

Risks of Physical activity :

The most common risk is musculoskeletal injury. The risk for this type of injury is closely correlated with overuse. Additionally, a major change in exercise frequency, intensity, or duration can increase the risk for musculoskeletal damage. Possible musculoskeletal injuries include the following:

- Acute muscle strains or tears
- Inflammation
- Chronic muscle or joint strains
- Stress fractures
- Traumatic fractures
- Nerve palsies
- Tendonitis
- Bursitis

Other, less-common health risks include arrhythmias, sudden cardiac death, postactivity myocardial infarction, infection, rhabdomyolysis, bronchoconstriction, and dehydration. For women, the female athlete triad (eating disorder, amenorrhea, and osteoporosis) can negate some of the positive effects of habitual activity.

In the female athlete triad, disordered eating and chronic energy deficits disrupt the hypothalamic-pituitary axis. This in turn interrupts menstrual cycles and reduces bone density.