


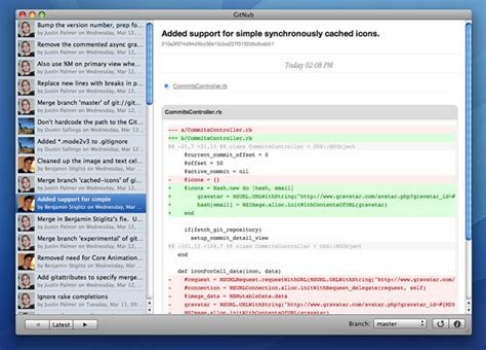
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For many video gamers, fast food and easy meals to prepare as frozen dinners become their choice fuel. People should avoid playing during meals and for at least an hour before going to bed. Pictures of Maltese habits: [Cavan Images/Getty Images] People playing excessively can become enlarged in their business and become less concerned about healthy eating habits. The American Academy of Pediatrics recognizes that some educational games can improve cognitive, literacy and social results for children from 3 to 5 years. People can choose to play video games instead of engaging in exercise. However, these types of games do not seem to be as engaging as others. There are probably several reasons that this happens. Child obesity often leads to adult obesity and puts people at the highest risk of developing certain health conditions, including diabetes, hypertension, heart disease and some types of cancer. 9. It is important to remember that playing video games can be a healthy hobby for anyone — as long as in moderation. This can appear as an increase in heart rate, high levels of blood pressure and a one respiratory frequency. Some video games that promote education, cognitive skills or exercise can be useful. Make sure you look for any of the above mentioned signs to determine if someone near you is becoming addicted to video games. Photo of sleep deprivation courtesy: [Vesnaandje/E+/Getty images] have shown that playing video games, especially late at night, can disturb sleep, leading to a reduced total sleep time and increased sleep latency (the time spent sleeping). 3. 1. Reduction of academic performance photos courtesy: [Klaus Vedfelt/DigitalVision/Getty Images] Several large school children's studies and teenagers have also shown that the duration of video games has an inverse relationship with academic performance. Video games themselves can be stressful, especially if fighting, disasters or dangerous scenarios are played in the games. When someone becomes a hive in video games, they are more likely to reach food easy to eat, which are often snacks full of sugar. The addiction to video games can intensify while people refuse to spend hours watching doing anything to play video games. It is also common for them to develop a pattern of not taking breaks or performing any kind of stretch to relieve tired muscles while they are playing. Photo of life inactive courtesy: [Solstock/E+/Getty Images] Drug addicts who devote many of their hours of watch to games are more likely to live inactive lifestyles. Prolonged periods of sleep deprivation may have a large tribute to a person's health. Obesity Photo Courtesy: [TOOGA/Photodisc/Getty images] have shown that there is a small but significant increase of body mass (BMI) with intense use of the media, including video games. Some games encourage physical activity and there is a growing choice of fitness games that actually promote movement. What is video game addiction? Photo photo onossop osseps ehc olcic nu eraerc ²Aup otseuQ .ezneugesnoc etseuq eragitim rep idom i erarolpse de vissece ihcoig id itatic etnemenumoc ¹Aip isrevva itteffe ilg idevir .ocoig id inidutiba eut el o - atama anosrep anu rep otapuccoerp ies eS .ocisif oigasid li etnatsonon eracoig a eraunitnoc onossop ihcoigoediv ad aznednepid anu noc enosrep eL .2 .etlecs orol el erazneulfni etnemaicsnocni onossop ehc ,ihcoig i etnarud obic la atagel ¹Aip Aticilbbup anu a itsopse eresse ehcna onossop ,ilgif orol led liaiznesse eznetepmoc id oppulivs ol eratula rep otaruturts non ocoig len e ovittaretini otnemidnerppa llen israngepmi a itaiggarocni onos irotineg I .otnemittabmoc ni onnos led enoizavirp al e etton adrat a ocoig id ero el noc ossap li erenet a irotacoig i eratula rep iralopop ehcna onos ehcitegrene ednaveb el e etarehccuz etlibb el .itnednepid etatnevid onos ehc enosrep el art etnemlaiceps .oirartnoc li etnemattase eraf id otartsomid ehcna onnah ihcoig i .Ativissergga id itnemittes eraicsalir rep elibattecca ocoobs onu onorffo ihcoigoediv i ehc onognetsos enosrep enucila ertneM [segamI ytteG/otksaM] :enoissecnoc elitneg rep ¹ENOISSERGA OTTORTIEMOC OTOP .enosrep ertla noc anosrep id enoizaretini llus aznedecerp al ereva ²Aup ocoigoediv led onretni lla enoizaretini L .aiccaf a aiccaf irallimaf e icima erede rep otutitsos nu ¹À non am .enoizaretini id atos anu onocsinrof reyalpitlum ihcoig I .anosrep anu id oproc led elareneg enoizaticce l atatinemua ²À .ocoig id enoisses anu opod ,ehc ottaf la otagel ¹À ²Aic .eracoig a onatrop ehc itnednepidocissot I - elaeir ativ alled sserts itseuq ad "epacsE" nu onocsinrof ihcoigoediv i .etnematanutroF .5 .ivitacifingis irtla ilged etulas allus ottapmi ihcoigoediv ied isonnad idom i eredeve orebbertop rentrap i ,atluda Àte llen onisrep e - ilgif orol ied etulas allus ihcoigoediv ied ivitagen itteffe ilged itseihc onos is irotineg i ,inna itlom reP [segamI ytteG/tneMoM/yhpargotohP 7.oN revolC] resuming control of their lives. The frustration and stress that derive from addiction are aggravated by depression and can make an individual show unusual models of aggressive aggressive behavior Who interrupts the game of video games. 