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Read the following is an extract from an article entitled “How running or walking briskly away from addiction” in which the author, Stacey Colino, explains why exercise can help you kick a substance abuse habit and answer the questions that follow:

A study in Feb. 2018, the issue of the Scandinavian Journal of Public Health found that when people with alcohol use disorders participated in a running program (twice a week for 30-45 minutes at a time) as part of their treatment, their alcohol intake decreased by 81 percent over 30 days. Previously, a study that appeared in the journal PLoS One in March 2011 found that while marijuana-dependent people participated in 10 supervised 30-minute exercise sessions on a treadmill over two weeks, they reduced their usage by 50 percent. And a small study from Denmark found that after people with drug addictions exercised in groups three times a week for two to six months, 25 percent abstained completely and 50 percent downgraded their intake.

<https://health.usnews.com/wellness/mind/articles/2018-06-20/running-or-walking-briskly-away-from-addiction>

Accessed on 18 February 2019

Write paragraphs on the benefits of being physically active and include the following:

Define the concept, *personal lifestyle plan*, and name TWO aims it seeks to achieve in a person's life. (3x1) (3)

Explain any THREE benefits that a personal lifestyle plan has on the physical well-being of a person. (3x2) (6)

Assess the effects that an exercise program as the one contemplated in the article above, has on a person's life with specific reference to assisting people involved with substance abuse. (3x2) (6)

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SUGGESTED ANSWERS:

Write paragraphs on the benefits of being physically active and include the following:

7.1 Define the concept, *personal lifestyle plan*, and name TWO aims it seeks to achieve in a person's life. (3x1) (3)

ONE MARK FOR THE DEFINITION

DEFINITION: ANY ONE OF THE FOLLOWING:

- A plan to live in a specific way.
- A plan to help you live in such a way that you remain healthy.
- A plan that helps you achieve the quality of life you want.

ONE MARK EACH FOR ANY TWO OF THE FOLLOWING AIMS OF A LIFESTYLE PLAN

- It improves/maintains a good quality of life.
- It promotes your well-being.
- It enables you to live a happy and fulfilling life.
- It leads to satisfaction with your life.
- It allows you to feel happier/safer/healthier.

- It addresses issues related to physical health.
- It addresses issues related to one's emotional state.
- It addresses issues related to one's social relationships

7.2 Explain any THREE benefits that a personal lifestyle plan has on the physical well-being of a person. (3x2) (6)

ANY THREE OF THE FOLLOWING: EACH RESPONSE COUNTS 2 MARKS:

- It provides you the opportunity to exercise every day (✓) so that your body is in excellent shape and you are able to combat lifestyle diseases (✓).
- It enhances nutrition (✓) eating balanced, healthy meals provides the body with the required nutritious foods conducive to a healthy lifestyle (✓).
- It assists with weight management (✓) by reducing the intake of fatty foods and sugar-rich foods (✓).
- It allows for outdoor recreation as most people exercise away from home (✓) this gets one out in nature and exposed to natural sunlight and fresh air which is beneficial for the body and mind (✓).
- It ensures that you get quality sleep (✓) thereby you do not feel tired when waking up and you are in an enhanced state of mind to take control of the challenges facing you (✓).
- It promotes healthy habits (✓) you therefore do not fall victim to substance abuse and other social evils (✓).

7.3 Assess the effects that an exercise program as the one contemplated in the article above, has on a person's life with specific reference to assisting people involved with substance abuse. (3x2) (6)

ANY THREE OF THE FOLLOWING: TWO MARKS FOR EACH RESPONSE:

- Exercise can improve the physical and emotional health of people ✓ this can help prevent relapse and assist them to remain abstinent. ✓
- Involvement in physical activity can help reduce boredom ✓ which for some is a key relapse trigger. ✓
- Involvement in physical exercise can benefit a person emotionally ✓ by restoring a sense of balance in a person's life. ✓
- Involvement in physical exercise can develop a healthy lifestyle through good nutrition ✓ as many people involved in substance abuse often skip meals or fail to eat properly because they do not feel hungry. ✓
- Exercising releases endorphins which create a "high" effect when a person exercises ✓ this counteracts the craving for the substance and creates the same sensation of euphoria that accompanies a chemical high. ✓
- Exercise reduces the anxiety and stressed experienced by substance abusers ✓ this leads to better quality sleep/improved thinking/a positive outlook. ✓
- Many recovery centres incorporate exercise and fitness into their programmes ✓ this increases the successful recovery of addicts and makes them more likely to maintain a healthy exercise habit upon re-entering society. ✓

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