EXERCISE, MITOCHONDRIA... & US

As enjoyable as it is, entrepreneurship is not the only positive aspect of sports.

EXERCISE IS IMPORTANT.

Because it is fun!

Yes, certainly, but also because it is a motor of healthy living.

Physical activity helps preserve a healthy energy balance by consuming the energy provided by food. If our daily activity (calories out) doesn’t compensate for the energy intake (calories in), our body stores fat, which in excess might cause diseases.

ENERGY BALANCE

Calories In

Calories Out

Exercise improves our fitness and the function of all organs and systems in the body, including the brain.

In fact, the lack of physical activity has serious consequences on our body.

Mitochondria, an essential organelle in our cells, uses oxygen to convert glucose and fats into ATP, the energy currency we use to move and exercise.

Clinical practice of aerobic exercise, like running, cycling or swimming, promotes the formation of more mitochondria in the muscles...

...which allows for more efficient energy production.

The ATP produced by mitochondria is needed for the myofibrils to “row” against the actin filaments and contract the muscle.

In a way similar to rowing, the muscles contract and relax in sequence, to move our body.

This is how our body burns energy when moving.

This is too hard. I can barely breathe.

It is funny, even though I am spending a lot of energy, I feel much more active now.

It is only over time that our body adapts and the same routine feels less intense and tires.

It takes a while to notice the beneficial effects that periodic exercise has on our well-being.

Different age groups have different needs of moderate-intensity physical activity to stay healthy.

Children and adolescents

60 minutes daily

What are you waiting for? Don’t once

Adults and seniors

150 minutes weekly

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