



Patologie cardiovascolari e attività fisica (Sport) (Italian Edition)

Gian Pasquale Ganzit, Luca Stefanini

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Aritmie, ipertensione, cardiopatie: soffrire di una di queste patologie non significa essere destinati a una vita sedentaria. Al contrario l'esercizio fisico regolare, oltre a migliorare la qualità della vita, è in grado di ridurre i principali fattori di rischio delle patologie cardiovascolari, quali i livelli di colesterolo, il sovrappeso, il diabete. Il testo descrive precauzioni, controlli e attività consigliate e sconsigliate ai pazienti affetti dai più diffusi disturbi cardiovascolari.

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