

Abstract

Ischemia-reperfusion myocardial injury is one of the main causes of death as a result of cardiovascular disease. Creation of a programme aimed at prevention attracts attention because number of patients suffering from this disease is increasing. One possibility is a regular physical activity whose positive effect on ischemic myocardium has been confirmed by empirical evidence. On the other hand we still do not know what activities are the most suitable and which intensity is the best for our health. Mechanisms which are created by regular exercise and contribute to heart protection have not been fully identified yet.

The objective of this paper is to discover potential mechanisms and describe their role in protecting our heart. Moreover, it deals with possible ways of training which could activate such mechanisms and thus reduce significantly the risk of myocardial injury.