

## **Sports: A Vital Tool for Promotion of Good Health and Prevention of Diseases**

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**Abstract :** This paper explores the important role sports can play in the promotion of good health and prevention of diseases. Technological advancements in today's world has come along with some difficulties to man. This is because work formally done by man has been taken over by machines, thus, man has become sedentary. This has created a lot of health problems to man such as cardiovascular diseases, diabetes, cancer, obesity, and osteoporosis. To nip this ugly situation in the bud, the following recommendations are made: specific measures should be taken to raise the awareness within the government, key sectors and the population of the diverse benefits or physical activity and sports and the risk and costs of inactivity, provision of equipment, facilities for sports and recreational activities in every community, participation in physical activities in sports if not on daily basis at least thrice a week.

**Keywords :** physical activities, sport, good health, prevention, diseases

**Conference Title :** ICPESS 2014 : International Conference on Physical Education and Sport Science

**Conference Location :** Cape Town, South Africa

**Conference Dates :** November 06-07, 2014