

Why Is An Active Lifestyle Important?

It is no secret that an active lifestyle and proper nutrition can help you lead a longer, healthier and more fulfilling life. A well-balanced diet of nutritious foods combined with regular physical activity can decrease your risk of developing certain chronic illnesses and can prevent many diseases.

High Blood Pressure

Your risk of high blood pressure (hypertension) increases with age, but getting some exercise can make a big difference. And if your blood pressure is already high, exercise can help you control it. Don't think you've got to run a marathon or join a gym. Instead, start slow and work more physical activity into your daily routine. How are high blood pressure and exercise connected? Regular physical activity makes your heart stronger. A stronger heart can pump more blood with less effort. If your heart can work less to pump, the force on your arteries decreases, lowering your blood pressure.

Heart Health

Physical activity can strengthen the heart as well as other muscles of the body. A diet low in saturated fats also helps to lessen the likelihood of developing heart disorders and heart disease. To avoid heart failure and other heart conditions such as cardiovascular disease, refrain from smoking, participate in regular physical activity, and maintain a healthy body weight.

Diabetes

Diets high in fat and cholesterol take their toll on people at risk for diabetes. To lessen your chances of developing type 2 diabetes, consume at least five servings of fruits and vegetables a day, eat fewer sweets, limit foods high in saturated fats and cholesterol, and participate in regular physical activity. Aerobic activity heightens sensitivity to insulin levels and helps to maintain a healthy body weight.

Osteoporosis

Weak, brittle bones can break and fracture more easily. Many exercises such as yoga and aerobics can help improve balance and coordination to prevent falls. Weight-bearing exercises can strengthen bones that become weaker at a staggering rate after menopause. If you have already developed osteoporosis, consult your physician to ensure that bone density requirements are met before beginning an exercise regimen.

Additional Benefits

Regular exercise not only prevents many health conditions and chronic illnesses, but also improves mood, helps to fight depression and can improve sleep. Consult your physician or other health care provider for tips and advice on beginning a beneficial, life-long journey to a healthier, active lifestyle.