

Actividad física para pacientes con Síndrome Metabólico



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Reviews

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(Dr. Haylee Grimes PhD)

ACTIVIDAD FÍSICA PARA PACIENTES CON SÍNDROME METABÓLICO



EAE Okt 2012, 2012. Taschenbuch. Book Condition: Neu. 220x150x8 mm. This item is printed on demand - Print on Demand Neuware - El Síndrome Metabólico es conocido a nivel mundial como el síndrome que incluye un número de anormalidades metabólicas que incrementan el riesgo de padecer Enfermedad Cardiovascular (ECV) y Diabetes Mellitus tipo II (DM II). Los crecientes niveles de actividad física pueden proteger contra las enfermedades metabólicas, incluso en ausencia de mejorar el estado físico aeróbico y reducción de grasa corporal. Por lo tanto, la combinación de actividad física y evitar la ganancia de masa grasa, mediante una dieta adecuada es probable que sea el enfoque más exitoso para la prevención de enfermedades cardiovasculares y metabólicas. Esto explica la razón por la cual diversos entes científicos llevan a cabo investigaciones para disminuir el riesgo de desarrollar ECV y DM a causa de factores de riesgo metabólicos, esto a su vez, permite cuantificar la reducción en el riesgo logrando de este modo generar informes en las intervenciones preventivas. Por esta razón, a partir de un proceso de investigación se creó esta guía de intervención basada en la evidencia que define los efectos sistémicos de la práctica de actividad física y alimentación balanceada en la calidad de vida del paciente con SM. 132 pp. Spanisch.



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