

Your Name

Professor's Name

Course Title and Number

Energetic Morning Walk Is Essential For Good Health

There are no doubts that people need to take care about their health. Human body is likely to get less flexible with the time, so it gets more and more difficult to cope with even usual physical activities. Today, the population of many countries suffer poor diet, lack of exercises and overweight. All these factors turn out to be crucial when it comes to heart diseases.

It's been stated, that regular daily exercises are quite enough to loose weight. This practice is also highly useful for health in general.

Even a thirty minute walk can reduce the possibility of developing diabetes significantly.

Diabetes was considered the main issue at the annual congress of the European Society of Cardiology. The reason for that lies in the fact, that the following disease is the main factor leading to heart disease development.

According to professor of public health at Helsinki University, Dr. Jaakko Toumilehto, four hours of exercises a week are sure to reach 80% decline when dealing with the risk of developing diabetes. It's also highly useful to follow other recommendations like keeping healthy diet and loosing weight. Taking such measures are also very likely to contribute to good health. (Toumilehtu, 2010)

“It is important to remember that small things matter. If you eat 50 calorie biscuit a day you will gain 5,5 lb in a year. But if you walk for a kilometer a day, you will loose 5,5 lb a year. It takes 20 seconds to eat a biscuit and 20 minutes to walk it off. Half an hour's walking a day, in little bursts 10 minutes at a time, is most effective for health”. (Toumilehtu, 2010)

Professor Tuomilehto states, that nowadays diabetes is very widely spread among the vast majority of people. The figures he presents are striking. “By the time people have reached the age of 80, 40 per cent have developed Type II diabetes”, he said. (Toumilehtu, 2010)

By means of healthy lifestyle measures people can stop diabetes and avoid heart disease.

By setting simple objections, like 5 % decrease of weight, dietary fats decrease and an physical activity increase up to half an hour per day – truly rewarding results can be achieved. Extra weight will go down, the amount of blood sugar (glucose) level will reduce and blood fat will reduce too.

The medical director of the British Heart Foundation, professor Charles George explains: “We have moved from the advice of 20 minutes walk of vigorous exercise, three times a week, to 30 minutes moderate exercise five days a week. You can do this for ten minutes at a time. This won't help you

to lose weight, you would have to do more, but there will be definite benefits”. (Hall, 2004)

Regardless, the effect from doing physical exercises and sticking to the healthy diet may seem to be invisible at first, still taking these measures aim to activate and make all the systems of the body work properly and be able to cope with diabetes and other unfavorable illnesses.

Works cited

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