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Physical Activity on Cardiovascular Health on Youth: A Literature Review

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Abstract

Youth cardiovascular health is a major worry these days because of the rising rates of obesity, sedentary lifestyles, and associated illnesses.it is commonly acknowledged that increasing physical exercise can significantly lower the risk of cardiovascular diseases (CVD) and promote heart health. This review of the literature looks at the research that has been done on the connection between children's and adolescents' cardiovascular health and physical exercise .it looks at how regular exercise protects cardiovascular parameters like blood pressure, cholesterol, and heart function overall. Research continuously demonstrates that higher levels of physical exercise enhance cardiovascular health and help delay the onset of disorders such as hypertension, coronary heart disease (CHD), and other conditions related to the heart. The significance of early physical activity interventions to promote long-term cardiovascular health is highlighted by this review.

Introduction

A major global health problem is the rising incidence of cardiovascular diseases (CVD) in young people. children and adolescents are more likely to experience cardiovascular problems that were previously largely linked to adults due to sedentary lifestyles and rising obesity rates. physical activity is one of the most important modifiable elements in improving cardiovascular health. Early intervention is essential to reducing the long-term impact of cardiovascular diseases.in addition to assisting in maintaining a healthy body weight, physical activity lowers blood pressure, raises cholesterol levels, and strengthens the heart. Even in younger populations, regular physical activity has been demonstrated to reduce the risk of coronary heart disease (CHD), hypertension, and other cardiovascular disorders. This literature review aims to give an overview of recent research on the impact of physical activity on cardiovascular health in youth, emphasizing the significance of incorporating exercise into daily routines to prevent cardiovascular diseases in the future , given the critical role physical activity plays in promoting heart health

Literature Review

1. Physical activity

Miles, (2007), conducted a study on physical activity and health. In his study, he revealed that physical activity is recognized as a major independent modifiable risk factor that has protective effects against various diseases, including cardiovascular diseases (CVD), stroke, type 2diabetics and certain cancers such as colon and breast cancer. It also positively influences mental health and reduces the risk of injuries and falls.

Melanson et al., (1996), The paper, Physical Activity Assessment A Review of Methods by Edward Melanson Jr. Patty's Friedson, and Dr. Steve Blair provides a comprehensive overview of various methods

used to assess physical activity and energy expenditure. The authors highlight the significant inverse relationship between habitual physical activity and the incidence of chronic diseases, emphasizing the need for accurate and objective measurement techniques.

2. Cardiovascular health

Fried et al., (1991) Framework of Cardiovascular disease in older persons: research suggested that middle-aged populations have benefited from extensive studies on risk factors for coronary heart disease (CHD) and stroke, there is a notable knowledge vacuum about these factors in older persons (those 65 years of age and above). Prior research has indicated that the correlations between age and traditional risk factors like high blood pressure and cholesterol, may become less significant, indicating the need for more targeted studies in this population [1]Myers, (2003) Physical activity and coronary heart diseases (CHD)" The accepted view in this literature is that those with higher levels of fitness or activity had lower rates of coronary heart disease than people who lead sedentary lives. when congestive heart failure (CHD) does strike an active person, it usually happens late in life and is not as severe [1]. Longitudinal studies that show how physical exercise protects against several chronic conditions, such as non-insulin-dependent diabetes and hypertension, are consistent with this conclusion [1]

Gross et al., (2018) the study eliminated those with specific medical illnesses or recent meditation usage that may have negatively impacted endothelial health. instead, it included children and adolescents with varying weight statuses, aged 8 to 18, who were recruited from pediatric clinics and the community. Comprehensive evaluations included pressure, heart rate variability, vascular function tests, dual X-rays absorptiometry body composition analysis, and fasting measurements of heights, weight, and cardiovascular parameters

Conclusion

The literature study indicates that physical activity is essential for fostering cardiovascular wellness in young people. frequent exercise has been demonstrated to lower the chance of obesity, hypertension, and coronary heart diseases (CHD) while improving cardiovascular parameters which include blood pressure, cholesterol, and heart function. exercise additionally improves one's general states of mind and body, which bolsters our capacity to prevent cardiovascular diseases (CVD). promoting early and consistent physical activity interventions is crucial, especially in light of the growing trends of obesity and sedentary behavior in kids and teenagers. In addition to reducing the early beginning of CVD risk factors, these initiatives support overall health and long-term cardiovascular health. future studies should concentrate on determining the precise kinds and quantities of physical activity that works best for various age groups and weight ranges, as well as the most efficient ways to carry out these interventions in communities and schools.in summary, encouraging youth to work is essential to developing a healthy, active lifestyle that dramatically lowers cardiovascular risk factors.to address the rising prevalence of cardiovascular illness in coming generations, early intervention and prevention techniques will be required.

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