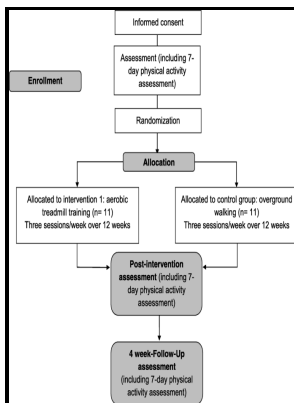


Relationship between cardiovascular fitness and depression in middle-age men as a result of an aerobic conditioning program.

Microform Publications, College of Human Development and Performance, University of Oregon - Cardiovascular Fitness



Description: -

-relationship between cardiovascular fitness and depression in middle-age men as a result of an aerobic conditioning program

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MS, exercise, and the potential for older adults

Considering that non-aerobic exercise may result in fewer fatigue-related symptoms, further exploration of alternative programs of conditioning would prove worthwhile. These points underscore a previous comment of ours: physical activity programs involve much more than the performance of a simple physical act.

Effects of Aerobic Training on Psychosocial Morbidity and Symptoms in Patients With Asthma: A Randomized Clinical Trial

In a few previous studies, cardiorespiratory fitness has been related inversely to mortality from cancer of combined sites , and of the prostate. In fact, Moreau et al.

MS, exercise, and the potential for older adults

Quality of Life as an Umbrella Term Earlier, we noted that several prominent researchers in the field of medicine and gerontology used quality of life to describe a broad range of subjective outcomes. The average time to any death or the end of follow-up was 10.

Effects of Aerobic Training on Psychosocial Morbidity and Symptoms in Patients With Asthma: A Randomized Clinical Trial

In a subsequent study , we examined enjoyment by manipulating the social dynamics of aerobic dance through both instructor behavior and participant interactions in a full factorial design i. Oxygen consumption VO₂ increases in proportion to the intensity of the exercise. However, these relationships are not detected in every facet of HRQL.

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