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Sommario/riassunto	Regular exercise can improve the quality of life, reduce major risk factors of cardiovascular diseases, such as levels of cholesterol, overweight, and diabetes. Therefore, patients suffering from cardiovascular diseases, such as arrhythmias, hypertension, or heart failure, should exercise regularly. The physician should suggest these patients the adequate physical activity, safe and designed specifically for his/her health status. This book provides suggestions and guidelines, listing recommended exercises and sports that should be avoided.