

## Owen Sound Colonics

Owen Sound Colonics - Partaking in regular physical exercise is a key measure in maintaining peak health. Regular exercise has been shown to protect individuals from heart disease, high blood pressure, back pain, osteoporosis, non-insulin dependent diabetes, stroke as well as a variety of different health concerns. Frequent exercise can really improve how you manage stress and can very much enhance your mood.

To achieve the best overall health advantages, experts recommend that you get twenty to thirty minutes of aerobic activity at least three times every week together with some type of muscle strengthening activity and stretching a minimum of twice each and every week. Some people even claim that 20 to 30 minutes of brisk aerobic activity should be made a priority each day. If you cannot do this level of activity, you could still obtain excellent health benefits by accumulating 30 minutes minimum of fairly intense physical activity at least five days on a weekly basis.

If you are just beginning an exercise routine or if you have been inactive for some time, it is a great idea to start with less strenuous activities like for example swimming or walking at a pace that is comfortable. Starting out slow would enable you to become in good physical shape and get into shape safely without straining your body. As soon as your stamina and endurance increases, you can slowly add more strenuous activity.

### How Physical Activity Impacts Health

Taking part in regular physical activity lessens the possibility of dying young or developing some of the leading causes of sickness and death. Being active promotes psychological well-being, helps control weight, reduces feelings of anxiety and depression, and helps to build and maintain healthy muscles, bones and joints. Physical activity frequently so as to reduce blood pressure in people who already have high blood pressure, and helps the elderly individuals become stronger and allow them to attain better mobility without falling. Research also show people who regularly get physical activity reduce their risk of developing heart disease, colon cancer and diabetes.