

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 - MS, exercise, and the potential for older adults

TIMEPOINT	STUDY PERIOD			
	Enrollment	Allocation	Post-allocation	Close-out
	-6	0	6 12 (12 weeks post-intervention)	18 (follow-up 4 weeks after the cessation of the intervention)
ENROLLMENT:				
Eligibility screen	X			
Informed consent	X			
Allocation		X		
INTERVENTIONS:				
(Experimental group)			←→	
(Control group)			←→	
ASSESSMENTS:				
(Sociodemographic data)	X			
(Primary and secondary outcome variables)	X		X	X

Description: -

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

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

This edition was published in 1984



Filesize: 43.53 MB

Tags: #Cardiovascular #Fitness #as #a #Predictor #of #Mortality #in #Men

Physical activity, genes, and lifetime predisposition to chronic disease

This approach allowed summary measures to be calculated for each analyzed exposure, even when the heterogeneity among studies was high and no meta-analysis was possible. A currently available consensus statement for physical activity recommendation proposes that each adult should accumulate for at least 30 min of moderate physical activity most days of the week. We should emphasize that our present results should not be viewed as a message against encouraging people to exercise more on a daily basis.

Cardiovascular Fitness

However, such amount of exercise may not be sufficient to induce changes in other risk factors including body fatness and HDL-cholesterol.

Physical activity, genes, and lifetime predisposition to chronic disease

This is unfortunate because such results would facilitate the implementation of proper exercise prescription as a lifestyle-based treatment of hypertension, and could provide critical information to primary care health providers.

Physical Activity and Quality of Life in Older Adults

Krupp LB, Alvarez LA, LoRocca NG, Scheinberg LC 1988 Fatigue in multiple sclerosis.

Cardiovascular Fitness as a Predictor of Mortality in Men

Physical symptoms, medical prognosis, treatment regimens, and related issues can have profound effects on global perceptions of life satisfaction

when someone is afflicted by a chronic disease such as cancer, arthritis, or heart disease. Defined as the lack of physical or mental energy to accomplish daily tasks, fatigue affects almost all those afflicted with MS. However, this is the first time the magnitude of cellular effects was compared at two different exercise intensities.

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

Intracellular Ca^{2+} transients and their time-courses were measured, together with video edge-detection Model 104, Crescent Electronics, Sandy, UT of cell shortening and relaxation with time-courses. While investigations of exercise and QOL in MS patients have multiplied in the last few years, this area of research is still in its early stages. The most likely reason for this pattern in the data is that performance measures are more observable and thus salient to people's lives than are changes in a fitness parameter such as $\dot{V}O_{2max}$.

Cardiovascular Fitness as a Predictor of Mortality in Men

Resistance was increased by 2—5% when subjects were able to perform 15 repetitions of an exercise at a given weight. SOC scores improved for women only. There were 11 RCTs, and 19 studies had a strong supervised component.

Cardiovascular Fitness as a Predictor of Mortality in Men

However, the smokers did not change smoking habits before and after the intervention period.

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