture includes broadening definitions of sport and bringing together the concepts of development of sport and development through sport/SFD to establish more holistic views of sport management and delivery. In many ways, this theme suggests that the values of sport should support health in order to promote health outcomes (Edwards & Rowe, 2019)

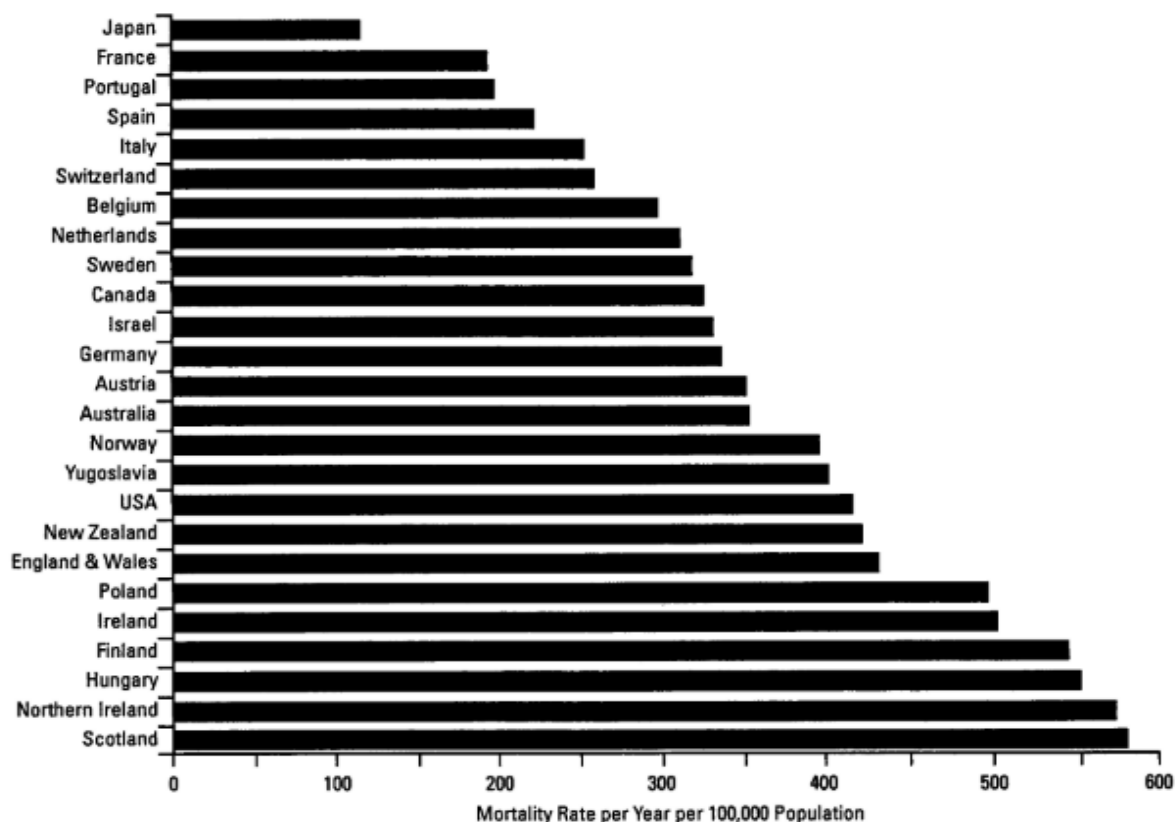


Figure 1. Coronary heartdisease mortality in men age 45-60 years in various countries during

