

The effect of endurance training on bone health and quality of life

Abstract

Background and Purpose: as one of the most important challenges are the world's health systems(1). The best type of exercise to stimulate and increase bone density and strength, exercises with weight-bearing, because it affects many bones(2). Some research has a positive effect(3,4), some negative(5,6) and some without the effect(7,8) of endurance exercise on bone density and strength have reported. So comprehensive research to clarify the contradictions and the effect of exercise on bone health is needed. The aim of this study to investigate the effects of endurance exercise on bone health activities and improving quality of life. **Methods:** To identify research databases «PubMed, Science Direct, Scopus, Sports Discuss, Sid.ir» and key words «physical activity, Endurance training, Bone tissue, Bone strength, Bone biomechanics, Bone stiffness, Bone density, osteoporosis "use a valid paper published in Farsi and English by 2016, for the purpose of this paper, were examined. **Results:** Most research on young people and growing rats were positively affected areas of study have shown increased density and bone strength. In research that courses similar exercise on people and rats older have used, exercise or positive effect not show or just to maintain the density and strength of bone. However, adverse effects have been reported in endurance athletes. Sports activities suitable for people should pay attention to characteristics such as age, purpose (treatment or prevention) and limits selected patients. **Conclusion:** All types of endurance exercise have a positive effect on bone health, and the type, intensity and duration of activity of factors affecting bone health.

Keywords:Exercise endurance, Bone tissue, Bone strength and Bone density.

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