



## Cardiorespiratory Fitness in Cardiometabolic Diseases : Prevention and Management in Clinical Practice

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- Abstract: This book examines the links between physical activity (PA), cardiorespiratory fitness (CRF), and cardiovascular and metabolic diseases. It presents an overview of the role of PA and CRF in the prevention and management of risk factors associated with cardiometabolic diseases such as hypertension, peripheral vascular disease, stroke, type 2 diabetes, metabolic syndrome, dyslipidemia, obesity, and atherosclerosis. In addition, it explores how these risks vary with different populations such as the elderly and people of various racial backgrounds. The book also highlights risks associated with exercise and presents a prescription for appropriate and efficacious exercise to minimize risk and maximize health benefits for the heart. *Cardiorespiratory Fitness in Prevention and Management of Cardiometabolic Disease* is an essential resource for physicians, exercise physiologists, medical students, residents, fellows, nurses, and researchers in cardiology, cardiorespiratory fitness, exercise science, health promotion and disease prevention, public health, and epidemiology.

**Contents:** 1. Physical Activity, Cardiorespiratory Fitness, and Health: A Historical Perspective – 2. Exercise, Gene Regulation, and Cardiometabolic Disease – 3. Exercise and the Mitochondria – 4. Effect of Exercise on Adult Stem Cells – 5. Exercise Metabolism in Health and Disease – 6. Exercise and the Endothelium – 7. Exertion-Related Acute Cardiovascular Events: Pathophysiologic Considerations, Risk Modulators, and Prophylactic Interventions – 8. Exercise and Blood Pressure Control in Hypertension – 9. Role of Physical Activity, Exercise, and Cardiorespiratory Fitness in the Management of Resistant Hypertension – 10. Physical Activity, Blood Pressure, and Cardiac Structure and Function – 11. Physical Activity, Cardiorespiratory Fitness, and the Diabetes Spectrum – 12. Cardiorespiratory Fitness, Physical Activity, and Metabolic Syndrome – 13. Exercise Interventions in Patients with Diabetes and Peripheral Artery Disease – 14. Physical Activity, Cardiorespiratory Fitness, and Obesity – 15. The Obesity Paradox and Cardiorespiratory Fitness – 16. Physical Activity, Exercise, and Lipids and Lipoproteins – 17. Physical Activity, Fitness, and Coronary Heart Disease – 18. Physical Activity and Cardiorespiratory Fitness in Heart Failure – 19. Cardiorespiratory Fitness, Physical Activity, and Stroke – 20. Cardiorespiratory Fitness, Physical Activity, and Incidence of Atrial Fibrillation – 21. Chronic Kidney Disease and Physical Activity – 22. Physical Activity, Fitness, and Sexual Dysfunction – 23. Cardiorespiratory Fitness in the Context of Cardiac Rehabilitation – 24. Physical Activity and Cardiometabolic Health Benefits in Children – 25. Association Between Cardiorespiratory Fitness and Healthcare Costs.

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