Resistance Training for the Prevention and Treatment of Chronic Disease (Hardback)

By -

Taylor Francis Inc, United States, 2013. Hardback. Condition: New. Language: English . Brand New Book. 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,...

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