

Exercise, Health and Mental Health



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Exercise, Health and Mental Health provides an introduction to this emerging field and

a platform for future research and practice. Written by internationally acclaimed exercise, health and medical scientists, it is the first systematic review of the evidence for the potential role of exercise in: treating and managing mental health problems including dementia, schizophrenia, drug and alcohol dependence coping with chronic clinical conditions including cancer, heart disease and HIV/AIDS enhancing well-being in the general population - by improving sleep, assisting in smoking cessation, and as a way of addressing broader social issues such as anti-social behaviour. Adopting a consistent and accessible format, the research findings for each topic are clearly summarized and critically examined for their implications.

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