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Benefits of running for heart and muscle health: Short communication

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Abstract

There are no clear search results that directly answer the question "benefit run for cardiovascular and muscle health." It is unclear what is meant by "benefit run" and how it relates to muscle and cardiovascular. However, some of the search results discuss the effects of different interventions on muscle performance and cardiovascular works.

Keywords: Running, heart, muscle

Introduction

Running is included in the perfect category of cardiovascular exercise. When running, a person can burn a lot of fat, the lungs are forced to inhale oxygen, the heart muscles are trained, and it can also relieve the stress experienced. Beloved Prophet Muhammad SAW. In its history, it has done running sports. This is well documented in a history sourced from 'Aisyah RA: I ('Aisyah) once went out with the Prophet Muhammad, and I was still thin at that time. When we arrived at a place, he said to his friends: "You go first!" Then he challenged me to run, "Come here! I will race with you!" then he competed with me, but in the end I won. On another occasion, I went out traveling with him again, and at that time, my body was getting bigger; when we were somewhere, Rasulullah Saw again said to his friends: "You go first!" Then he challenged me to run, "Come here! I will race with you!" Then he competed with me, but in the end, he won. He said this was compensation for his previous defeat while hitting my shoulder.

This history is found in many hadith books, such as Musnad Ahmad bin Hanbal, al-Sunan al-Kubra li al-Nasa'i, and Mushannaf ibn Abi Syaibah. In terms of the quality of this history, there is no problem; this is as stated by Syu'aib al-Arnauth, the chain of sanad is good (sahih), and almost all of the narrators are narrators belonging to Imam Bukhari and Muslim except 'Umar bin Abi Hafsh al-Mu'ithi.

Imam al-Nasa'i included this hadith in the subject of a husband's ability to race with his wife, but this still does not disturb the essence of the existence of running competitions that existed at the time of the Prophet SAW. If we look more specifically, what the Prophet and 'Aisyah RA did was a sprint or short distance sprint, where the distance covered was not that far, between 100, 200, and 400 meters. This can be seen from the editorial of the Prophet SAW., who ordered his other friends to leave them first.

If you think about it, then a group, especially during wartime and in an Arab country that is hot and dominated by desert, makes no sense if there is a distance between the group and the Prophet SAW. Very far. For this reason, they should be at a distance from the Prophet SAW. At most, it is 1 km, so if contextualized with current sports, it is a sprint with a maximum distance of 400 meters. Or run a middle distance, assuming the distance is no less than 1 km. In a statement from Ibn Abi al-Dunya, before the race started, precisely at Dzil Majaz, 'Aisyah drew a line using her feet; this line was intended as the starting point for the running race between 'Aisyah and the Prophet Muhammad SAW. After the line was drawn, both 'Aisyah and the Prophet Muhammad SAW were above the line to start it. Unfortunately, in the end, 'Aisyah was defeated by Rasulullah SAW.

That is a story of running competitions during the Prophet Muhammad SAW. If, at that time, everything had advanced, the Prophet SAW would not have limited the types of sports to archery, horse riding, swimming, running, and wrestling. However, the Prophet and his friends played many sports. And, of course, if the sport does not conflict with the Sharia.

Discussion

A benefit run for cardiovascular disease can be understood in two ways:

In silico trials: These computer models simulate the effects of various treatments on cardiovascular disease. Randomized clinical trials (RCTs) can be enhanced by *in silico* trials, which offer comparative effectiveness information and illustrate the advantages of a medicine. They are not constrained by the number of patients, relative arms, or trial time, and they enable comparisons across therapies, with each virtual patient acting as its control [1]. Exercise intensity: It is commonly known that exercise can help avoid cardiovascular disease, but it is uncertain how much exercise is best to have the most cardiovascular benefits. Though smaller randomized clinical trials and more extensive epidemiological studies have examined the relative benefits of intense vs moderate-intensity exercise, current guidelines support the benefits of moderate-intensity exercise. Research suggests that exercise intensity rather than frequency or length is the most crucial factor in predicting cardio protection. The impact of baseline fitness, compliance, and the independent risk associated with a sedentary lifestyle must all be considered when putting this evidence into reality [2, 3, 4].

There are no clear search results that directly answer the question "benefit run for muscle." It is unclear what is meant by "benefit run" and how it relates to muscle. However, some of the search results discuss the effects of different interventions on muscle performance and respiratory capacity. For example, one study investigated the effects of expiratory muscle strength training on run performance in healthy college students [5]. Another study evaluated the impact of low energy availability on physical performance parameters in trained females [6]. A third study tested the hypothesis that high bronchial airway smooth muscle cell area in COPD is associated with inhaled corticosteroid responsiveness [7]. Finally, a randomized controlled trial found that milk protein consumption improved muscle performance and total antioxidant status in young soccer athletes [8]. While these studies do not directly address the question, they provide some insights into factors that may affect muscle performance and respiratory capacity [9].

In summary, a benefit run for cardiovascular disease can refer to either *in silico* trials that simulate the effects of different treatments on cardiovascular disease or the role of exercise intensity in the reduction of cardiovascular risk.

The frequency of running to see health benefits can vary based on individual fitness levels and goals. However, general guidelines suggest that running for 30 minutes, five days a week, or a total of 150 minutes per week, can provide significant health benefits, including improved cardiovascular fitness, weight management, and reduced risk of chronic diseases such as heart disease and diabetes.¹⁰ It's important to start gradually and increase the duration and intensity of running over time to avoid injury and allow the body to adapt to the exercise. Additionally, combining

running with other forms of exercise, such as strength training, can further enhance overall health and fitness [11, 12]. Running can have some benefits for muscle growth, but it is not the most effective way to build muscle. Running can help to increase muscle endurance, improve cardiovascular health, and burn calories, which can lead to weight loss and a leaner appearance. However, running does not provide enough resistance to stimulate significant muscle growth. To build muscle, it is necessary to engage in resistance training, such as weightlifting or bodyweight exercises, which create tension on the muscles and promote muscle hypertrophy [13, 17].

Conclusion

Regular running can enhance cardiovascular health by improving blood circulation, lowering blood pressure, and strengthening the heart muscle. Running can reduce your risk of heart disease, stroke, and other cardiovascular diseases, according to the American Heart Association. Because it raises "good" HDL cholesterol and lowers "bad" LDL cholesterol, running can also help lower cholesterol levels. Running is a weight-bearing activity that can enhance muscle endurance and strength. It mainly targets the muscles of the lower body, such as the calves, quadriceps, hamstrings, and glutes. Enhancing bone density by running is another way to help avoid osteoporosis. Running can also increase energy and general fitness, improving one's quality of life. In summary, running is a great form of exercise that provides numerous benefits for both heart and muscle health. It can help improve cardiovascular health, reduce the risk of heart disease, and improve muscle strength and endurance.

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