

Sport activity the cure-all

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Doctors should prescribe their patients doing sports. Medical studies have proven that 27 common illnesses can be avoided and prevented with regular physical activity. Through regular physical activity we can avoid diabetes type II, hypertension, overweight, heart and lung disease, high blood lipid levels which include cholesterol. Muscle mass has a direct effect on the brain, heart, liver, body fat and the cardiovascular system. This is based on the fact that an inflammatory substance called interleukin-6 is produced in the muscle cells; its level increases significantly when we train our bodies regularly.