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Autore	Giancoli, Douglas C.
Titolo	Fisica : con fisica moderna / Douglas C. Giancoli ; curatori dell'ed. italiana Marco Cuffiani...[et al.]
Pubbl/distr/stampa	Milano : CEA, 2017
ISBN	9788808186102
Edizione	[Terza edizione]
Descrizione fisica	xxvii, 1103 p. : ill. (some col.) ; 27 cm
Classificazione	LC QC23 53(022)
Altri autori (Persone)	Cuffiani, Marco
Disciplina	530
Soggetti	Modern physics
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes appendix and index

2. Record Nr.	UNINA9910624392803321
Autore	Baloh Robert W.
Titolo	Exercise and the Brain : Why Physical Exercise is Essential to Peak Cognitive Health // by Robert W. Baloh
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2022
ISBN	9783031139246 9783031139239
Edizione	[1st ed. 2022.]
Descrizione fisica	1 online resource (226 pages)
Collana	Behavioral Science and Psychology Series
Disciplina	016.155234 612.82
Soggetti	Neurology Sports medicine Neurophysiology Sports Medicine Cervell Fisiologia Exercici terapèutic Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Chapter 1.Exercise is good medicine -- Chapter 2.Physical activity and brain evolution -- Chapter 3. A healthy body for a sound mind.- Chapter 4.The developing brain -- Chapter 5. Exercise, the Elixir for Learning.-Chapter 6.The Aging Brain -- Chapter 7.Stress, Anxiety and Depression -- Chapter 8.Chronic pain -- Chapter 9.Cerebrovascular disease -- Chapter 10. Dementia -- Chapter 11.Overview.
Sommario/riassunto	This book focuses on the benefits of exercise for prevention and treatment of chronic brain disorders. It is a guide for finding the right exercise routine for each individual. The goal is to show the reader why everyone needs to exercise, especially as we get older. The brain needs physical exercise both for normal health and for preventing and treating diseases common with aging. How much exercise is needed? As we see throughout the book there is no one fits all rule with regard

to the amount of exercise required. The key is to make exercise a part of one's daily routine. The beneficial effect of exercise is transient, lasting days to weeks, so it must be a lifelong pursuit. Can we exercise too much? Anything done in excess can potentially be dangerous but with the common sense approach outlined in this book anyone, regardless of underlying health condition, can find some type of exercise that is safe and effective.
