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Titolo	Cardiorespiratory Fitness // edited by Hasan Sozen
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Descrizione fisica	1 online resource (104 pages) : illustrations
Disciplina	616.2
Soggetti	Respiratory organs - Diseases
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Sommario/riassunto	Cardiorespiratory fitness reflects the ability of the cardiovascular and respiratory systems to transport oxygen to the working muscles of the human body during exercise. It is influenced by factors such as age, genetic structure, body composition, and gender. This book provides the reader with interesting and current data about cardiorespiratory fitness. Chapters cover such topics as pulmonary rehabilitation in chronic obstructive pulmonary disease, ischemic preconditioning, metabolic syndrome in adults, cardiorespiratory fitness and intellectual disability, influence of lifestyle on body composition, and effect of exercise on cognitive performance in the elderly.