

Physical in Tension Reproductive System Reactivity

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Annotation: Physical tension organism various in systems, that including reproductive also noticeable in the system to changes take comes. Physical of tension reproductive to the system how impact to show, its physiological mechanisms and health for importance about word goes.

Physical activity done increase during organism many physiological to changes face comes. Among these heart and blood vein system, respiratory to take system, muscle system and There are others. Also, reproductive the system is also physical to strain in response changes. Physical exercises and tension organism hormones working in the release important role plays and reproductive of the system function directly impact does. Physical exercises men's sperm quality and sexual hormone, especially testosterone to the level noticeable impact to show This effect is possible. physical activity type, duration and to the intensity related.

Keywords: testosterone, estrogen, DNA, ovulation, protein.

Research methods: Experimental studies (Interventional research)

this way participants two to the group separated : one special physical exercise program does, the second and control group as service Then the sperm quality and testosterone level changes analysis Advantages : Physical exercises reproductive to health causal impact to show clear measurement opportunity Disadvantages : Smaller groups studied, long term the results to take difficult to be possible.

Physical exercises and sperm quality research this shows that the average physical activity sperm quality to increase help gives, because: blood rotation it improves, this and testicles good to work and spermatozoa to maturity help Oxidative stress is reduced, which and DNA structure of

spermatozoa and mobility improves. In addition weight decrease with testosterone level increases, this and sperm to the quality positive impact does. However, it is too outside heavy physical overload (for example, professional athletes) or too much outside heavy training) on the contrary, sperm quality reduce These hormones are possible. balance violation, physical fatigue, and cortisol increase as a result to the surface is coming.

Hormones and reproductive to the system, physically tension during organism many hormones releases, including the stress hormone was cortisol, sex hormones, such as testosterone and estrogen and other metabolic hormones. Their level organism physiological to the state looking at changes. Example for, medium level physical exercises testosterone and estrogen production to release encouragement it is possible, this and reproductive of the system activity improves. However, excessive physical tension or regular accordingly heavy physical exercises to perform reproductive to the system negative impact to show possible. Very high level of stress and cortisol working release, long term physical tension testosterone and estrogen levels reduce, in women and ovulation to the problems take arrival possible.

Far term physical in tension, in men testosterone working release decreases. Average physical exercises, big muscles groups usable exercises testosterone level noticeable increases. Short, but intensive exercises testosterone working to release stimulates. Cardio exercises, average loading testosterone to the level positive impact to show possible, but too much outside far running or bicycle driving hormone level reduce possible. In men average and in moderation was physical exercises testosterone level increase it is possible, this and sperm quality to improve help gives. However, the excess physical tension testosterone level short for a period of time reduce possible. Long term too much outside exercises men's sexual to your health negative impact to show possible. In men physical of exercises sperm quality and sexual hormones to the level impact shows. In women physical tension women's menstruation cycle and reproductive of the system other aspects change possible. Often or too much outside physical exercises in women amenorrhea (absence of menstruation) stop) or to anovulation take arrival This situation is possible. In turn, pregnant in being problems brought release possible. In women physical of activity reproductive to the system the impact and ovulation, menstruation cyclical and with fertility (pregnancy) related processes effect impact determined.

Reproductive system and stress: Physical tension in the body stress increase and cortisol working to release increase It is possible that these hormones increase, own In turn, testosterone and estrogen such as sexual hormones level reduce it is possible, this and reproductive to health negative impact to show possible. Physical of activity women's immune system and reproductive to the system was the impact learns. Constantly physical exercises men and women's reproductive hormones to the level how impact to do analysis doer article. 3. For optimal results achieve for recommendations. Average and regular exercise to do : per week at least 3-5 days physical activity with to engage in. Heavy athletics and power exercises add : Space intensive power exercises testosterone working to release encourages. Plus without loading Avoidance : Extreme exercise to do cortisol increase and testosterone reduce possible. Correct nutrition. Protein, healthy oils and such as zinc (Zn) minerals testosterone working in the release important role plays. Enough sleep : Sleep during testosterone working release active it's going to happen, so 7-9 hours for good quality sleep important

Physical activity and men's reproductive health between dependency study for various scientific research methods is applied. Below wide widespread and effective methods presented. Physical activity and men reproductive health between dependency study for observation, experimental, laboratory analyses and questionnaires such as methods wide is used. The most reliable results one how many methods combination through is taken.

Conclusion: Physical of tension reproductive to the system impact complicated and many to factors Depends. Average level physical exercises reproductive health in support useful to be possible, but too much outside tension and stress hormones working release reproductive to the

system damage to deliver possible. Therefore for, physical of activity in moderation to be and organism to the needs suitable arrival very important. Of these all physical tension and reproductive system between mutual the effect better to understand help gives. Average physical activity men's reproductive to your health positive impact Strength training and average level cardio exercises testosterone level increase sperm quality improves. But too much outside physical loading and The opposite of excessive stress impact to show possible. Therefore, the balance storage important. Regular and average level physical exercises general health for useful blood rotation improves and stress These factors men's reproductive to your health positive impact shows. Extremely outside physical stress, especially in professional athletes Among them, the level of stress hormones (e.g. cortisol) in the body increases to increase take arrival it is possible, this and testosterone level reduce and sperm to the quality negative impact to show probability there is.

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