

1. Record Nr.	UNINA9910790217103321
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Titolo	Cardiovascular diseases and physical activity [[electronic resource] /] / Gian Pasquale Ganzit, Luca Stefanini
Pubbl/distr/stampa	Torino, : SEEd, 2012
ISBN	88-97419-21-6
Edizione	[1st ed.]
Descrizione fisica	1 online resource (94 p.)
Altri autori (Persone)	StefaniniLuca
Disciplina	616.1205
Soggetti	Cardiovascular system - Diseases Physical fitness
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Colophon; Introduction; Effects of physical activity on the human body; Positive effects; Negative effects; Classification of sporting activities; Effects of exercise on cardiovascular risk factors and prescription of physical activity; Cardiovascular risks of exercise; Arrhythmias and sport; Congenital heart disease and sports; Valvular heart diseases and sports; Systemic hypertension and sports; Ischemic heart disease and sports; Cardiomyopathies, myocarditis, pericarditis and sport; Summary table of physical activities in various cardiovascular diseases; References
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.