

Health

“If You Haven’t Exercised In Two Days, You’re Increasing Your Risk Of Obesity, Diabetes And Heart Disease.”

By Dr. Michael Pritsker

Studies have shown that just two days of physical inactivity can have very detrimental effects on your body and health. How?

According to the study performed at the University of Missouri, just two days of not exercising is enough to affect your body’s efficient use of insulin, which can lead to diabetes and other related diseases.

Researchers conducted a study on rats and found insulin sensitivity decreased the longer the rats stayed inactive.

Don’t Ever Stop A Rat From Running...

The rats were allowed to run on a wheel for three weeks. After that time, the rats were stopped. Just two days after the rats stopped running, the amount of sugar taken into their muscles in

response to insulin decreased by about one-third.

Researcher David Kump said, “Insulin works by taking glucose, or blood sugar, out of the blood stream and into the muscle to be

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used for energy. The less efficient your insulin is the greater risk

you have of diabetes, heart disease, obesity and hypertension.”

Kump also added, “Everyone is looking at the benefits of exercise, but we are looking at the consequences of stopping that exercise. People already know that exercise is good for them. This shows that, within a very short time frame of inactivity, the insulin does not work as well and might have negative effects.”

I love this study for several reasons.

Most importantly, it has been obvious for a long time, exercise is good for you. I don’t think you really need a study to tell you that. Sometimes looking at something with a little common sense and reasoning goes a long way. Like, did we really need to research to know cigarettes were bad for us? Yeah, big tobacco companies lied, but did you really believe inhaling a burning weed

for 30 years wasn’t going to do something bad to you?

Anyway, it’s nice to have hard-core black-and-white proof. Especially when the results are so dramatic and can be so life changing.

What I also like about this study is that it shows the consequences of NOT exercising.

There is no doubt in my mind – exercising makes you healthier and live longer. I also have no doubt that if you do not exercise – it will CAUSE diseases such as diabetes and heart disease (and probably many more they just haven’t proven yet) and shorten your life.



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