

# Exercise is the Best Medicine

Gaurankan Jyoti Borah

BPT, MPT in Orthopedics, Consultant Physiotherapist, Devalakshmi Healthcare Pain and physiotherapy clinic, A.k. Dev Road, Fatashil Ambari, Guwahati 781025, India

**Abstract:** *An exercise program designed to improve fitness is essential for most adults. Exercise decreases the risk of cardiovascular disease, type 2 diabetes, some cancers, depression, and anxiety. Most fail to achieve recommended exercise levels. Exercise Is Medicine is an initiative to equip primary care providers with resources, education, and strategies to increase physical activity and reduce sedentary behavior. Exercise is good for you. These words have been a medical mantra for the last 40 years, but the adage is still as fresh as ever. As life expectancy climbs, many people survive into their 80s, 90s, and beyond. Better medicines and safer procedures can largely be thanked for the added years. But exercise maybe the key to why some people not only survive but also thrive in later life.*

**Keywords:** Opportunistic, immunocompromised, gram-negative non-fermenter, intrinsically resistant

## 1. Introduction

Exercise is the most potent medicine known to humankind. Cardiovascular exercise and strength training can help to prevent and treat almost every chronic disease that afflicts us. Movement can help to improve the function of your heart and lungs, stimulate the creation of new red blood cells that carry oxygen throughout your body, promote the growth of new muscle tissue, and make your bones stronger. It even helps to prevent infections by enhancing your immune system.

Exercise has been shown to prevent or lessen the impact of certain cancers, cardiovascular disease, type 2 diabetes, metabolic syndrome, and muscle atrophy from aging, osteoporosis, depression, Alzheimer's disease, and a host of other illnesses. There are documented benefits for almost every organ in the body.

### Support your Immune System

It's simple- being physically fit increases your immunological fitness too. Basically, exercise increases blood flow and mobilize white blood cells, one of the main defenses against harmful microbes. At least 150 minute of moderate aerobic exercise or 75 minutes of vigorous exercise per week is recommended, but anything is better than nothing. [1]

One Study found that just 30 minutes of brisk walking increased the circulation of natural killer cells, white blood cells, and other immune system warriors. [2]

### Reduce your Risk of Chronic Illness

The American College of Sports Medicine's "Exercise Is Medicine" project has documented the myriad health benefit of exercise, including lowering the incidence of various cancers, reducing the risk of excessive weight gain (with its associated health problems, including diabetes), and improved cardiovascular health (including lower risk of hypertension and stroke). [3]

All of these contributed to an overall lower risk of all causes of mortality in people who exercise. Another large analysis reported in 2009 found these same benefits were

experienced by people already suffering from chronic conditions. [4]

### Improve Your Mental Health

Stress hormones compromise immune function but exercise, including yoga, is very good at combating stress. Numerous studies have shown that regular physical activity is associated with better mental health, including a reduced risk or incidence of dementia, reduced feelings of anxiety and depression, improved cognitive function, improved quality of life, improved sleep. Again, the latest neuroscience shows that even moderate physical activity can have major benefits. [5]

To say exercise is better than conventional medicine is a stretch, and no one is saying a workout will help in a genuine health emergency. But a huge 2013 comparison study of exercise and drug interventions found that being fit was as good if not better at combating a number of chronic illnesses. [6]

## 2. Conclusion

Physical exercise has many health benefits and the evidence for this continues to accumulate. Health care professionals should incorporate counselling to patients for physical exercise in their daily clinical practice, while health policy makers and community physicians should see to implementation of this at the community level. In short, exercise is really good for you, so keep it up.

## References

- [1] American Heart Association Recommendation for physical activity in Adults and Kids.
- [2] Immune response to a 30-minute walk. By Medicine and science in sports and Exercise .01 Jan 2005,37(1):57-62
- [3] The Power of Physical Activity by Physical Activity Guidelines Advisory committee. Feb 2018.
- [4] Evidence on the effects of exercise therapy in the treatment of chronic disease by U.M. kujala
- [5] Why your brain enjoy exercise as much as your body by Finlay Macdonald

- [6] Comparative effectiveness of exercise and drugs interventions on mortality outcomes: metaepidemiological study by HuseyinNaci01 oct 2013;347:f5577