

1. Record Nr.	UNINA990005345320403321
Autore	Cleveland, Ray L.
Titolo	An ancient South Arabian Necropolis : Objects from the second compaign (1951) in the Timnà cemetery / by Ray L. Cleveland ; with foreward by Wendell Phillips
Pubbl/distr/stampa	Baltimore, : The Johns Hopkins Press, c1965
Descrizione fisica	X, 188 p., 120 tav. ; 29 cm
Collana	Publications of the American Foundation for the Study of Man ; 4
Locazione	FLFBC
Collocazione	ARCH. Z 014 4
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
2. Record Nr.	UNINA9910157542703321
Autore	Ballantyne Craig
Titolo	The great cardio myth : why cardio exercise won't get you slim, strong, or healthy-and the new high-intensity strength training program that will / / Craig Ballantyne with Chelsea Ratcliff
Pubbl/distr/stampa	Beverly, Massachusetts : , : Fair Winds Press, , 2017 ©2017
ISBN	1-63159-356-0
Descrizione fisica	1 online resource (195 pages)
Classificazione	HEA007000HEA010000HEA039080
Disciplina	616.1/071
Soggetti	Cardiovascular fitness Cardiovascular system - Diseases - Risk factors Heart - Diseases - Risk factors Physical fitness Exercise - Health aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

## Nota di bibliografia

## Sommario/riassunto

Includes bibliographical references and index.

"Everything you've been told about exercise is wrong! For decades we've been told that cardio exercise is a silver bullet against weight gain and obesity and a panacea against heart disease. We've been told that hours spent jogging, cycling, and in aerobics classes will repay us with years of healthy (and fit!) longevity. We believed it. Today, we are heavier and more out of shape than ever--and likely suffering from overuse injuries incurred from years of prolonged cardio exercise. New research is showing that long cardio and endurance workouts do not get us slimmer or stronger. They do not promote longevity or protect against heart disease. In fact, they may do the opposite by putting excessive strain on our heart, joints, and muscles and slow our metabolism. The Great Cardio Myth will show you how to get the same or better fitness results in one-fifth the time of a typical cardio session and debunk unproductive exercise habits. Lose weight (and keep it off) in just a few short workouts per week. Keep your metabolism active for hours after a workout. Strengthen and protect your heart, joints, and muscles. Burn through belly fat--and other stubborn areas quickly"-- "The Great Cardio Myth uncovers the science behind cardio and why it is an ineffective workout for weight loss and overall health"--