

SPORT FOR ALL IN HEALTH AND DISEASE

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ABSTRACT

Increasing evidence suggests that exercise can benefit many health conditions through prevention, treatment, or rehabilitation. The most specific and pronounced effects take place in the neuromuscular and musculoskeletal structures and functions, and they are primary and unique in their nature. The characteristics of exercise and physical activity needed for these effects are rather well known. Exercise is as equally important for the sick and disabled as it is for the healthy. The spectrum of the health benefits of exercise is broad, many benefits are of major practical significance, and adaptive capacity is retained through old age. Furthermore, exercise meets many criteria of wide applicability for population-oriented promotion. There are health risks in exercise but proper guidance and prescription warrants safe participation. In order to make use of the health potential of exercise, intensified product development of “exercopia” is necessary via basic and applied research.

KEYWORDS: *Exercise, Feasibility, Fitness, Health Promotion, Health Risk, Physical Activity, Prescription, Prevention, Rehabilitation*

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