Impact of Sport for Health

Several study inform sport could make better health such as fixed mental health, study of (Frederick & Ryan, 1993) use 376 adult participant, sport could make oral health (Frederick & Ryan, 1993), as this study oral health will make an effect in performance of elite sport performance. Sport as a contributor to health of the nations Self-reported rates of participation in sport vary by country. In the UK, about 40% of men and women aged 16 years or older participate in at least one sport every week. Although few data exist to assess trends for participation in sport, there is little evidence of change in the past decade among adults. Large cohort studies suggest that such participation in sport is associated with a 20–40% reduction in all-cause mortality compared with non-participation. Randomised trials and crossover clinical studies suggest that playing sport is associated with specific health benefits. Some sports have relatively high injury risk although neuromuscular training programmes can prevent various lower extremity injuries. Clinicians can

influence a large number of patients through brief interventions that promote physical activity, and encouragement toward participation in sport for some physically inactive patients qualifies as evidence-based therapy. Exercise might also be considered as a fifth vital sign and should be recorded in patients' electronic medical records and routine histories (Frederick & Ryan, 1993). Nations will health if members are healthy, physical activities in sports will give an impact not only for human but for nations too.

The volume of regular physical activity has been frequently and consistently related to health benefits (Herring et al., 2001). Sport and exercise are contributors to the health of nations, the relation is curvilinear with the exact parameters of the curve varying for different health benefits (**Fig. 2**). Another research inform that sport participation also effect perceived health indirectly through distress and smoke, peoples balance of sport when stress and smoke more healthy than who's did not sport when they are smoker and stressed (Thorlindsson et al., 1990)

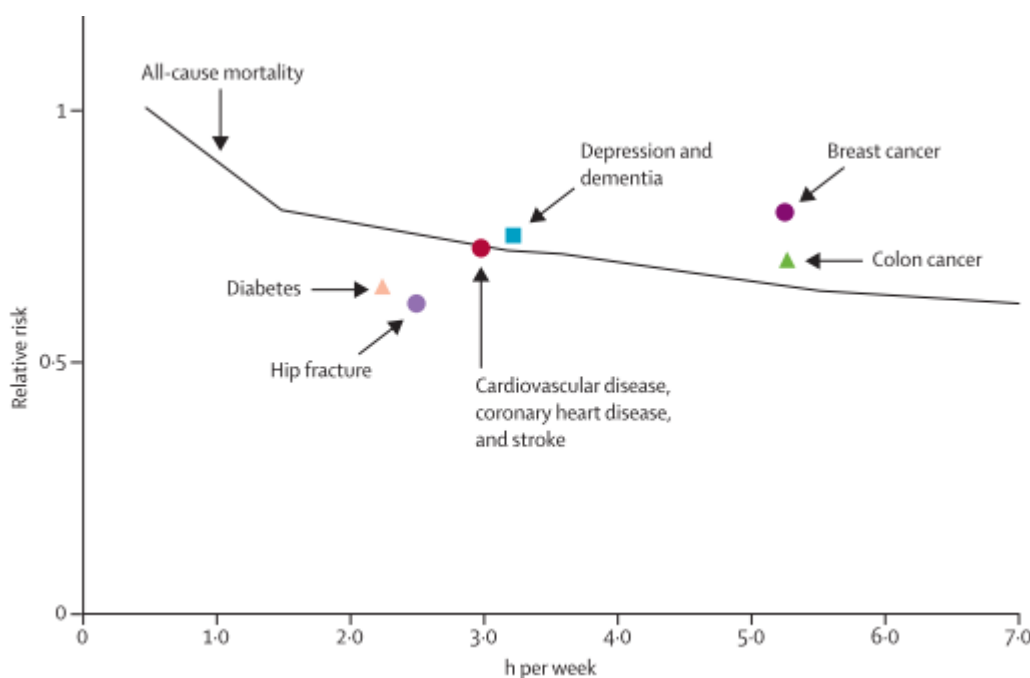


Figure 2. Associations of moderate-to-vigorous physical activity with key health events, including all-cause mortality

Conclusion

This review explain about sport phenomena in the world and it's impact for human health as a healthy lifestyle. Sport is a part of healthy lifestyle in the world. Sport could reduce several disease such as diabetes, hip fracture, cardiovascular disease, coronary heart disease, stroke, breast cancer, colon cancer, depression, dementia and fixed mental health.

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