Treadmill Exercise and its Effects on Cardiovascular Fitness, Depression and Muscle Aerobic Function

Nuno Azóia
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Editors

NOVA
TREADMILL EXERCISE AND ITS EFFECTS ON CARDIOVASCULAR FITNESS, DEPRESSION AND MUSCLE AEROBIC FUNCTION

NUNO AZÓIA
AND
PEDRA DOBREIRO
EDITORS

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The link between physical activity and longevity has been known for years. More recently, the positive impact of exercise on disease prevention and treatment is being recognized. In this chapter, we will discuss the effects of exercise training on cardiovascular diseases and their potential impact on patient outcomes.

Adaptations to Exercise Training

Chapter 8 discusses the role of redox signaling in the cardiovascular adaptations to exercise training. This chapter highlights the importance of understanding the cellular and molecular changes that occur with exercise training and how these changes can be used to guide clinical practice.

Use of Cardiopulmonary Exercise Testing

Chapter 9 focuses on the use of cardiopulmonary exercise testing in patients with heart failure. This chapter emphasizes the importance of individualizing exercise prescription based on patient-specific factors, such as exercise capacity, symptoms, and comorbidities.

A Prescription to Decrease LV Function

Chapter 10 addresses the use of exercise to decrease left ventricular function. This chapter provides practical guidelines for prescribing exercise to patients with a variety of heart conditions, including heart failure and arrhythmias.

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This index provides a comprehensive overview of the topics covered in the book, including key terms, authors, and page numbers. It is a valuable resource for readers looking to quickly locate specific information within the book.
Chapter 4

CHANGE OF BLOOD FLOW IN COMMON CAROTID ARTERY DURING PHYSICAL EXERCISE STRESS: EVALUATION FOR AEROBIC EXERCISE INTERVENTION

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ABSTRACT

Exercise training is able to alter cardiovascular fitness. Treadmill exercise testing currently is commonly used in the clinical method of evaluating a subject’s functional capacity and aerobic fitness. In this chapter, a fundamental understanding of age-associated normohemodynamic state is described for comparison data and for an improved means of aerobic exercise fitness and performance. These data may contribute to effective and efficient prevention and treatment of cardiovascular disease in older persons. The change of blood flow velocity and parameters in the common carotid artery (CCA) during treadmill exercise is reviewed to describe the effect on significant
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