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身体活跃和健康生活方式的好处

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身体活跃和健康生活方式的好处

ORAL ROBERTS UNIVERSITY

01 提高身心健康



- 骨密度
- 肌肉力量
- 身体构成
- 睡眠质量
- 积极的情绪状态和应对技巧

02 预防疾病



- 降低以下风险：
- 心血管疾病
 - 糖尿病
 - 高血压
 - 骨质疏松症
 - 癌症

03 增强心肺健康



- 降低：
- 静息心率
 - 血压
 - LDL 脂蛋白胆固醇
- 增加：
- 耐力/能量水平代谢
 - 高密度脂蛋白
 - HDL 脂蛋白胆固醇

04 促进健康



- 定期锻炼，追求精神健康，重塑压力感知，保持清醒，吃得好，保持水分，睡个好觉：
- 感觉清新
 - 保持健康
 - 使人长寿
 - 提升在校表现

新 ORU 研究表明，学生过着积极健康的生活方式可以有更好的学术表现

运动量 (由 Fitbit 测量：步数和燃脂区的分钟数)较多的学生往往具有更高的 GPA。¹



现场测试时间 (心血管健康的间接衡量标准) 更快的学生往往具有更高的 GPA。¹



经常锻炼、睡眠良好、有着健康生活方式的学生往往具有更高的毅力、更少的压力、理想的体重和 GPA。^{2,3,4}



一致性是关键

体育锻炼、心血管健康和健康的生活方式都与大学生的学习相关。

参考

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