Exercise: the Anti-Aging!

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150 Years of Health Promotion

Secrets of Wellness

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Physical activity, health and quality of life are closely related. Besides breathing, eating and sleeping, exercise is one of the most necessary things in life.

Many people exercise to strengthen muscles, to improve physical appearance or for weight control. But exercise can also positively influence many body systems as it improves digestion, contributes to maintaining the function of joints and enhances mental alertness. Physical activity increases well-being, lowers blood pressure, reduces stress and prevents many chronic diseases such as type 2 diabetes, cardiovascular disease or depression. It is a good way to socialize and therefore to reduce social isolation.

There are mainly for basic categories of exercise: endurance (walking, gardening...), strength (lifting weights, physical work involving carrying), balance (stand on one foot), and flexibility (stretching). While most people tend to focus on one type of exercise, it is beneficial to regularly train all these areas. If you have not been physical active since long, consider visiting your physician before starting any exercise routine.

When it comes to exercise, the hardest part is to begin, but, once you are doing it regularly, it will be hard to stop. Sedentary people who become active report to feeling better both mentally and physically, and enjoying a better quality of life. It's never too late to begin exercising.

You can be active! Just start and enjoy the change!

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