

عنوان مقاله:

An analysis of the effects of exercise on the body's immune system

محل انتشار:

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خلاصه مقاله:

Prevention of diseases is very important, and even today, despite the existence of a virus called Corona, all people should try to stay away from the disease. You are no doubt familiar with health tips to stay away from diseases, especially Corona: frequent hand washing, social distancing, healthy diet and consumption of foods that strengthen the immune system, and many other strategies. But another important factor that affects the overall health of the body and can protect you from diseases is regular exercise. The truth is clear to the general public that exercising is a very suitable and beneficial way to deal with physical diseases. In addition to physical effects, exercise has mental and cognitive effects on humans. It also has a significant impact on the socialization of people and children. This article has been prepared with the help of the internet and the library review method, the purpose of which is to examine the place of exercise in Islam and to examine the benefits of exercise on the human body and mind, as well as to increase the body's immunity. The effect of exercise on the body is to increase the speed of oxygen release, and as a result, the efficiency of the lungs becomes better and their capacity increases. Increasing the metabolism of "body's fuel" helps to digest and absorb food and eliminate toxins from the body. In addition to the physical benefits, exercise is also effective in the treatment of depression. In the cognitive field, studies show that the process of physical .exercise creates a short-term and long-term psychological improvement in the feeling of well-being

کلمات کلیدی:

Effect, exercise, body, mind, human

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