

# The Prevention and Management of Lifestyle Diseases through Physical Activity.

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**Abstract:** *Lifestyle diseases like cardiovascular disease, diabetes, obesity, and some forms of cancer account for a significant portion of diseases across the globe. These chronic diseases can be caused by sedentary lifestyles, unhealthy diets, and other modifiable risk factors. PA becomes a central concern in prevention as well as management of such diseases. This paper examines the role of PA as a multifaceted phenomenon: from physiological effects to psychological, social, and other impacts. The paper takes into account insights from recent research, including mechanisms for the benefits of PA in physiological terms, the role of PA in preventing and managing disease, and the critical barriers to its implementation. Additionally, it presents strategies for active living across different populations, from public health interventions and technological innovations to community engagement.*

**Keywords:** Lifestyle diseases, Physical activity, Cardiovascular health, Metabolic regulation and Weight management