

Effect of running on Physiological and Psychological of Human health

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Abstract

Introduction:

Now days everybody is trying to keep healthy and smart for that they are doing many activates like running, jogging, aerobic exercise, gym and laughing classes etc. Many experts think that human bodies are shaped the way that they are because we evolved to be extremely effective endurance runners. So it's perhaps no surprise that running is strongly associated with a number of benefits for our bodies and brains.

We know that running activity is good for the mind, heart, so it's no surprise that running can improve Physiological and Psychological of Human health. But what's amazing is that people can get big benefits without have to do a lot. Running just five minutes a day could add years to your life, according to a study in the Journal of the American College of Cardiology concluded that reduced risks of death from all causes and cardiovascular disease. This study may motivate healthy but sedentary individuals to begin and continue running for substantial and attainable mortality benefits. Researchers was founded that people who run at least 40 miles a week have healthier hearts than those who run 13 miles a week. If you want to keep your mind healthy as you age, research indicates running is one of the best things you can do.

The main objective of present study is to effect of running on Physiological and Psychological of Human health.

Methodology: Method and materials this study is based on the secondary data. The secondary data had been collected from various references books, newspaper article and research paper, google search etc.

Results and conclusion: Conclusion: Running is most ideal exercise improve cardiac function, improve coronary circulation, Reduce harmful lipoprotein reduce risk of CHD, improve glucose tolerance, improve respiratory function, improve metal tension less chance of Alzheimer, stop smoking, delay in aging process, live longer, less chance of heart attack,

