



Physical Activity and Health

Claude Bouchard, Steven N. Blair, William Haskell

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Sedentary habits have been identified as a major public health problem in many countries. The timely *Physical Activity and Health* addresses an unmet need by providing a comprehensive treatment of the relationship between physical activity and health outcomes.

Physical Activity and Health is the first textbook to bring together the results of the most important studies in this rapidly changing field and offers a detailed yet concise and clear presentation of key concepts. The text provides a conceptual framework to help readers relate results from single studies or collections of studies to the overall paradigm linking physical activity and physical fitness to health.

Written by Claude Bouchard and other leading scientists from around the world, this richly illustrated textbook offers information unmatched in accuracy and reliability. Where other books have simply promoted physical activity for the individual or a population, this book completely integrates and examines the relationship between physical activity and health by

- providing a history of physical activity, including how levels of physical activity have changed over time and how this has affected the overall health of society;

- highlighting the differences in the effects of physical activity on fitness across age, gender, and ethnic groups;

- describing how various systems of the human body respond to physical activity;

- illustrating the relationship between physical activity and health concerns such as obesity, diabetes, cancer, and mental health;

- offering guidance for determining the proper amount and type of exercise to be undertaken; and

- suggesting new directions for research in this growing and changing field.

The text explains the latest advances in understanding the effects of acute and chronic participation in physical activity and reviews the relationships between regular physical activity and health outcomes, including cardiovascular morbidities, mental health, and all-cause mortality. It also focuses on the prevention of diseases, quality of life, and well-being.

The textbook offers the following features:

- Chapter outlines that provide a user-friendly, conceptual framework

- Key concepts, definitions, and study questions that simplify the review process

- 179 illustrations, 54 tables, and 51 photographs that clarify the text and emphasize key concepts

Physical Activity and Health is organized into five parts. **Part I** defines the basic concepts, traces the history of the field, and summarizes evidence accumulated on the relationship between levels of physical activity and fitness and variations with age, between genders, and among ethnic groups. **Part II** describes the latest advances in understanding the effects of acute and chronic participation in physical activity. **Part III** reviews the relationships between regular physical activity and health outcomes—including cardiovascular morbidities, mental health, and all-cause mortality—and the levels of fitness and the same health outcomes. **Part IV** focuses on the “how” and deals with dose-response issues and types of exercise programs. **Part V** explores how advances in genetics challenge our understanding of the complex relationships between physical activity, fitness, and health. It offers a practical integration of all the issues discussed in the preceding chapters.

Some of the finest scientists in the field from the United States, Canada, Europe, and Australia collaborated on this comprehensive resource. Readers can feel confident that they are receiving the most accurate information currently available on physical activity and health in any textbook.

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A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that is look different you can read the book. It is really fun for you personally. If you enjoy the book that you just read you can spent the whole day to reading a book. The book Physical Activity and Health it is quite good to read. There are a lot of people who recommended this book. They were enjoying reading this book. When you did not have enough space to bring this book you can buy the particular e-book. You can m0ore simply to read this book through your smart phone. The price is not to cover but this book provides high quality.

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