

Not only endorphins

Systematic physical activity has a very positive effect on all body systems. Exercise accelerates growth in children and supports proper bone mineralization. It makes them stronger and less prone to injuries. In addition, movement exercises make joints and ligaments more flexible, improving their mobility and strengthening the muscles. Well-chosen physical exercises also help to correct posture defects and prevent the formation of new ones.

Due to movement, beneficial changes also take place in the circulatory and respiratory systems. The heart rate (heart rate) is slower at rest and blood pressure is lowered. The total (vital) capacity of the lungs increases as well, which is the result of strengthening the respiratory muscles and improving the mobility of the chest. Systematic physical exertion also protects the nervous system and improves neuromuscular coordination. The movements of people who regularly practice sports are much more precise and harmonized. It has also been proven that regular physical activity stimulates the immune system to work harder, in other words strengthens our immunity.

Choose the form of activity that suits you best

Physical activity is not about strenuous exercise at all. 30 minutes of moderate exercise is enough to stay healthy. It's best to choose the activity you like - walking, swimming, gym, cycling, running or roller skating. In this way, movement will become for us at the same time an excellent form of rest.

Don't just think about work

Professional work can bring great satisfaction - that's a fact! However, focusing only on it will not have a beneficial effect on our health. Every day, we should have a moment to rest and enjoy ourselves, and to spend time with our loved ones. At least once a year, we should also be able to take a 2-week holiday. Rest from work and daily duties will allow you to calm down the body and "recharge the batteries".



Rule 3: Say NO to drugs

When we hear "stimulants", the first things that come to our mind are alcohol, cigarettes, drugs, and recently popular (and also very dangerous!) Legal highs. Many people are not aware, however, that stimulants are also ... coffee and tea.



Coffee and tea under censored

We value coffee primarily for its stimulating and mood-improving properties. This does not mean, however, that we can drink it without moderation. By consuming large amounts of coffee (500–600 mg a day), we can simply become addicted to it. When drunk in excess, this drink can also cause a number of unpleasant ailments, including sleep disorders, headaches,

hyperactivity, excessive sweating, arrhythmia and gastric problems. The caffeine in coffee can also have an adverse effect on people with mental health problems, aggravating their symptoms and reducing the effects of medications. Drinking coffee is also not recommended for pregnant and breastfeeding women. Seemingly innocent tea can also harm us. Yes, it does contain large amounts of polyphenols, which are believed to have antioxidant properties. Drinking large amounts of strong tea can cause symptoms similar to those of coffee, because tea also contains caffeine.