

1. Record Nr.	UNINA9910451414003321
Titolo	Nutrition and activity [[electronic resource]]
Pubbl/distr/stampa	Bradford, England, : Emerald Group Publishing, c2007
ISBN	1-281-07933-2 9786611079338 1-84663-659-0
Descrizione fisica	1 online resource (93 p.)
Collana	Nutrition and Food Science ; ; 37, no. 5
Disciplina	616.07/9 616.079
Soggetti	Nutrition Food Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover; CONTENTS; EDITORIAL BOARD; Editorial; Taking it a step too far? Physical activity and infertility; Cancer: the role of exercise in prevention and progression; Assessing body types, diet, exercise, and sedentary behavior of American and Japanese college students; Dietary assessment, anthropometric measurements and nutritional status of Greek professional athletes; Exercise enthusiasts' perceptions and beliefs of functional foods in Trinidad, West Indies; Nutrient intake and body composition in relation to making weight in young male Taekwondo players; Food facts; Conference reports Book reviews
Sommario/riassunto	Obesity levels have been increasing along with a reduction in exercise levels. The associated health problems of coronary heart disease, certain types of cancers, strokes, joint problems, type 2 diabetes, and social and emotional problems are all linked with obesity. One of the major factors in preventing this obesity is exercise. The articles in this e-book cover a variety of issues related to health, nutrition, and exercise. Topics covered include cancer and exercise, infertility, and body composition, nutrition, and dietary assessment for athletes.

