



Mini Review

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The Impact Of Regular Exercise On Women's Overall Health And Wellness: A Narrative Review



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Abstract

Background: In this study, it is aimed to emphasize that regular physical activity plays a very active role in the metabolic balance to improve blood levels of many hormonal and biochemical indicators and in terms of women's overall health.

Materials and Methods: In the search for scientific literature for this review, data from the US National Library of Medicine (PubMed), MEDLINE, and SportDiscus were used, and the terms "weight management", "obesity", "physical activity", "metabolic diseases", and "women's 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: Obesity is a disease that requires prevention and treatment to normalize life standards in terms of women's health, both by itself and accompanying many metabolic diseases it causes. For this reason, professional support is required for individuals with chronic obesity and obesity candidates, as well as for individuals with advanced obesity. Therefore, awareness should be raised that regular physical activity can optimize the chance of obesity treatment in the prevention and treatment of obesity.

Conclusion: In terms of women's health, regular exercise is critical for the proper functioning of the metabolism and the prevention and treatment of overweight, obesity, and many chronic diseases that have been common in recent years. For a healthy life, it will be possible to protect and improve overall health by consuming natural and healthy food and being physically active using a regular physical exercise that will lead to successful weight management.

Keywords: Physical activity; Women's health; Weight management; Metabolic diseases; obesity

Introduction

Obesity is an energy metabolism disorder that occurs with excessive fat storage in the body and can cause physical and mental problems. Taking more energy than consumed is the most important cause of obesity. Changes in nutrition and activity habits cause obesity to be seen more frequently [1]. Today, obesity and overweight, which are defined as chronic diseases by the World Health Organization, remain serious all over the world as a problem that can disrupt healthy living conditions (Ataey et al., 2014; [2]). When the results of many scientific studies are carefully evaluated, regular exercise habits can be the most effective and

natural treatment method to reduce the incidence of chronic diseases such as cardiovascular diseases, hypertension, diabetes, depression, and osteoporosis caused by overweight and metabolic problems [3,4].

For the cardiovascular health benefits of physical activity and exercise to emerge, the type, frequency, intensity, and duration of exercise should be planned considering individual health conditions. From this point of view, walking at a light-moderate pace for 30-45 minutes a day at least 4-5 times a week is quite functional for an ideal exercise program [5].

Discussion

Many studies show that physical activity, independent of obesity, reduces the incidence of cardiovascular disease and also shown that increased levels of regular physical activity in obese and overweight and obese women significantly reduce the risk of coronary heart disease [6] Also, public health studies indicate that moderate-intensity activity for about 30 minutes a day, 4-5 days a week, provides overall health benefits in the prevention of obesity and reduces the incidence of many metabolic diseases [7].

Although the factors that reveal obesity are not fully elucidated, it is known that genetic, environmental, and psychological factors play an important role. In recent years, the genetic dimension of overweight has been the subject of many studies. The relationship between obesity and genetic structure has been studied in twins. In many studies on obesity risk, many points show that genetic transmission is effective. Children of obese parents often have obesity problems [8-11].

Another research study reveals that not only obesity is one of the most significant causes of morbidity and mortality but also it has some effects on reproductive health and fertility, as well. It's indicated in the study that obesity may cause early puberty, aberrant menstrual patterns, ovulatory problems, and an increased miscarriage rate whereas losing weight can lead to a solution for many of these problems [12]. In another study, it was shown that women who are overweight or obese may have different than normal endocrine profiles due to high LH, abnormal FSH and LH ratio, low progesterone in the luteal phase, and low levels of sex hormone binding globulin [13, 14].

Conclusion

In recent years, it can be thought that success can be achieved in preventing insulin resistance, osteoporosis, hypertension, hyperlipidemia, depression, and many other chronic health problems and managing treatment processes by raising awareness of women against the risk of obesity and overweight, which are one of the biggest problems in women's health. In its most general definition, physical activity can be expressed as movements of the body performed by activating the musculoskeletal system that increases energy consumption above the basal level. To improve the contributions of physical activity to women's health, exercise plans must be designed to protect and improve overall health or wellness. For this reason, the importance of exercise should be emphasized in the prevention and treatment of obesity, which is a disease of our age, and the therapeutic properties of physical activity should be evaluated in the field of women's health with the finest details and up-to-date information.

With a better understanding of the importance and necessity of regular physical activity for a healthy life all over the world, a more active lifestyle and regular exercise habits are becoming more adopted by the broad masses of the public. Therefore, in terms of women's health, new information about obesity is added

every day, and care is taken to define obesity morphologically and physiologically to determine the negative health effects that it may cause.

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Author's Contributions

All authors read and approved the final version of the manuscript.

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