

## Guillermou

It is evident that insufficient physical activity represents an important risk factor for cardiovascular diseases. Adaptation to exercise intensely suppresses the subsequent cortisol response to a psychosocial stressor. Exercise plays a crucial role in influencing the vascular system and is essential for maintaining vascular health. Hemodynamic stimuli generated by exercise, such as stress, directly impact vascular structure and function, resulting in adaptive changes. Heat adaptation is also a popular strategy to combat the negative effects of heat stress. When the HPA axis is activated with chronic stress, negative effects occur with effects on cardiovascular health such as:--- 1) Increases visceral fat deposits-- - 2) Decreases bone and connective tissue metabolism in general--- 3) Increases insulin resistance--- 4) Produces irritability and mood disturbances-- 5) Alters the perception of reality--- 6) Lower tolerance to stress (greater perception of it)-- 7) Alters decision making and judgment-----

[www.ncbi.nlm.nih.gov/.../PMC5988244](http://www.ncbi.nlm.nih.gov/.../PMC5988244) (2013).— [www.sciencedirect.com/.../S0306453021002109](http://www.sciencedirect.com/.../S0306453021002109) (2021).-- [www.tandfonline.com/.../10253890.2023.2199886](http://www.tandfonline.com/.../10253890.2023.2199886) (2023).-- [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) (2024).-- [www.thieme-connect.com/products/ejournals/abstract/10.1055/a-2296-7604](http://www.thieme-connect.com/products/ejournals/abstract/10.1055/a-2296-7604) (2024).-- [link.springer.com/.../s42978-023-00263-8](http://link.springer.com/.../s42978-023-00263-8) (2024).--

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These reviews comprehensively explored the latest evidence and potential mechanisms of various exercise modalities in relation to atrial fibrillation (AF) incidence and therapeutic outcomes. Multiple studies underline the effectiveness of moderate intensity continuous training (MICT) in reducing AF incidence and symptom burden, making it the currently preferred exercise therapy for AF patients. High-intensity interval training (HIIT) shows promise, potentially outperforming MICT, especially in reducing susceptibility to age-related AF and improving symptoms and exercise capacity.

In contrast, prolonged high-intensity resistance exercise exacerbates the risk of AF due to excessive exercise volume, with potential mechanisms encompassing irreversible atrial remodeling, increased inflammation, and increased vagal tone. There is a J-shaped dose-response relationship between physical activity and cardiovascular health outcomes, where moderate exercise provides protection against many cardiovascular diseases, while chronic resistance exercise can promote atrial fibrillation (AF).

These adverse effects on the atria associated with excessive daily exercise occurred despite improved aerobic conditioning, skeletal muscle adaptation, and physiological ventricular remodeling. The specific atrial changes observed with exercise arise from excessive elevations in venous filling pressures during prolonged exercise sessions, with implications for all patients with AF.

[www.sciencedirect.com/.../S1050173824000021](http://www.sciencedirect.com/.../S1050173824000021) (2024).--

[physoc.onlinelibrary.wiley.com/.../JP285697](http://physoc.onlinelibrary.wiley.com/.../JP285697) (2024).--

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Gui here in the States Feel the Burn - (the increase in blood flow after exercise,) - got mixed in with No Pain, No Gain. There is a lot of one is good, two is better so four must be better yet here too. Exercise like most things got turned into a commodity, a business and along with it came similar to the Diet Industry images of perfection near impossible to achieve. And as being discussed, for most not really the best for overall health. For the most part exercise systematically focused on your needs and maintaining your strengths bumped to the level where we are challenged offers positives without totally tearing us down to rebuild.

A nice, sweet spot to maintain or improve without stressing to the area of Body Building Competition. As impressive as those images may seem, many of those people are actually unhealthy. Sport drugs, for some, steroids carrying massive negatives to maintain an appearance. The super stress sports, like Triathlons. How many have lives where such extremes are necessary? Our image of being fit, healthy have a need to be updated to fit the needs of regular folks whether in an office setting or labor.

People in labor situations usually have lots of activity building strength or power. Their need is more in the endurance and maintain the tendons, ligaments, range of motion. Something milder then the \*\*\*'s to Wall push it to the max routines. Another area of One Size Does Not Fit All and a lot of variety between different individuals' personal makeups, and also adjustments to change what is best depending what stage of life we are in.

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## Guillermou

Well said Just, above all personalization, perseverance and good food. Let's consider combined aerobic exercise refers to a type of exercise that includes a combination of different aerobic activities, such as running, cycling, swimming or dancing. In this review, this type of exercise helps improve cardiovascular fitness, increase endurance and burn calories. Combined aerobic exercises in older people can improve cognitive disorders, dementia, and in middle-aged and older people with type 2 diabetes, exercise improves cognition, metabolic health, and physical performance. Additionally, various forms of exercise, from aerobic and resistance exercises, can improve physical performance, strength, balance, mobility and flexibility in older people and people with sarcopenia, and cognitive training can improve symptoms of depression and short term memory. [eijn.net/.../460](http://eijn.net/.../460) (2024).--

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## RonaldHL

Regarding: "High-intensity interval training," Giving credit to Mercola.com for where I learned it, I realized I've long been combining it with bicycling race training rides while pacing with my racing team. Since, I'm more powerful than most on my team yet we are drafting with about two inches between wheels, it would seem to be exclusive of high intensity interval training, but with muscle group isolation, I would exclusively only lift up in the crank rotation for a while. The the other muscle groups, the push forward, push down and pull back muscle groups, get their turn individually.

