Importance of characteristics and modalities of physical activity and exercise in the management of cardiovascular health in individuals with cardiovascular risk factors: recommendations from the EACPR. Part II.

Abstract:
In a previous paper, as the first of a series of three on the importance of characteristics and modalities of physical activity (PA) and exercise in the management of cardiovascular health within the general population, we concluded that, in the population at large, PA and aerobic exercise capacity clearly are inversely associated with increased cardiovascular disease risk and all-cause and cardiovascular mortality and that a dose-response curve on cardiovascular outcome has been demonstrated in most studies. More and more evidence is accumulated that engaging in regular PA and exercise interventions are essential components for reducing the severity of cardiovascular risk factors, such as obesity and abdominal fat, high BP, metabolic risk factors, and systemic inflammation. However, it is less clear whether and which type of PA and
exercise intervention (aerobic exercise, dynamic resistive exercise, or both) or characteristic of
exercise (frequency, intensity, time or duration, and volume) would yield more benefit for each
separate risk factor. The present paper, therefore, will review and make recommendations for PA and
exercise training in the management of cardiovascular health in individuals with cardiovascular risk
factors. The guidance offered in this series of papers is aimed at medical doctors, health practitioners,
kinesiologists, physiotherapists and exercise physiologists, politicians, public health policy makers,
and individual members of the public. Based on previous and the current literature overviews,
recommendations from the European Association on Cardiovascular Prevention and Rehabilitation
are formulated regarding type, volume, and intensity of PA and regarding appropriate risk evaluation
during exercise in individuals with cardiovascular risk factors.

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