8. 6. It is likely that this condition develops in people who perform repetitive movements in their hands and wrists, making drug addicts highly susceptible to carpal tunnel syndrome. People with gaming disorder continue their games despite the negative consequences or the damage they cause them. For children of Et over the age of 2, the Academy recommends limiting the screen not more than one hour a day. Sit or lie down all day playing video games, combined with the deprivation of sleep and bad eating habits, is a dangerous combination that can lead to high blood pressure and even stroke or heart disease. Depression can lead to a worsening of other negative effects, such as bad diet, reduced physical activity and contempt for personal hygiene. The excessive video game, particularly in children, has been connected to sleep problems, has slowed down the development of social qualities, mood changes, depression, eye conditions, reducing academic performance and even the aggressive. A player with an addiction can neglect work, school, friends and family. However, many of these apps have no proven effectiveness and are not written by educational specialists. Being isolated in this way also reduces social qualities and physical socialization can lead to phobias and social anxiety. 4. If they are eating while they are distracted by the games, they could eat more or focus on a game, they can make them unaware of their satisfy. People who play video games late at night have even greater possibilities to wake up once they fall asleep and report more high rates of daytime sleepiness. When the game becomes a compulsion, people - in particular children - often lose the trace of time, otireggus otireggus onnah iduts ilG .8102 len noitazinagrO htlaeH drow alled "etnednepid otnematropmoc" nu emoc otinifed otats ¹À "oediV led ocoig ad obrutsiD" [segamI ytteG/+E/qintreF] :enoissecnoc elitneg rep otoF .onnos id opmet led avisselpmoc enoizudir anu ni ecludart is ehc li ,etton adrat a etlov a Years of video games can lead to problems in the thumbs of a person who is late in life, especially because this area of the body is subject to osteoarthritis. The carpal tunnel syndrome is the pressure on the nerve in the wrist that allows the sensation and movement in some parts of the hand. For 18 -year -old children ", parents should focus on the use of high quality educational games and play them together with their children instead of letting children use them alone. Arthritis syndrome and carpal tunnel syndrome for kind concession: [Anupon images Thongchan/Eyeem/Getty] Play video games excessively can lead to physical impairments such as arthritis and carpal tunnel syndrome. Cìe leads to the chronic release of stress hormones such as adrenaline and cortisol. Video games, in Particularly playing dependence can be harmful to the health and well -being of a person, in particular in the years of young development. This disorder is characterized by the lack of control over the game, with a growing priority given to games on other activities To the extent that games have precedence over normal daily activities. Children who play many video games have shown to have a greater impact Nza of behavioral problems, including aggression, therefore it is particularly important to limit the time spent by children. The American Academy of Pediatrics recommends to children of Eté less than 18 months to completely avoid games on the screen. There is no specific time use that qualifies as a "additional", however; It is more to deal with the way dependence affects other parts of the person's life. In adults, there can lead to financial stress if their work and income are interested. 10. Stress photo for kind concession: [Mihailomilovanovic/E+/Getty images] stress from from video games is multifactorial. And sometimes, their only way to find comfort while it is depressed is through the same thing that causes their depression. Photo of depression for kind concession: [Martin-DmE+/Getty [Martin-DmE+/Getty 1 REVIEWOH .gnimag ni p depparw erom gnimoceb sevlesneht dnia yeht and pees ylwols nac noisserped ,tsrif because the estgim steedd emag emag oediv ynam hguoht

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