PHYSICAL FITNESS A KEY ROLE IN THE PREVENTION OF DEPRESSION

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Depression is one of the leading causes of global burden affecting people across all ages, genders, and socioeconomic groups. This pandemic has made a great deal of pressure that causes stress to many which lead to depression. When our brain is affected by stress due to nerve connections, the rest of our body also feels the impact.

People diagnosed with depression often have low levels of serotonin – chemicals in our brain that stabilize our moods, and it allows our brain cells to communicate with the rest of our body, causing them to feel upset or often be in a low mood. Experts say that antidepressants are not the only solution for depression. They say that exercising may boost certain chemicals in our brain such as serotonin and endorphins – chemicals in the brain that act as natural painkillers.

According to medical professionals, physical fitness has a key role in the prevention of depression, and it appears to be well accepted by people with depression with relatively low levels of dropout from interventions. Physical fitness such as body composition, cardiorespiratory endurance, flexibility, muscular endurance, power, and strength helps us function effectively in our daily activities. Interventions such as physical activity targeting fitness should be a central part of the prevention and management of depression. Our ability to perform daily activities with the best performance, strength, and stamina are all vital in the prevention of depression. Physical fitness through exercise is of great help as it promotes feelings of calm and well-being that release powerful chemicals which energize our spirits, improves our ability to sleep, lifts our mood which in turn reduces stress and makes us feel even better.
References:


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