This is extreme exertion to pace with the team and extreme high-intensity interval training. Oddly, the other racers are tired while at any point of that odd method, three of the four muscle groups are totally rested, so I will on occasion pull aside from the paceline and then combine all muscle groups and sprint ahead to give them all a challenge to catch me. We are all so competitive that within our training rides, races breakout! High-intensity interval training, in time, gives me gains in strength that develops from that which is too fatiguing to do in an actual race, so I'll do it in training rides.

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## Guillermou

Hi RonaldHL you demonstrate aptitude and experience as a team cyclist. Cycling is more than a sport; It is a passion that unites people with a common love for speed, endurance and the beauty of the landscape. But when individual practice is combined with the experience of competing with a group, cycling reaches another dimension. Competing with a group also allows you to develop and execute sophisticated team strategies. In a race, collaboration to manage pace, protect yourself from the wind, and execute race tactics is crucial. Each team member has a role, whether as a leader, team member or sprinter, and understanding these roles improves group cohesion and efficiency. Team tactics not only increase your chances of winning, but also teach valuable lessons about teamwork and leadership applicable outside the world of cycling. The advantages are described very well in this link [www.alpecycling.com/.../how-to-group-cycling-good](http://www.alpecycling.com/.../how-to-group-cycling-good) (2022)

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## juststeve

Swimming and Cycling are excellent choices for milder forms of exercise. Especially for the older or injured. A range of motion kept stimulated with far less chances of injury. For those who like to walk, to switch back and forth between walking one day, cycling the next is a good practice. They address different muscle groups in the legs, both address balance, and cardio. Age is less a restriction than most things offered as exercise.

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## eeknightfriend

I've known people in life (myself included) who are not at all lazy people but who just do not like exercise, seeming legitimately averse. What is the antidote? Even supposedly "fun" exercise is not something I feel motivated to do. And yet, I am up and moving all day running after my 3 kids and averaging 10,000 steps a day through household tasks alone.

Posted On 05/24/2024

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## drchuck48

You're fine ...

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## RonaldHL

Bicycling is fun. Since the pedaling becomes automatic without continuous thought given to it, the task of mental control of pedaling is displaced by other thoughts. For example, I don't think "pedal harder" and instead I think "go faster to see what is around that curve or over the hill." Similarly, in a recent previous Mercola.com article on breathing techniques, I don't think about that either. I displace mental controlling of the details of function with thought commands of performance leaving it to the unconscious control of the brain over the body to figure out what works best to accomplish the task. I'm sure I was breathing just fine and haven't given it a thought.

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## marksteel

Hello, how are you? I hope everyone is well. I have a question about this suggested 150 mins max a week level for high intensity. Does it mean all of your workout included in the time. so for example 3 x 60 minute workouts = 180 minutes a week which you would define as being too much. Or is it saying just the amount of minutes you spend at that high intense level? For example my workouts are usually 60 -70 minutes. But I start with 5 minute moderate row, and I am not breathing hard at all just warming up. Then all my exercises I will do 2 or 3 warm up sets slowly increasing weight none of which get me out of breath, and are very easy.

I will in fact only do 1 or 2 sets per exercise where I am pushing myself to the limit. Therefore I only spend perhaps 8 minutes or so in a 60 minute workout, pushing myself to that high intense level. I try to have at least 2 and half minutes - 3 minutes rest between each set. So much of this rest I am not over exerted. I hope this question makes sense. Thanks for all your fantastic work. All the best Mark

Posted On 05/29/2024

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## CrossWise

In case this helps anyone, I know an overweight 73 year old whose only change in life was taking a walk. All of their numbers in a yearly checkup changed and fell into a normal range.

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## RonaldHL

I give credit to my bicycle racing (likely combining with a very long survival of the fittest lineage) for anomalously extraordinary good health. It's much more natural for muscles to only contract upon exertion than weight lifting which is that when lifting, but the other half is the weight going back down with muscles extending upon similar exertion unless you drop the weight. The mental aspect of bicycle racing is overriding the body's signals and attempts to reduce power output to comfort zone parameters. I have my own anecdotal evidence that such mental control over the body extends far beyond just pushing yourself hard physically with the aspect to control other parameters of the body and mind.

Perhaps an aspect of exercise is developing healthy control abilities of the brain upon not just the body but the mind too. I also suspect a powerful health correlation between me generally not being risk adverse (for many situations for which most others have powerful apprehensions) to my ability to generally have low stress. I see people routinely and repeatably stress over routine daily minor annoyances in sharp contrast to me occasionally facing deadly threats with only an odd sense of curiosity and amusement.

I'll have brief moments of passion related stress, and can feel it physiologically, regarding what I strongly care about like love of my EXCEPTIONAL Nation or people, but I view anger as productive and useful when it briefly serves its best purpose of being motivational to creating best solutions, the stress would have been brief and transitory as opposed to many who live with stress as a chronic condition which has time to have health damaging repercussions.

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**imaginal110**

Wow everybody. I was going to write an incredibly inspiring comment that would change your life for the good but now I think I'll just skip it and just go for a long walk! Have a great day!

Posted On 05/24/2024

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**wearewell**

God bless everyone.

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**imaginal110**

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