

Sport and health*

Athletes run to reach the finishing line! Nothing new! Therefore: it is a simple fact. However, how far a runner who runs after his health remains from his or her goal, remains a great mystery hidden in the labyrinth of instructions given by those who supposedly know what health is. Absence of illness does not equal health. Urine or blood sample analysis or x-rays say nothing about the state of health, they only present a current condition with the indications within a reference range.

What can be said to those who measure and do research which results in advising that running is the ultimate medicine which helps in fight against obesity, clogged blood vessels, reducing cellulite and let us not list illnesses which are caused by insufficient exercise or, as professionals like to put it, hypokinesia. After all, who is faster: health or a runner. The correct answer remains in the understanding of the term health. Even professionals educated to care about health are not always in agreement about limits which define damage or usefulness of a particular therapy. And those who run in order to lose weight or to get back the health they lost due to lack of exercise, should know that their running and other activities cannot be described as "doing sport". *Exclusively healthy people can do sport!* Therefore, all those who run after their health or to be healthy must be aware that they are in fact getting treatment and want to return their "ill" condition within normal limits. Limits of body weight, blood pressure, reduction of elevated sugar, cholesterol, etc. These, so called, normal ranges do not guarantee health. Health is a cluster of biological material of different quality and duration. Some materials are of very high quality and others are so poor that they can barely endure bigger exertion. Therefore, health should be taken care of because a human being begins spending health as soon as he or she is born (wearing out or destroying cells of his or her organs or their systems).

Once we realize that surplus weight, high blood pressure, clogged blood vessels and similar illnesses come as a consequence of insufficient exercise, but also harmful ingredients of modern diet (fast food), we come to a realization that we have frequently been, due to different illnesses, unable to exercise sufficiently which led to some

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illnesses of our civilization. Therefore, running or particular types of exercise do not always guarantee health as we know it.

We should not run after health, just as we should not allow ourselves surplus of a few dozens kilograms. It would be, to say the least, strange to see a person who, in order to start running, puts a backpack on his back which weighs ten or more kilograms, and starts running after his health carrying that burden. It is equally inappropriate for persons who carry a surplus weight to use their backpack of fatty tissue to overload their vascular system and heart which enlarges in its pathological and not working sense.

Among those who run after their health, a heart attack will be faster than those whose cardiovascular system is in poorer health. One should really keep in mind that sport is advised only for healthy persons, while all those who suffer from particular illnesses should apply only those physical activities that will not burden their sick organs which are exposed to exertion and not fit to take overloads.

Since there are no perfectly healthy people, it is understandable that there are no people who are absolutely sick. Those with strong and healthy hearts should not take advantage of their weak and ill kidneys, and the other way around. A person can keep some organs healthy for a hundred years of his life, but his life will still be reduced by an organ whose health, i.e. its function, is fit only for about fifty years. So the advice would be to adjust the activities in proportion to health in general, as well as the lifestyle which includes diet, work and rest periods in a job which must be appropriate to person's biological nature.

A human being is primarily biological being, and then social. This fact prevents many from adjusting their biological nature to social requirements which, without a doubt, include technological challenges and work which exhausts limited biological resources. This leads to stressful situations, which leads civilization illnesses which are, as absurd as it may sound, more frequent in wealthy civilizations in which personal pleasure surpasses physical and medical possibilities of consummation. For this reason being healthy is great skill because chasing health does not even begin to catch a glimpse of the final goal: being healthy!

Nobody has defined, nor will define, the term "bioethics". Bioethics is a dialogue discipline with less and less space for confrontation and more and more for autodiologue. Why? Because it is not about knowledge but understanding of that which is offered by numerous realizations accelerated by electronic web through which some move like spiders and others get tangled like spider's prey.

Everything living has its cycle of birth, growing, duration and dying. The planet Earth is a living organism. Everything that has a bark, membrane, skin or any kind of layer lives just like Earth with its biosphere which is not a mix of gasses but its construct which reacts as something we could call geostasis, as explained by James Lovelock.

A human being is first and foremost a biological being, and as a social subject it persistently withdraws from the nature. To make it more absurd, it withdraws in the name of science which is ignored by technology or brought into a dependant position.

Health is the greatest wealth and every person becomes aware of that sooner or later. Nature is even larger and more powerful wealth and every person becomes aware of that once he is given back what he or she has continually ignored and destroyed in it.

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