What's the role of exercise in PREVENTION OF KILLER diseaseS?

One of the most natural method of preventing diseases is exercise. Like the popular saying goes thus: an apple a day, keeps the doctor way. Likewise, engaging in routines of exercise consistently helps to not only keep these killer diseases away, but also the doctor and the hospital.

Several scientific publications have revealed that engaging in physical activities in the form of exercise helps in the prevention of diseases.

Let's briefly look at the importance of exercise in the prevention of these killer diseases:

When you hit the gym or go for jogging sections consistently, excess fat in your body will be burnt, thereby preventing situations whereby you become prone to obesity. Don't forget that Obesity predisposes people to heart disease -one of the leading cause of death in the world today - therefore, excess fats that are shed when you engage in exercise helps your body to prevent heart diseases, stroke, etc. Even more so, studies have shown that when aerobic exercise is combined with resistant training helps to increase fat loss and maintain muscle mass, which is helpful in maintaining an healthy weight.

When you engage in regular exercise, your skin is kept fresh and healthy, thanks to the increased blood flow. Skin cells also become nourished and do not age prematurely or in excess. All these are important in the prevention of skin cancer. Engaging in exercise has been discovered to help the body produce natural anti-oxidants that are important in fighting any toxic substance in and around the tissues of the skin.

Feel good hormones and neurotransmitters are often released each time you engage in exercise. These hormones help the body to stay healthy, they strengthen the immune system the more against invasion by dangerous substances. You'll normally notice that after a round of exercise your body would just feel good. You become appear and roaring to go. All these help to prevent the occurrence of diseases in the body.

Exercise reduces your risk of heart disease. When you engage in exercise, your heartrate increases, likewise your cardiac output increases. These mean that more blood are available in your cardiovascular system to flow into all parts of the body. The oxygen carried by the blood to all different parts of the body help to keep all cells and tissues of the body nourished. It becomes difficult for heart diseases to occur when the heart is pumping blood regularly and all the cells and tissues are all well nourished.

The good thing about exercise, as I’ve mentioned above is that it helps to increase blood flow. Colon cancer, breast cancer, uterine cancer and lung cancer occur due to accumulation of toxic wastes in body organs. But when you exercise regularly, the blood flow that goes to these organs help to keep them in healthy state, which means that accumulation of these toxics becomes drastically reduced.

During exercise, the respiratory system is well ventilated due to the free flow of oxygen and carbon dioxide during breathing. This helps to keep the respiratory tract moist and free from toxic accumulations that would have led to lung and bronchus cancers.

CONCLUSION

Health is wealth. "There is nothing more important than our good health - that's our principal asset" said Arlen Specter. In order to live long and enjoy your stay on earth, it is important that you remain healthy.

 One of the best ways to ensure this is to regularly engage in exercise. You wouldn’t ever regret doing so.

Cheers to healthy living!

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