

## Impacts and Implications: Exploring the Long-Term Health Benefits of Regular Physical Activity

**Authors :** Muhammad Wahb

**Abstract :** Physical activity is increasingly recognized as a significant factor in maintaining optimal health and preventing chronic diseases. This research scrutinizes the long-term health benefits of sustained physical activity, employing a systematic review of epidemiological studies and randomized control trials conducted over the past decade. The study illuminates the protective effects of regular physical activity against cardiovascular disease, obesity, diabetes, and mental health disorders, with a special focus on the mechanisms involved. Furthermore, the paper provides insights into how public health initiatives can effectively promote physical activity among diverse populations, contributing to improved community health outcomes.

**Keywords :** physical activity, long-term health benefits, chronic disease prevention, public health

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