

The Role of Physical Activity in Preventing Chronic Diseases

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Abstract. This article explores the role of physical activity in preventing chronic diseases, highlighting its benefits for cardiovascular health, diabetes management, and mental well-being. It discusses the mechanisms through which regular exercise reduces the risk of chronic conditions and promotes longevity. The study emphasizes the need for public health initiatives to encourage physical activity across all age groups and socio-economic backgrounds, aiming to improve overall community health.

Keywords: Physical Activity, Chronic Diseases, Cardiovascular Health, Public Health, Exercise

Introduction

Regular physical activity is a cornerstone of public health, offering a multitude of benefits in preventing chronic diseases and promoting overall well-being. This article investigates the mechanisms through which physical activity contributes to cardiovascular health, diabetes management, and mental well-being. By reducing the risk of chronic conditions and enhancing longevity, exercise plays a pivotal role in maintaining public health. The study highlights the importance of public health initiatives that promote physical activity among diverse populations, regardless of age or socio-economic status. Encouraging regular exercise is essential for improving community health and reducing the burden of chronic diseases.

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