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	Autore	Ganzit Gian Pasquale
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	Altri autori (Persone)	StefaniniLuca
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	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.