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exercise-for-health-while-travel-by-cruising-review

Cruising Review

Exercise benefits for health series by Cruising Review to enhance and protect health before, while, and after traveling.



This webpage QR code

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Explore the essential role of exercise in promoting health, its physiological basis, and optimal practices for maximum benefits. Discover how regular physical activity can also serve as an effective remedy for jet lag, enhancing travel comfort and adaptation.

PDF Version of the webpage (first pages)

4/20/2024

Exercise: The Keystone of Well-Being and Jet Lag Mitigation

Exercise, a physical activity that engages various body parts in movement, is an essential component of a healthy lifestyle. It encompasses a broad range of activities that vary in intensity, duration, and type, including but not limited to walking, running, swimming, cycling, weight training, and yoga. The making of exercise involves a deliberate action to move the body in ways that increase heart rate, muscle strength, flexibility, and overall physical endurance.

The Physiology of Exercise

When we exercise, our body undergoes numerous physiological changes. Increased heart rate and blood flow deliver more oxygen and nutrients to working muscles. Simultaneously, exercise stimulates the release of various hormones and chemicals in the brain that contribute to improved mood, cognitive function, and sleep quality. These biochemical interactions form the foundation of exercise's myriad health benefits.

Health Benefits and Optimal Practices

The advantages of regular exercise are well-documented and wide-ranging. Not only does it contribute to the maintenance of a healthy weight, but it also reduces the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. Exercise is also known for its positive effects on mental health, including the reduction of anxiety and depression symptoms.

To maximize the benefits of exercise, incorporating a mix of cardiovascular, strength training, and flexibility exercises is recommended. Consistency is key, with most health organizations advocating for at least 150 minutes of moderate-intensity or 75 minutes of high-intensity cardiovascular exercise per week, coupled with muscle-strengthening activities on two or more days a week.

Exercise and Jet Lag Relief

Travel across time zones can disrupt the body's internal clock, leading to jet lag. Symptoms include fatigue, insomnia, and general discomfort. Exercise can play a pivotal role in alleviating jet lag by helping to reset the body's internal clock, especially when performed at specific times. Morning exposure to natural light, combined with exercise, can advance the body clock, while evening exercise can delay it, assisting in quicker adaptation to new time zones. Moreover, the release of exercise-induced endorphins can promote better sleep quality and help mitigate feelings of fatigue associated with jet lag.

Conclusion

Exercise stands out as a powerful tool for enhancing physical and mental health, as well as an effective strategy for managing jet lag. By engaging in regular, varied exercise routines, individuals can enjoy a myriad of health benefits, improve their quality of life, and ease the transition between time zones during travel.

Notes

1. Pedersen, B. K., & Saltin, B. (2015). Exercise as medicine • evidence for prescribing exercise as therapy in 26 different chronic diseases. *Scandinavian Journal of Medicine & Science in Sports*, 25(S3), 1-72.
2. Warburton, D. E. R., Nicol, C. W., & Bredin, S. S. D. (2006). Health benefits of physical activity: the evidence. *Canadian Medical Association Journal*, 174(6), 801-809.
3. Youngstedt, S. D., O'Connor, P. J., & Dishman, R. K. (1997). The effects of acute exercise on sleep: a quantitative synthesis. *Sleep*, 20(3), 203-214.

7/20/2024

Exercise

EXERCISE : Exercise is any activity for the body which enhances or maintains physical fitness and overall health and wellness. There are numerous benefits to exercise including enhancing strength, endurance, developing muscles and the cardiovascular system. Additional benefits include weight loss (burning calories), preventing cancer, decreasing or preventing depression, and increasing quality of sleep. exercise training, nutraceuticals, flavonoids intake, aging, antioxidant supplementation, Exercise-Induced, Oxidative Stress, Reactive Oxygen Species, Vitamin C, Vitamin E, Glutathione, Antioxidant, Mineral

Keywords: exercise training, nutraceuticals, flavonoids intake, aging, antioxidant supplementation, Exercise-Induced, Oxidative Stress, Reactive Oxygen Species, Vitamin C, Vitamin E, Glutathione, Antioxidant, Mineral

Summary of Abstracts: Consumption of a High-Protein Meal Replacement Leads to Higher Fat Oxidation, Suppression of Hunger, and Improved Metabolic Profile after an Exercise Session Our primary findings were that an HP-MR produced higher fat oxidation during the exercise session, suppression of hunger, and improved metabolic profile after it.

Can Exercise-Induced Muscle Damage Be a Good Model for the Investigation of the Anti-Inflammatory Properties of Diet in Humans? Subclinical, low-grade, inflammation is one of the main pathophysiological mechanisms underlying the majority of chronic and non-communicable diseases. Several methodological approaches have been applied for the assessment of the anti-inflammatory properties of nutrition, however, their impact in human body remains uncertain, because of the fact that the majority of the studies reporting anti-inflammatory effect of dietary patterns, have been performed under laboratory settings and/or in animal models. We believe that exercise-induced muscle damage (EIMD) could serve as such a model, either in studies investigating the homeostatic responses of individuals under inflammatory stimuli or for the estimation of the anti-inflammatory or pro-inflammatory potential of dietary patterns, foods, supplements, nutrients, or phytochemicals.

Effect of Creatine Supplementation on Functional Capacity and Muscle Oxygen Saturation in Patients with Symptomatic Peripheral Arterial Disease: A Pilot Study of a Randomized, Double-Blind Placebo-Controlled Clinical Trial The aim of the study was to verify the effects of creatine (Cr) supplementation on functional capacity (walking capacity; primary outcome) and calf muscle oxygen saturation (StO₂) (secondary outcome) in symptomatic peripheral arterial disease (PAD) patients. Short- and long-term Cr supplementation does not influence functional capacity and calf muscle StO₂ parameters in patients with symptomatic PAD.

Regular Exercise and Depressive Symptoms in Korean Older Adults [Exercise reduces depression.] Prior studies have found that exercise has a positive effect on depressive symptoms in the general population. For older individuals, however, the association between exercise and depressive symptoms is conclusive. We examined whether regular exercise is related to depressive symptoms in 5379 Korean adults aged ≥ 55 years using data from a 2016 survey administered in the Korean Longitudinal Study of Aging. Our results suggest that it is important to encourage older individuals to exercise regularly as a means of relieving depressive symptoms.

Whether or Not the Effects of Curcuma longa Supplementation Are Associated with Physical Exercises in T1DM and T2DM: A Systematic Review [Turmeric and exercise is good therapy for diabetic patients.] Diabetes mellitus is one of the most prevalent chronic diseases in the world; one of its main characteristics is chronic hyperglycemia. Pharmacotherapy and other alternatives such as regular exercise are among the therapeutic methods used to control this pathology and participate in glycemic control, as well as the ingestion of plant extracts with antioxidant effects. Among the different plants used for this purpose, curcumin has potential to be used to attenuate the hyperglycemic condition triggered by diabetes mellitus (DM). The associated use of turmeric and physical exercise has demonstrated antioxidant, anti-inflammatory, and hypoglycemic effects, suggesting that these could be used as potential therapeutic methods to improve the quality of life and survival of diabetic patients.

Oxidative stress: role of physical exercise and antioxidant nutraceuticals in adulthood and aging Physical exercise is considered to be one of the beneficial factors of a proper lifestyle and is nowadays seen as an indispensable element for good health, able to lower the risk of disorders of the cardiovascular, endocrine and osteomuscular apparatus, immune system diseases and the onset of potential neoplasms. Physical activity improves

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