



## 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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#### **Robin Holloway:**

Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could possibly be reading a book could be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the e-book untitled Resistance Training for the Prevention and Treatment of Chronic Disease can be great book to read. May be it could be best activity to you.

#### **Williams Carter:**

A lot of people always spent their very own free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book which you read you can spent all day every day to reading a guide. The book Resistance Training for the Prevention and Treatment of Chronic Disease it is rather good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. When you did not have enough space to develop this book you can buy the actual e-book. You can m0ore simply to read this book out of your smart phone. The price is not to cover but this book has high quality.

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