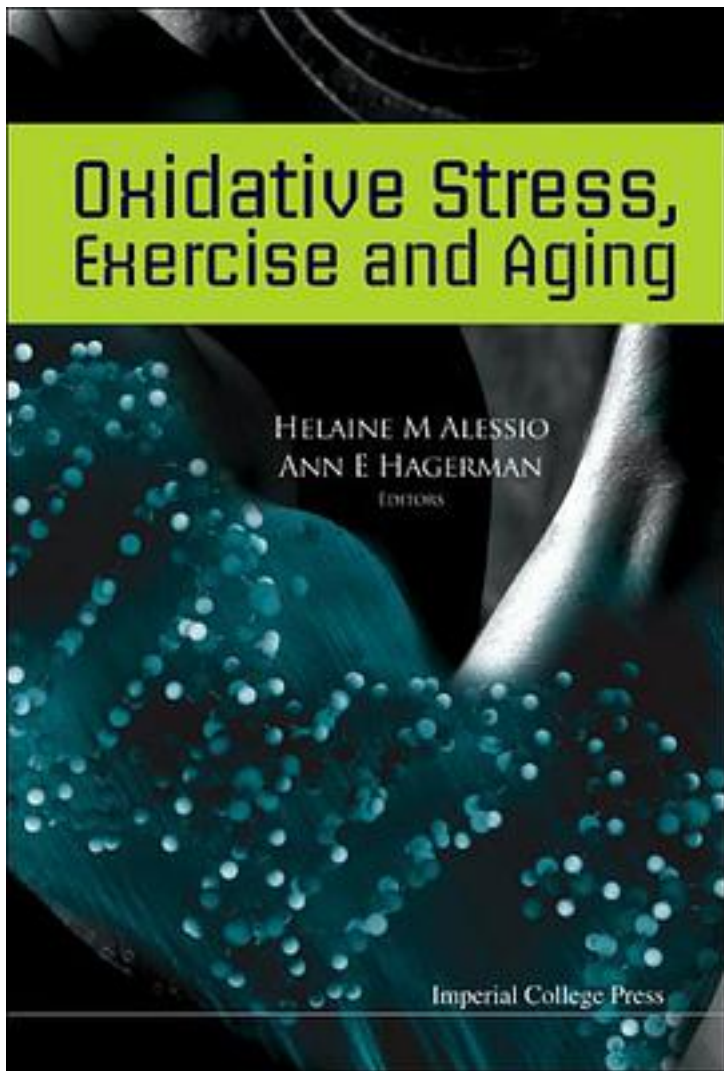


# Oxidative Stress, Exercise and Aging



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This book brings together some of the leading researchers in the actively investigated field of oxidative stress, an area of study which is of importance to human health and disease. It examines oxidative stress in a variety of models, at rest and after exercise, in young and old. Key concepts of oxidative stress, exercise and aging are presented in clear and easy-to-understand terms. Oxidative stress in different types of exercises - isometric, isotonic and sports - is explained in detail, with several chapters focusing on acute and chronic adaptations of skeletal muscles following both aerobic and non-aerobic exercises. The book includes current knowledge of the underlying mechanisms influencing health and disease processes associated with oxidative stress.

作者介绍:

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