

A Comprehensive Review of the Metabolic and Psychophysiological Effect of Regular Exercise on Healthy Life

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Abstract: Background: This review article aims to emphasize the psychophysiological and metabolic health effects of regular exercise on a healthy lifestyle. Materials and Methods In the search for scientific literature for this review, data from the US National Library of Medicine (PubMed), MEDLINE, PsycINFO, and SportDiscus were used, and the terms “regular exercise”, “psychophysiological health”, “healthy lifestyle”, and “overall health” were used. The relevant literature has also taken its source from the research of relevant articles from reference lists derived from data searches. Results: Physical activity is not just a regular exercise habit aimed at improving metabolic health or reaching ideal weight. It also has a very significant impact on psychological and mental health. Scientific research has shown that regular exercise habits improve psychological health, reduce stress and improve general mental health. Due to the hormonal systems and physiological mechanisms that regular physical activity activates to improve mood, the effects of regular exercise on psychophysiological and general health as part of a healthy lifestyle should be emphasized. Conclusion: The common results of scientific research show that a healthy and quality life is possible by acquiring regular exercise behavior throughout life. It’s clear that regular physical activity appears to provide a number of metabolic and psychophysiological benefits for a healthier lifestyle. These include reductions in symptoms of depression and anxiety, improvement in cognitive function, reduction in stress, and improvements in overall health and well-being.

Keywords: regular exercise; psychophysiological health; healthy lifestyle; overall health

1. Introduction

Regular physical activity has been shown to have numerous health benefits, including maintaining bone, muscle and joint health, improving physiological, metabolic and psychological parameters, and reducing the risk of chronic disease and premature death [1]. In addition to all these health effects, it is known that regular exercise habits can reduce the risk of heart disease, type 2 diabetes, colorectal cancer, breast cancer, obesity,

depression and anxiety, and osteoporosis fractures [2–5].

In addition, regular physical activity has positive effects on many systemic functions, including cardiovascular functions. It has been shown that a 10–30% improvement in cardiovascular functions is observed in elderly and young individuals with regular exercise habits, and that sports activities also contribute to the reduction of cardiovascular risk factors [6, 7]. Additionally, it has been shown that regular exercise habits contribute to the decrease of blood pressure in hypertensive individuals by positively affecting the cardiovascular system [8].

Furthermore, regular exercise can help to improve body composition, such as reducing body fat and increasing muscle mass, which can have important health benefits. Exercise has also been found to improve bone density and reduce the risk of osteoporosis [9,10]. It is recommended that individuals engage in at least 150 minutes of moderate-intensity aerobic exercise per week, along with muscle-strengthening activities at least two days per week [10].

Regular exercise habits have been shown to have a positive effect on mood, including reducing symptoms of depression and improving overall emotional health. A study by Craft and Perna (2004) shows that regular physical activity can reduce symptoms of depression and improve overall emotional health [11], while another study by Salmon et al. (2001) was able to reveal some findings that exercise can improve depression symptoms in patients with major depressive disorder [12].

2. Discussion

It may be beneficial to consider medical support at different stages of the healthy ageing process, as everyone is likely to face health challenges at various points. It may also be helpful to engage in regular physical activity to amplify the therapeutic impact of medical support [13–15]. It may be helpful to consider integrating regular exercise into a healthy lifestyle as a way of ensuring that medical care is effective in addressing potential health issues that may arise. Such a lifestyle may also enhance quality of life and safeguard physiological well-being. It is also worth noting that there is some evidence to suggest that exercise is effective in reducing depression and anxiety, and may have a positive impact on quality of life [16–18]. Healthy lifestyle choice should be considered an extremely important factor in determining the vital quality of life for individuals of all ages [19–22].

Physical activity has been shown to improve overall emotional health and have a positive impact on our mood by reducing the severity of depression symptoms. Regular exercise can also increase self-esteem and reduce negative body image perceptions [23,24]. Exercise has also been found to have positive effects on body image. A meta-analysis by Hausenblas and Fallon (2006) found that exercise can improve body image perception in women [25]. Another study found that individuals who engaged in regular physical activity had better mood scores than those who were sedentary [26].

Exercise has also been found to have positive effects on anxiety. Herring et al. (2010) found that exercise can reduce anxiety, worry and anxiety symptoms [27]. This effect may be due in part to the release of endorphins during exercise, which can improve mood and reduce anxiety.

3. Conclusions

It is widely acknowledged that regular physical activity offers a range of positive contributions to metabolic health, which can benefit both physical and psychological well-being. Scientific studies have demonstrated that it can help to reduce the risk of chronic diseases, including cardiovascular diseases, stroke, depression, Type 2 diabetes and osteoporosis. It can also play a therapeutic role in metabolic problems such as. In addition to these health benefits, regular exercise habits may also contribute to cardiovascular health by lowering blood pressure, increasing the strength and efficiency of the heart, and helping to prevent or delay cardiovascular diseases by improving insulin sensitivity and glucose metabolism. It is also possible that exercise may help to prevent the onset of type 2 diabetes. Furthermore, it has been suggested that exercise may have positive contributions to metabolic health by causing improvements in lipid profiles such as decreasing total cholesterol and triglycerides and increasing HDL cholesterol.

It seems that clinical studies are increasingly indicating that regular exercise behavior may have a positive impact on general health, not only in terms of physical health but also in terms of psychological health. It is possible that your participation in sports could contribute to a number of positive outcomes, including increased self-confidence, body image, cardiovascular health and mental well-being. This demonstrates the positive interaction between lifestyle and regular exercise behavior.

Numerous scientific studies have shown that exercise, in addition to its benefits to metabolic health, is also associated with improved mental health. This study points out that regular exercise can reduce symptoms of depression and anxiety, and that regular exercise habits regular physical activity behavior increase cognition in many ways, such as increasing attention and memory. In addition to all these positive contributions to a healthy lifestyle, regular exercise routines have also been proven to have a positive effect on sleep quality. Research in this field has shown that people who exercise regularly have better sleep patterns and fewer sleep disorders. As a result, it becomes clear that the effects of regular exercise habits as part of a healthy lifestyle on psycho-physiological and overall health are extremely important for a healthy life.

Many studies have found that exercise can potentially increase self-esteem in individuals with regular physical activity habits. Since regular physical activity can increase self-confidence, it is possible that exercise can improve body image and self-esteem in individuals who engage in regular physical activity. Therefore, it is understood that regular exercise behavior can contribute to a socio-psychologically healthier lifestyle and allow individuals to live an active and satisfying life, and more research is needed to clarify some health effects that have not yet been fully revealed.

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Conflicts of Interest

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