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10 Reasons to Move

From sex to long life

After 35 years, you practice sports mainly to maintain your health and good shape. Why? For the following reasons:

1. Impotence. Frequent physical exercising helps prevent sexual dysfunction as it favors the blood flow. Especially after a certain age.
2. Cholesterol. Moving is the only drug that rises the "good" cholesterol. Movement stimulates the production of an enzyme which metabolizes both cholesterol and the triglycerides.
3. Diabetes. It is proven that the physical activity decreases the number of those affected by Type II Diabetes (found in adults).
4. Heart. An active person presents less risks of suffering a heart attack or from hypertension, but only when the exercising is regulate and moderate. Those that practice sports sporadically and with great intensity ("week-end warriors") may get themselves exposed to problems. Controlled sports is useful for all the cardiovascular apparatus and it is recommended even after a coronary accident. Trained hearts pump more blood with less effort, while the lung capacity is increased.
5. Bones. It helps fighting osteoporosis and maintaining bone mass at good levels during adult stage. It also prevents fractures in fragile bones.
6. Arthritis. The patients can reduce the symptoms and feel less pain. Stretching increases flexibility.
7. Memory. The physical activity - when it is practiced regularly - increases the learning ability, concentration and memory.
8. Mood. Exercising improves the good mood, decreases stress and it is by itself a source of pleasure. It is recommended against less severe depressions, also increasing self esteem.
9. Longevity. Practicing sports on a regular basis (between 30 to 45 minutes thrice weekly) decreases the risk of premature death. What seems to stimulate lifespan are running and biking.
10. Cancer. Daily exercising decreases the risk of suffering of colon or breast cancer by 20 to 40 %, by decreasing certain hormone levels, like estrogens and insulin. The prevention of the colon cancer increases the mobility inside the intestine and the toxins stay less in contact with its wall.