



Resistance Training for the Prevention and Treatment of Chronic Disease

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Current evidence supports the use of resistance training as an independent method to prevent, treat, and potentially reverse the impact of numerous chronic diseases. With physical inactivity one of the top risk factors for global mortality, a variety of worldwide initiatives have been launched, and resistance training is promoted by numerous organizations including the World Health Organization and the Centers for Disease Control and Prevention. Despite this, most books do not provide a detailed focus on resistance training.

An up-to-date and comprehensive resource, **Resistance Training for the Prevention and Treatment of Chronic Disease** is an evidence-based guide that presents an in-depth analysis of the independent and positive effects that can result from resistance training. Written by some of the world's leading exercise physiologists and resistance training researchers and experts, the chapters provide detailed descriptions of the benefits of resistance training for specific clinical populations. They also include guidelines on how to construct a tailored resistance training prescription for each population when appropriate.

The book covers resistance training for effective prevention or treatment of numerous diseases including cardiovascular disease, cancer, type 2 diabetes, renal failure, multiple sclerosis, Parkinson's disease, fibromyalgia, stroke, depression and anxiety, pulmonary disease, HIV/AIDS, and orthopedic disease. The authors also address resistance training for older adults and for children and adolescents.

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Playing with family in the park, coming to see the coastal world or hanging out with buddies is thing that usually you have done when you have spare time, after that why you don't try matter that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Resistance Training for the Prevention and Treatment of Chronic Disease, you are able to enjoy both. It is good combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout folks. What? Still don't get it, oh come on its called reading friends.

Katrina Hering:

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understand. The particular writer made some research when he makes this book. That's why this book ideal all of you.

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