

Live longer thanks to sports

Written by
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Cardio training improves the heart’s volume up to 50%; therefore, the heart can work much more effectively and economically. This means it will deteriorate much less with time. It also keeps the cardio vascular system more elastic lowering the risk of heart attacks. While we increase our life expectancy, we live better, fitter, more energized and will suffer less infections and illnesses. With our cardio vascular system and lungs working more effectively, more oxygen is distributed to our organs making us feel fitter.