

Essay

Effects of Exercise to Improve Cardiovascular Health

Student's Name

Institutional Affiliation

Exercise and Heart Disease

Heart disease is a generalized term for mal-conditions that affect a person's heart. There are several types of heart diseases, most of which affect different parts of the heart. Among the most common types are coronary artery disease, congenital heart issues (inborn), problems with the rhythm such as arrhythmias, blood vessel diseases, and others (Gielen et al., 2015). Taking part in frequent physical activity is one of the surest ways of effectively combating heart disease. As such, physical exercises are vital and help in strengthening heart muscles to ensure the heart is managing cholesterol as well as high blood pressure adequately.

Heart diseases are majorly attached to a lack of physical activity. For any patient in the risk group, the importance of physical activity is inarguable in preventing many heart-related malfunctions (Stewart et al., 2017). Physical exercising remains a conventional instrumental in strengthening heart muscles. The larger share of heart diseases comes about as a result of the heart muscles weakening (Piepoli et al., 2016). Weak muscles make the heart more vulnerable to developing conditions such as cardiac arrest, which may prove detrimental and easily in fatalities. Regular workouts help the heart's muscles being durable, providing excellent resistance to contracting most types of heart diseases.

High blood pressure and higher levels of cholesterol also expose the heart to the risk of many common types of diseases (Piepoli et al., 2016). Maintaining a lower blood pressure level takes away the vulnerability of the heart to suffering heart disease. One of the most effective ways to manage lower blood pressure and cholesterol levels would be through the correct type of diet and physical exercise (Gielen et al., 2015). From this perspective, physical activities can be fundamental in significantly reducing the probability of suffering from heart diseases resulting from high cholesterol and blood pressure levels as a preventive measure. However, there are specific restrictions that the risk group category patients should take into account before engaging in physical exercise. Thus, it is advisable to consult a physician before taking part in physical activities. The conditions which may compel doing any sort of training may include a recent heart attack, diabetes, shortness of breath or chest pains, past heart surgeries.

In summary, physical activity is of great importance for the prevention of most common types of cardiovascular system diseases, as it makes up for the lack of motor activity of contemporary lifestyle. Physical exercises increase the general adaptive capabilities of the body, its resistance to various stressful effects, giving mental relaxation, and improving the emotional state. Physical training develops physiological functions and motor qualities, increasing mental and physical performance. Activation of the motor mode with the help of physical exercises improves blood circulation and regulates systems functions. Notably, it improves myocardial contractility, reduces blood lipids and cholesterol, increases the blood anticoagulant system activity, promotes the development of collateral vessels, and reduces hypoxia. Thus, the correct type of physical exercise prevents and eliminates manifestations of most risk factors for underlying diseases of the cardiovascular system.

References

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