

Many believe that bodybuilders have excellent health. But in fact, an excess of muscles can increase the load on the heart and even harm. Therefore, those who train to exhaustion and look healthy outwardly can have many diseases.

The American Cardiological Association also attributes physical form to important health indicators. It must be taken into account when assessing the general state of health of the patient and the risk of cardiovascular diseases, cancer and death.

The best way to verify physical preparation is to check the peak consumption of oxygen (VO2 MAX) using cardiopulmonary load test. You can go through it in many medical offices and clinics.

Exercise is one of the most effective ways to extend life and reduce the risk of chronic diseases. A large -scale study conducted by the clinic of Cleveland showed: a low level of physical training creates over time a higher risk of death than other traditional risk factors: diabetes, smoking, coronary heart disease, severe kidney disease.



Skipps health

As for the health of the brain, the American Association for the fight against stroke in the recommendations for the primary prevention of stroke from 2024 notes the importance of regular physical exercises and avoiding a sedentary lifestyle. At the same time, the risk of a stroke increases with an increase in the time spent in a sitting position during the day, as well as with an increase in the time you spend in front of the TV (especially if it is 4 or more hours a day).

According to the Alzheimer disease, regular physical exercises reduce the likelihood of dementia by almost 20%. Two times higher, this risk in people who play sports the least compared to those who perform physical exercises the most.

In addition, there is evidence that regular physical activity protects against some types of cancer. This is especially true for cancer of the colon, mammary gland and endometrium.

Finally, physical exercises improve the quality of life of all of us, regardless of the state of health and age.

The American Cardiological Association, the American Oncological Society and the Ministry of Health and Social Services recommend that you pay physical activity at least 150 minutes a week (if these are medium intensity exercises) and 75 minutes a week (if these are high intensity exercises). Moderate exercises include rapid walking (4-6 km/h), a paired tennis game or cleaning the yard with a rake, to intensive - running in a coward, running or cleaning snow.

If we talk about the number of steps, the new study published in The Lancet magazine showed that people who took place 2000 steps per day had 47% less likelihood of death from any cause, 25% - the risk of developing cardiovascular diseases, death from them - about 50% lower, the probability of dementia is 38% lower, and 37% lower, development of the development of cancer, development of the development of cancer. Depression - 22% lower, and the risk of falls is 28% lower. According to new data, even 7000 steps per day will give you tremendous benefit.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.