



Role of Physical Exercise in Preventing Disease and Improving the Quality of Life

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The aim of this volume is to underline that promoting physical activity is crucial to preventing illness and maintaining our health, thus leading to a reduction in healthcare costs. Over the last decade studies have shown that physical exercise plays an important role in maintaining an individual's psycho-physical balance. Physical activity therefore helps in tackling today's major health challenges, including diabetes, high blood pressure, and cardiorespiratory diseases.

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