

EXERCISE A MECHANISM FOR ACHIEVING OPTIMAL HEALTH AND WELL-BEING

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ABSTRACT

Exercise is a term and way in which an individual can attain wellness and health albeit is a term that is not new in modern sports practices, since the existence of mankind. Exercise today involves more than running, jumping and throwing external objects, but it is an effective means of obtaining measure of work capacity, speed, power, potentiality and physical endurance, all these are achievable with the aids of good body health. The number of individuals participating in physical exercises has been on the increase globally, these is as a result of recognition of benefits that an individual derived from it, An individual's health is the important thing in his/her life, therefore this paper discusses health, physical and physiological benefits of exercise to the body, concept of wellness and wellbeing, relationship of exercise sports, fitness and wellbeing, exercise as a mechanism for achieving optimal health and wellbeing, effects of exercise to the body and some suggested recommendations on ways of achieving optimal health and wellbeing through exercise.