

Editorial**A Lost Piece of Puzzle****Nazish Iqbal Khan**Pathophysiology Research Unit, Department of Physiology, University of Karachi
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Chronic disease phenomenon are one of the major cause of death worldwide and according to CDC (Center of Disease Control), USA, lack of sufficient physical activity is the fundamental etiological factor for most of these phenomenon [1]. Although importance of physical activity is well established now a days but it is least appreciated and considered while scheming treatment / prevention strategies for these chronic phenomenon as compared to dietary modifications and pharmacological interventions [2]. *Physical activity* is considered as any body movement that involves contraction of skeletal muscles, increased body's energy expenditure and that promote health [3]. Whereas *physical inactivity* is lack of physical activity less than which is required for maintenance of body's organs and systems functional capacity and for prevention of premature death.

Disease phenomenon are managed at primary, secondary and tertiary levels. Primary management schemes although consider health promotion factors including consumption of healthy diets and participation in health related activities. But this consideration gradually becomes forgotten for secondary and tertiary stage prevention levels. Secondary prevention level refers to the identification and control of pre-symptomatic disease and this is the stage from where pharmacological interventions gains importance. And then tertiary prevention level only surrounds aggressive pharmacological / surgical interventions that are used to slow the progression of disease phenomenon toward disability and death at this stage [4].

Increased physical activity benefits physiological mechanisms and homeostasis in many ways and itself rarely causes chronic conditions. Research studies already confirmed that almost all major modifiable risk factors for chronic phenomenon can be controlled non-pharmacologically by therapeutic life style changes and increased physical activity can be an essential component of it [5].

With steady increase in the prevalence of chronic disorders and their related risk factors not only in developed but also in the developing countries of the world [6] there is a need of recalling the role of increased physical activity. The whole paradigm of research in the field of clinical therapeutics must centralize its focus toward increased physical activity rather than just relying on dietary and medicinal interventions.

Some vital concepts of this paradigm that must be addressed include:

- Therapeutic importance of non-pharmacological (physical activity based) interventions in treatment of chronic disease mechanisms.
- Relevance of the effects of increased physical activity as a sole mode of treatment for chronic disorders with documented dietary and medicinal interventions.
- Identification of major hurdles in acquiring healthy physical behaviors and solutions to these obstacles.
- Response of different physiological mechanisms during increased physical activity to medicinal and dietary modifications.
- Identification of strategies to change general social behavior toward physical activity.

Key words: Physical Activity, Chronic Diseases, Therapeutic life style changes, Physical therapy

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