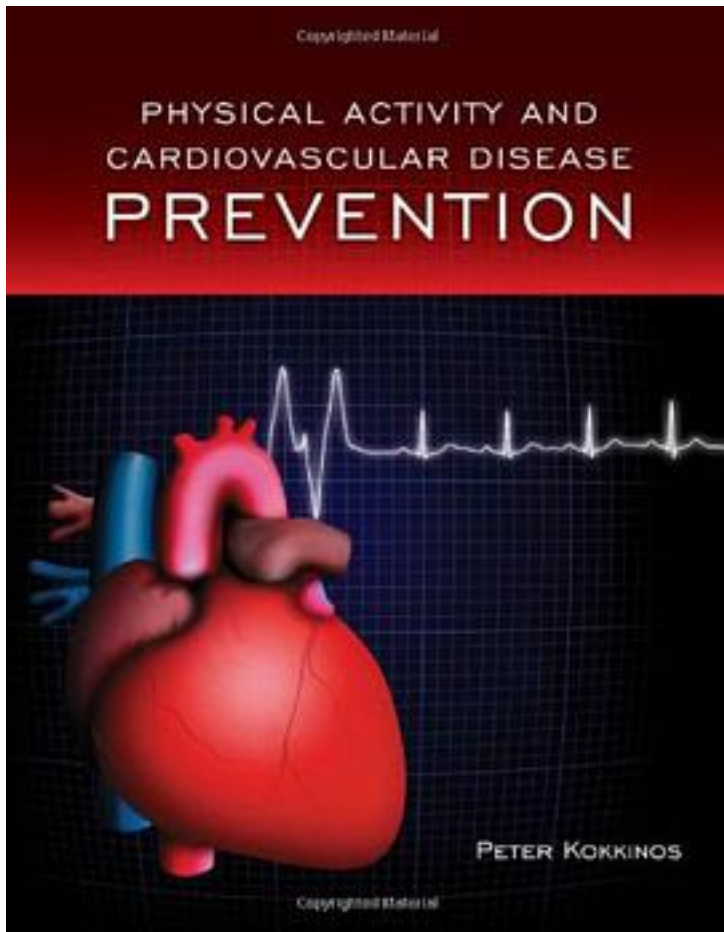


# Physical Activity and Cardiovascular Disease Prevention



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著者:Kokkinos, Peter

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Physical Activity and Cardiovascular Disease Prevention helps students understand the epidemiology behind the assertion that physical activity is associated with better

health and quality of life. This text addresses the principles governing physical activity, the methods for measuring exertion, the cardiovascular and metabolic responses to physical activity, and cardiovascular disease and risk factors.

作者介绍:

目录:

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