

Spiritual View of the Causes and Essence of Disease

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Abstract:

Background:

This review article aims to highlight the strong relationship between physical activity levels and healthy eating habits and quality of life.

Materials and Methods:

A comprehensive search of the literature was conducted using various databases and a range of keywords, including "quality of life", "overall health", "physical activity", "active life", and "older adults". It's intended to ensure that the search was as inclusive as possible, and we therefore included several different terms. The review included a variety of study types, such as randomized controlled trials, cohort studies, and systematic reviews, intending to ensure a comprehensive and diverse range of evidence, in line with the best practice for such a review. To ensure a comprehensive and diverse range of evidence, the inclusion criteria for this review were established to filter studies that assess the relationship between "quality of life", "overall health", "regular physical activity", and "active lifestyle of older adults". The review included various studies, including randomized controlled trials, cohort studies, and systematic reviews, to ensure a comprehensive and diverse range of evidence, to gain the most insight possible, and a total of 27 studies were selected for inclusion in this review. This review focuses on the relationship between quality of life, overall health, regular physical activity, and active lifestyle of older adults. To ensure the quality and relevance of the selected studies, the search was limited to peer-reviewed articles published in English between 1982 and 2024.

Results:

Regular physical activity has a positive effect on physical health, mental well-being, social relationships, personal satisfaction and self-esteem, and when this active lifestyle is supported by healthy, natural eating habits, it has been shown to contribute to improved overall quality of life.

Conclusion:

In light of the research studies, it seems reasonable to suggest that physical function, active lifestyle status, and quality of life are interconnected aspects that may contribute to the overall well-being of older adults. It would be beneficial to consider the value of maintaining good physical function through regular exercise and an active lifestyle, optimizing nutritional status through a balanced diet, and prioritizing mental and emotional well-being. It is worth noting that these factors not only improve quality of life but also have the potential to lay the foundation for a healthier, more fulfilling aging process later on. It may be helpful to remember that even small steps toward improving physical function, active lifestyle status, and quality of life can lead to significant long-term benefits.

Keywords: quality of life; overall health; regular physical activity; and active lifestyle of older adults

Introduction:

It is well documented that physical activity plays an important role in maintaining a healthy lifestyle and overall well-being. It may be

beneficial to examine the correlation between physical activity levels and quality of life, as consistent exercise can foster motivation and encourage

a more active lifestyle (Metti et al., 2018; Manini & Pahor, 2009). A substantial body of research has sought to provide a comprehensive overview of the various aspects of physical activity and its impact on quality of life. The findings of these studies consistently indicate that regular exercise habits have a positive effect on overall health, encouraging an active lifestyle in the process. It has been observed that regular physical activity can provide a number of benefits, including improvements in cardiovascular health, muscle strength, and immune system function (Nelson et al., 2007; Misra et al., 2012).

There is a substantial body of evidence indicating that physical activity is associated with a range of favorable outcomes for both men and women. These include a reduced risk of chronic diseases, effective weight management, and enhanced physical fitness (CDC, 2015). Nevertheless, research has consistently demonstrated that regular physical activity confers distinctive and significant benefits for women. A review of the literature reveals that women who engage in regular physical activity are at a reduced risk of developing cardiovascular disease, breast cancer, and osteoporosis (Warburton et al., 2007). Furthermore, regular physical activity has been linked to enhanced mental health outcomes, including a reduction in stress, anxiety, and depression levels in women (CDC, 2015).

Moreover, it can facilitate the maintenance of a healthy body weight and the reduction of the risk of chronic diseases such as heart disease, diabetes, and obesity (Hillsdon et al., 2005; Oral, Rezaee & Iyanuloluwa, 2024; Wood et al., 2005). Regular physical activity has been identified as a crucial element in the prevention and management of type 2 diabetes mellitus (T2DM). Regular exercise has been demonstrated to enhance insulin sensitivity, improve glycemic control, and reduce the risk of developing complications associated with diabetes (Colberg et al., 2010; Kanaley et al., 2022). Moreover, physical activity can assist in weight management, which is of particular importance given the strong correlation between obesity and T2DM (Kahn et al., 2006). In view of the above findings, this study aims to examine the potential benefits of regular physical activity in the prevention and treatment of type 2 diabetes.

Furthermore, there is evidence to suggest that physical activity is associated with enhanced mental health. For example, research has demonstrated that physical activity can facilitate the reduction of stress, anxiety, and depression (Liu & Latham, 2009; Rétsági et al., 2020). The term "quality of life" is used to describe an individual's overall sense of well-being, which can be understood to encompass physical, mental, and social aspects (World Health Organization, 1998; Schick-Makaroff & Molzahn, 2024). It may be beneficial for older individuals to incorporate regular physical activity into their lives, as this has the potential to enhance aspirations, perceived health, physical function, and quality of life (Hashemi Motlagh et al., 2024).

Materials and methods:

A comprehensive search of the literature was conducted using a range of databases, including the US National Library of Medicine (PubMed), Scopus, EBSCO, MEDLINE, DRJI (Directory of Research Journal Indexing), Embase, Web of Science, Google Scholar, and SportDiscus. To gain a comprehensive understanding of the subject matter, some keywords were selected for the search. These included key search terms such as "quality of life", "overall health", "regular physical activity", and "active life of older adults". Furthermore, pertinent literature was identified through the examination of reference lists derived from the data searches. To concentrate on the results, the search was restricted to peer-

reviewed articles published in English between 1982 and 2024. To gain a comprehensive understanding of the relationship between quality of life, overall health, regular physical activity, and the active life of older adults had to meet some criteria. First, they had to examine the relationship between quality of life, overall health, and regular physical activity. Second, they had to be published in a peer-reviewed journal. Thirdly, they had to be in English. Following a rigorous selection process, 27 studies were chosen to be included in this review.

