

## Could Exercise Really Help to Protect Against Skin Cancer?

The benefits of exercise to the skin have become more and more apparent over the past couple of years. It has been established that exercise provides great benefits in ways there were not ever thought of. When combined with a healthy diet, regular exercise can dramatically help to produce healthy, glowing skin. However, not only can exercise help with a glowing complexion, it has also been proven to dramatically cut the risk of skin cancer. With skin cancer being such a massive threat these days, anything that can seriously cut the risk of developing it is definitely a positive thing!

### Exercise and Skin Cancer:

The tests that were done to prove the link between exercise and skin cancer, were carried out on mice. It was shown that mice who had exercise wheels, and who were exposed to ultra violet light, had a reduced chance of developing tumours than those who did not have a wheel. This does not mean that they did not develop the cancer; it just took longer exposure for them to actually get it. It is thought that the results are the same with humans, only obviously we wear sunscreen to protect ourselves so we have even less risk of developing the cancer if we exercise and protect ourselves. It is thought that the less fat we have in our body, the less chance we have of developing the cancer. Although the tests have shown that the mice fought off the cancer for longer, scientists have yet to discover what it is exactly that helps fight it. It seems that the mice were able to destroy the skin cells which had been damaged by the sun's UV rays once they had undertaken regular exercise, and now the challenge the scientists face, is finding out exactly what it is that helps fight the effects of the rays. It is obviously better for the body all around if you keep it fit and healthy. Being overweight can really put a real strain on the body, and you are generally more likely to be unhealthy if you are overweight, than if you were the right weight for your height. This means that if we exercise and control our weight, our bodies will be healthier and they will help us to fight off more illnesses, such as skin cancer, than we could if we were overweight. So there are serious links with exercise and the reduction of skin cancer, but what is the best exercise to participate in?

**The Best Types of Exercise:** Generally any exercise is good, but there are some that are better than others. Walking may be considered to be one of the best methods of exercise as it is the easiest to do, but some experts argue that walking is just not enough to provide the best results. However, if you power walk then you are going to achieve better results than slow walking! Anything that gets the heart rate going and that makes you sweat is definitely the best type of exercise that you can do. Never try and do too much however, you should only go at a pace which you can handle and which is right for you, otherwise you could end up doing more harm than good. So, whether you want to do jogging, horse riding, swimming or aerobics, as long as it gets your heart rate going, it is doing you some good. Aim to do at least thirty minutes each day, that way you will get the best possible results for you. You should notice that your skin starts to look a little clearer and that you feel more energized after around a week. Overall, any exercise you choose to do will benefit the skin and help you to fight off skin cancer cells. Keeping yourself fit and healthy has never been as easy as it is today so there really is no excuse!

### About the Author

Airport Gyms, the fastest growing community on the Internet for the listing of airport gyms, airport exercise clubs, airport workout centers, and airport.

Source: <http://www.productsherbal.com>