

<<训练>>

图书基本信息

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内容概要

This exciting and timely volume presents the principles for the primary prevention of chronic conditions by exercise. It discusses the health consequences of inactivity, the biologic basis for the benefits of physical activity, and presents strategies for combating the sedentary-living epidemic. Packed with figures, graphs, and tables for easy access. Presents guidelines for exercise and tips on counseling patients and encouraging them to undertake exercise programs "Key Points" sections focus on the most important aspects of exercise An Attractive two-color format highlights the text "Pros" and "cons" feature delineates new and controversial issues An introductory section on "What's Hot" focuses on the cutting-edge aspects

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