Results and Discussion:

The relationship between physical activity level and quality of life has been the subject of much research in the field of overall health and wellness. A great many studies have explored the potential benefits of regular physical activity on various aspects of an individual's well-being, including mental health, anxiety, and depression (Dishman, 1995; Ransford, 1982; Morgan, 1985). The extensive work published on this topic aims to provide a comprehensive and systematic analysis of the relationship between physical activity level and quality of life, with a particular focus on the article provided. It seems that factors such as age, type of exercise, and exercise prescription variables (e.g. frequency, duration, and intensity) may play a role in moderating this relationship, which could help to explain the relationship found in the analysis between physical activity level and anxiety (Ibrahim, Ahmed & Younis, 2024). It would seem, however, that the potential benefits of regular aerobic exercise in creating positive changes in anxiety and depression and its role in protecting the organism from the harmful effects of stress are particularly emphasized (Salmon, 2001; De Moor et al., 2008; Cheik et al., 2003).

A randomized controlled pilot study was conducted by Rydwik, Frändin and Akner (2010) to examine the effects of a physical education and nutrition intervention program on frail older adults. The objective of the study was to gain insight into the impact of the intervention on the participants' physical activity levels and activities of daily living. The findings indicated that those who engaged in both physical education and nutritional guidance exhibited notable enhancements in functional capabilities and overall quality of life. This underscores the potential advantages of integrating physical activity with an appropriate diet to enhance independence and well-being in frail older adults.

Masel et al. (2009) examined the relationship between frailty and health-related quality of life among older Mexican Americans. The findings of this study indicate that there may be a correlation between frailty and lower scores on some quality of life dimensions, including physical functioning and emotional well-being. Upon examination of the results of these studies, it becomes evident that there are notable findings regarding the potential benefits of targeted interventions aimed at enhancing both physical health and psychosocial support, to improve the quality of life for frail older adults in this demographic. It is established that nutrition is closely associated with quality of life and overall health in elderly individuals.

It has been also determined that nutrition is closely related to quality of life and general health in elderly individuals and that a natural, balanced, and healthy diet is necessary for optimum physical activity performance. In a study by Suzuki et al. (2008), the relationship between low serum 25-hydroxyvitamin D levels and falls in elderly individuals living in Japanese communities was examined. Results suggest that those with lower vitamin D levels may be at higher risk of falling, and maintaining

adequate vitamin D levels may be beneficial for preventing falls and promoting safety among older adults. This study highlights the potential for nutritional interventions to improve the safety, quality of life, general health, and physical capacity of older adults.

Conclusion:

The concept of quality of life is complex and encompasses a range of factors, including biological, sociological, economic and psychological elements. It seems reasonable to suggest that lifestyle choices have the potential to significantly affect the quality of life process and play an active role in shaping individuals' overall health conditions, as studies have indicated. It would seem that there is growing evidence from clinical studies that adopting an active lifestyle and participating in physical activities may have the potential to improve immune function and reduce the incidence of chronic diseases. This could, in turn, support overall health and quality of life.

While nutrition is undoubtedly a critical factor in overall health, it would be remiss of us not to consider the interaction between dietary habits and physical activity. It has been suggested that those who maintain a healthy diet and engage in regular physical activity may be at a reduced risk of developing chronic diseases. It seems that healthy nutrition and regular physical activity habits may contribute to the development of overall health conditions, as well as improving cognitive function. It seems that there is scientific evidence to suggest that those who adopt a lifestyle that combines both balanced nutrition and physical activity may be able to significantly improve their quality of life and overall health conditions in old age.

It would be wise to consider that a balanced diet rich in essential nutrients could be beneficial in reducing the risk of age-related diseases, including cardiovascular (heart and vascular system) disorders, obesity, and diabetes. Research has indicated that certain dietary patterns, such as the Mediterranean diet, which emphasizes the consumption of fruits, vegetables, whole grains, and healthy fats, may offer potential benefits for the overall health and well-being of older adults, while also reducing the risk of developing chronic diseases. It is becoming increasingly clear that dietary choices can have a significant impact on our health, not only by providing essential nutrients but also by helping to combat the chronic diseases that are common in the aging population and support a healthy quality of life. While it is clear that nutrition plays a vital role in maintaining good health, it is also important to recognize the impact that dietary habits and physical activity have on our well-being. Physical activity is generally understood to be the consumption of energy resulting from bodily movements created by skeletal muscles. It is important to ensure that the physical activity process is maintained in a healthy manner, which requires a certain degree of harmony between the individual's physical structure and the exercise they do. This is because physical fitness is an important aspect of individual health, and the individual's physical conditions must be in harmony with the exercise program they follow. Many scientific studies have highlighted the potential benefits of regular physical activity in maintaining a healthy lifestyle, particularly in terms of enhancing quality of life. For this reason, it may be beneficial to consider sports for life as a physical activity discipline that could be undertaken within a certain scientific method and program.

It can be concluded that regular physical activity habits are of great importance for the quality of life and the healthy quality of life process.

This situation is valid not only for the protection of metabolic health but also for the protection of psychological health and it is observed that regular exercise habits are of critical importance in preventing obesity, which has become a widespread problem in recent years due to the widespread sedentary lifestyle. In addition, regular exercise habits are extremely important as they can help prevent the development of many chronic diseases that may arise from excess weight. It should be emphasized that it is possible to improve the quality of life and the healthy quality of life process by maintaining a physically active lifestyle and planning regular physical activity.

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