



# **Kinetic Behavior, Psychosomatic Normality and Immunity: Current Opinions**

*Eleni I. Kavazidou*

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Human evolution aspects highlight the reasoning of our dependence on keeping the body conditioned through regular mobility and activity. Mental and physical micro-worlds are also activity dependent. Health normality and defense irregularities can be easily detected through biomarkers that are connected to physical conditioning status and in parallel refer to body or social disorders, disabilities and deficiencies. Finally, physical fitness status could be considered as the major and of a unique impact modulator of health, as there is no movement-like treatment, action or strategy that includes all benefits of kinetic behavior together. For an in depth understanding of the specific theoretical approach just check along this book...

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