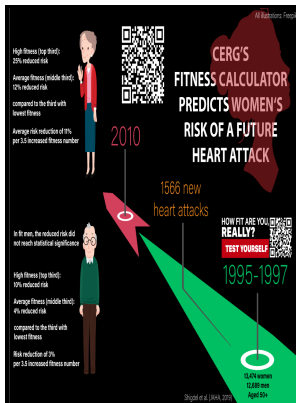


Relationship between cardiovascular fitness and depression in middle-age men as a result of an aerobic conditioning program.

Microform Publications, College of Human Development and Performance, University of Oregon - Moderate vs. high exercise intensity: Differential effects on aerobic fitness, cardiomyocyte contractility, and endothelial function



Description: -

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

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

Notes: Thesis (M.S.) Pennsylvania State University, 1983.

This edition was published in 1984



Filesize: 51.101 MB

Tags: #Moderate #vs. #high #exercise #intensity: #Differential #effects #on #aerobic #fitness, #cardiomyocyte #contractility, #and #endothelial #function

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

Our present results indicate that the amount of exercise required to reduce BP in hypertensive population may be considerably lower than the current recommendation for physical activity.

Physical activity, genes, and lifetime predisposition to chronic disease

Performed twice weekly for 10 weeks, the nine participants increased leg strength, arm strength, leg endurance, and fast walking speed. Bird A 2007 Perceptions of epigenetics. This is important as the proportion of older people is increasing and exercise therapy may be an important means to reduce disability and increase the numbers of those able to live independently in the community.

Physical Activity and Quality of Life in Older Adults

Biomarkers A variety of biomarkers were investigated in a total of 22 samples. Considering that non-aerobic exercise may result in fewer fatigue-related symptoms, further exploration of alternative programs of conditioning would prove worthwhile. Cardiomyocyte hypertrophy and contractility Exercise induced intensity-dependent cardiomyocyte hypertrophy.

Cardiovascular Fitness

In a recent randomized clinical trial, we found that physical activity had favorable effects on perceived physical function in older women. Because of the importance of CRF in NCD prevention, it is crucial to better understand the correlates and determinants of CRF in the general population.

Cardiovascular Fitness as a Predictor of Mortality in Men

Knee extension, plantar flexion, and stepping performance on a 3-min step test all significantly improved from pre- to post-intervention. The majority of studies have examined the effect of aerobic exercise on MS; there have been comparatively few examinations of non-aerobic forms of exercise such as yoga or resistance training on functional capacity and QOL of individuals with MS. Analysis of covariance was also performed to analyze differences in changes of BP using baseline BP, and changes in body mass, energy, and salt intake as covariate.

Related Books

- [Return to Mexico - journeys beyond the mask](#)
- [Personality in librarianship](#)
- [Computer techniques for the presentation of palynological and paleoenvironmental data](#)
- [Hugonis Brotii...Epistolae quotquot reperiri potuerunt - in quibus praeter hactenus editas, plurimae](#)
- [Dance of the quick and the dead - an entertainment of the imagination](#)