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ASEP's Exercise Medicine Text for Exercise Physiologists

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About the eBook

ASEP's Exercise Medicine-Text for Exercise Physiologists: Watching TV, surfing the Internet, and sitting for long hours have replaced more active pursuits to meet the minimum threshold for good health and longevity. Exercise physiologists have researched and highlighted this fact for decades. That is why they emphasize the importance of regular exercise in the prevention of chronic diseases associated with physical inactivity and a sedentary lifestyle. ASEP's Exercise Medicine Text for Exercise Physiologists is designed to educate exercise physiologists about the significance of professionalism in exercise physiology, exercise medicine, and entrepreneurship opportunities. This textbook demonstrates the importance of exercise medicine, and will familiarize readers with ASEP guidelines.

Contents

- ▶ Regular Exercise and Disease Prevention
- ▶ Cardiopulmonary Exercise Testing
- ▶ Exercise and Coronary Artery Disease
- ▶ Exercise and Obesity
- ▶ Exercise and Type 2 Diabetes Mellitus
- ▶ Exercise and Hypertension
- ▶ Exercise and Stroke
- ▶ Exercise and Peripheral Arterial Disease

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