

## Brandon Colonics

Brandon Colonics - Participating in regular physical exercise is a key measure in maintaining peak health. Regular exercise has been proven to protect individuals from stroke, heart disease, high blood pressure, back pain, osteoporosis, non-insulin dependent diabetes as well as various other health concerns. Regular exercise could really enhance how you manage stress and could greatly improve your mood.

Experts have often been suggesting that you do 20 to 30 minutes of activity a minimum of three times per week in order to obtain the best advantages of overall health. Even recommended is some kind of muscle strength training and stretching twice on a weekly basis. Some individuals even claim that twenty to thirty minutes of brisk aerobic activity must be made a priority on a daily basis. If you could not complete this level of activity, you can still get excellent health benefits by accumulating 30 minutes minimum of moderately intense physical activity at least five days a week.

If your body has been inactive for awhile and you are just beginning to perform some physical exercises, it is suggested that you start with less strenuous activities like for example swimming or walking at a comfortable and easy pace. Starting out slow would allow you to become physically fit and get into shape safely without straining your body. After your endurance and stamina increases, you can little by little add more strenuous activity.

### How Physical Activity Affects Health

Frequent physical activity can help lessen the risks of dying young and developing ailments which might cause premature illness and death. Activity can help promote psychological health, helps control weight, lessens feelings of anxiety and depression, and helps to maintain and build healthy joints, muscles and bones. Physical activity on a regular basis helps so as to lessen blood pressure in people who already have high blood pressure, and helps the elderly people become stronger and enable them to achieve better mobility without falling. Research even show people who regularly perform physical activity lessen their possibility of developing heart disease, colon cancer and diabetes.