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Altri autori (Persone)	BerginMaryanne G
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Nota di contenuto	Healthy brain and well-being : sedentary lifestyle can impact cognitive ability adversely / S. Asha Devi, K.R. Manjula, B.S. Shankaranarayana Rao -- Sedentary behaviors, sedentary time, and cardiovascular risk factors in children and adolescents / J.P. Rey-Lopez ... [et al.] -- Relationship between physical activity and body mass composition in people with cardiovascular risk / Elkin Eduardo Roldan Aguilar, Angelica Maria Munoz Contreras, Diego Ochoa Alzate -- Dietary intake during screen time among premenopausal women / Brandy-Joe Milliron, Kathleen Woolf, Bradley Appelhans -- Sedentary behavior and childhood obesity prevention and management / Meizi He -- Consequences of modern lifestyle to health : how to prevent it? : a review / Daniele Cristina Vitorino, Dennys Esper Cintra -- Overall adaptation of people shifting their behaviour from a fully sedentary to a slightly active lifestyle / Felice Strollo ... [et al.] -- Sedentary lifestyle and health risk / G. Martinez-Crespo, A. Robles Perez de Azpillaga -- Exercise training : role in counteracting sedentarity and obesity / Naziha El Elj ... [et al.] -- Short communication : sedentary behavior affects the cardiovascular autonomic regulation / Marcellino Monda ... [et al.] -- Short communication : effect of sedentary behavior on mood / Marcellino Monda ... [et al.] -- Short communication : influence of sedentary and active behaviors on insulin sensitivity and glucose uptake / Marcellino Monda ... [et al.] -- Expert commentary : not only sedentary behavior,

but also strenuous exercise can induce health damages / Marcellino Monda ... [et al.].

Sommario/riassunto

Sedentary behaviours include activities at the lowest spectrum of energy expenditure such as lying down, watching television, using the computer and other media and screen-based past times. This book gathers research in the study and prevalence of physical inactivity, and evaluates the numerous health risks associated with sedentary behaviour.
