

Exercise and chronic disease : an evidence-based approach

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20464872&lokasi=lokal>

Abstrak

It is now widely accepted that there are important links between inactivity and chronic lifestyle-related diseases, and that exercise can bring tangible therapeutic benefits to people with chronic disease. Exercise and Chronic Disease: An Evidence-Based Approach offers the most up-to-date survey currently available of the scientific and clinical evidence underlying the effects of exercise in relation to functional outcomes, disease-specific health-related outcomes and quality of life in patients with chronic disease conditions.