



Investigating the effect of exercise and regular physical activities on cancer

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Abstract

Physical activity means body movements during which energy is consumed. Physical activity is one of the main components of regulating the body's energy. Energy regulation means the effect of weight and nutrition on various aspects of health, including cancer. The effects of exercising on the health of the body cannot be denied in any way, and doing sports activities routinely promotes heart health, physical fitness, and prevention of obesity. And overweight will prevent depression and... The positive effect of sports activity on human health is well known. Regular and continuous exercise contributes to heart health, fitness, self-confidence, prevention of obesity and diabetes, prevention of depression, and also helps to increase useful life. The more active and stronger the heart is, the better the oxygen supply to the body's cells is, and the lifespan of a person increases. Having a vigorous and active life, in addition to reducing the risk of cardiovascular diseases, high blood pressure, diabetes and osteoporosis, can also reduce the risk of developing various types of cancer, especially breast, colon and uterine cancer. Being active and exercising can also help prevent obesity, which in turn reduces the risk of cancers associated with being overweight. It is recommended that adults have at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week in addition to the usual daily activities, and it is better to divide these activities throughout the week. This level of activity will have obvious effects on a person's health, and a higher level of activity is even more useful for reducing the risk of cancer.

Keywords: exercise and regular physical, cancer.