

# Physical Activity and Longevity

## Abstract

The idea of physical activity and physical fitness in promoting health and longevity is not new. In ancient era, we have many data in the importance of physically active life-style for well being and its usefulness in treating disease. Substantial data exist on the benefits of physical activity in primary and secondary intervention of chronic disease, such as cardiovascular disease, hypertension, noninsulin-dependent diabetes mellitus and cancer. Moreover, the proposed biological mechanisms that enable an individual to benefit from physical activity appear highly plausible and make a case for a causal relation. If physical activity could reduce the risk for developing these chronic diseases, it is logical to conclude that premature mortality can be reduced or delayed by physical activity and converse to longevity. The purpose of this review is to demonstrate the importance of physical activity on longevity. The definition and dimension of physical activity is clarified in this review. The method of measurement the level of physical activity also summarized. We systematically review the available literature, include all articles that meet predetermined minimal requirement, and present a summary of the results of the studies. We also examine the methods used in these studies and provide our assessment of the quality of each study. In this review we can demonstrated the relationship between physical activity and mortality from chronic disease and overall-mortality. We have enormous data to support that change of physical activity and physical fitness is directly related to longevity. From the viewpoint of this review we conclude that there is the association between physical activity and longevity regardless of physical fitness, which is other independent factor to be considered. We also purpose that we need more studies in this aspect in our country and how to implement the increasing of level of physical activity in our population.