

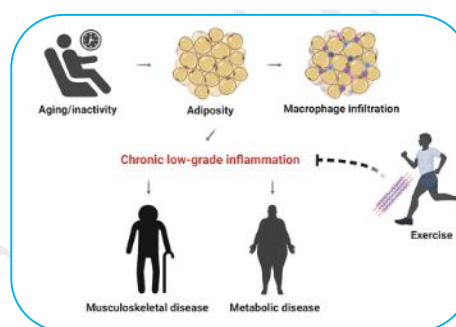


PHYSICAL INACTIVITY LEADS MORE RISK FACTOR FOR POOR HEALTH

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ABSTRACT

A tragedy lifestyle is a much serious problem in the world. The physical inactivity is drastically increased over the past few decades. It significantly increases the risk of numerous disorders like diabetes, cancer, hypertension, coronary and also cardiovascular diseases, obesity, and all-cause mortality, among others. This paper will give the detailed information of physical inactivity and its common reasons and negative effects and how to overcome it.



KEYWORDS: Physical Inactivity, Health Risks.

INTRODUCTION

Physical inactivity is a term used to identify people who do not get the recommended level of regular physical activity. Physical inactivity, defined as achieving less than 30 minutes of moderate intensity physical activity per week, is the fourth greatest risk factor for poor health in the world. Physical inactivity is anytime you are not standing or moving. Sitting at your desk, watching TV or being in your car for a long journey all fall into this category. Physical inactivity affects you inside and out from head to toe. This lesson discusses how a lack of Physical activity can lead to a variety of physical disorders in our body systems.

COMMON REASONS OF PHYSICAL INACTIVITY

There are many technical advances and conveniences have made the life easier and less involved activities. There are many personal variables like behavioural, physiological. There may affect our life plans to become more physically active. The general common reasons people are not adopting many more physically active lifestyles because:

- They do not have enough time to exercise.
- Peoples find it inconvenient to exercise.
- Less self-motivation.
- They do not find exercise enjoyable.
- They feel exercise boring.
- They Lack confidence in physically active.
- They have fear of injuries.

CONCLUSION

There are several sponsorship to the fund for physical activity. They services or resources provides by businesses to join the peoples in a club and makes teams or an individual to gain for some sort of commercial benefit. The sports department is basically a marketing tool is used by the companies in order to reach the large audience. It may useful to companies in creating the awareness about their brand as well as to make peoples healthy.

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