

# How sport and fitness make you mentally agile

It is rightly said: "Time and health are two precious assets that we don't recognize and appreciate until they have been depleted." And it is not only elders who neglect their health due to stress, work burden and tensions; students also have a lot of burden of studies and stress. The best antidote to this is physical fitness for all ages...



overweight.

### Fitness First

Here are the many ways in which sporting activities can help to increase memory power and mental fitness for all age groups:

- 1) Physical workouts help reduce anxiety and keeps individuals in a happy state of mind.
- 2) A child or adult indulging in sports or any form of fitness gets a good sound sleep, which is very helpful in being to study well (for children) and retain mental focus and sharpness, leading to Memory Enhancement.
- 3) Physical activity can also help you to be more balanced and controlled and you are able to keep your emotions in control and you moderate your outbursts even when provoked often and this calm attitude will upgrades your academic scores if you are a student.
- 4) Muscle-strengthening activities that kids love and enjoy can be unstructured and may be part of informal play, such as playing with playground equipment, climbing up and down the ladder or playing tug-o-war. Running, lawn tennis, jumping rope etc. are activities that boost bone strength and aid in physical as well as mental growth, which is particularly crucial for youngsters.
- 5) Research too states that students who don't live a sedentary lifestyle are always much happier than those who are not playing sports and this

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helps to a better memory retention power.

- 6) About 20 to 25 minutes of brisk walking out in the open or even on a treadmill increases mental alertness in people of all ages - particularly senior citizens.
- 7) Children who have neurodevelopment problems e.g. ADHD too can learn faster and better if they are more physically active.

### Some Exercises

An useful exercise, which students can do which will aid them in concentrating better is to take a glass of water half filled and keep on staring at the point of the half filled glass where it is filled. Initially, the child may not be able to focus much and may lose focus; but with practice the child will be able to keep the eye-contact for a long time and this way you can learn to concentrate really better.

Diet along with physical activity plays an important role in developing a sound memory. Dal and vegetables helps a lot and fruits and salads have vitamins and minerals which help a lot. Also a glass of hot milk helps a lot during exams. Coconut water which contains potassium and will be useful in clarity of

thoughts should be taken often by students as well as grown-ups. And definitely have proper glasses of water daily and drinking hot water also helps.

A yogic sattvic diet will help preserving the required chemicals and other brain components for a better memory. Pranayam as well as meditation aid and improve mental focus and help to concentrate better.

Preschool kids of ages 3 to 5 years must be nurtured carefully and must be engaged in active games and useful drills like throwing games and riding a bicycle. They need to engage in activities that make them crawl, hop, skip, run, slide and overall move their tiny bodies in different directions. They also need to practice postural control and balance. Tiny kids must be able to do jumping, hopping, skipping, bouncing, turning and even tumbling and rolling.

Older children above 5 years can enjoy substantial health benefits by doing more intense physical activities for 45-75 minutes and even more daily activities ranging from aerobic exercises to muscle and bone strengthening activities. Running, swimming, dancing, skipping, bicycling are all very useful to them.

It is rightly said: "Time and health are two precious assets that we don't recognize and appreciate until they have been depleted." And it is not only elders who neglect their health due to stress, work burden and tensions; students also have a lot of burden of studies. Stress comes because of lots of homework, weekly assignments, getting scolded when you get low grades, not being able to concentrate while studying, lack of confidence, exam fear etc. And then in all these unhealthy scenarios they neglect their health. As the great late American author Jim Rohn had rightly stated; "Take care of your body. It's the only place you have to live".

Sports can make life fun. It can be co-related to real life. If a T-20 cricket match is going on, some matches can be so interesting till the last ball that you just hooked to it. Your mind starts calculating what if so many runs are scored or what if a wicket is taken and you get super engrossed. It inspires the kid that he/she too can excel and physically work hard and fulfill their goals. And good health follows always. As renowned late American boxer Gene Tunney had correctly said: "To enjoy the glow of good health; you must exercise."

So start your fitness journey, all you young and old readers of Jam-e-Jamshed because if you are physically fit you will also be mentally sharp and agile at any age!

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By Minoo Jokhi

It is rightly said: "The stronger you are, the better you feel." And the strength has to be physical as well as mental. When an individual leads a healthy lifestyle, the person benefits not just in physical but also mental health.

Good health is always a cherished asset. Over two years into the pandemic, we have all seen how vital good health is. And as much as grown-ups do, all children also need to have good health as it plays an important part in their academic success. Sports and physical workouts help massively to develop the child's mind and mental growth. When a child is physically inactive, he/she becomes overweight and ultimately often becomes obese and this leads to many lifestyle disorders and other problems. There is a considerable increase in obesity in children being observed in the last 10-15 years, which is due to lack of physical activity or over-eating and mainly eating junk and wrong foods.

Physical activities in early childhood are essential to help reduce the increased health risks associated with obesity and