

Physiology Of Exercise And Healthy Aging

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Ageing immune system ...

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Physiology of Exercise and Healthy Aging applies the science of exercise physiology to an analysis of the aging process and identifies the positive effects that regular exercise and physical activity have not only on longevity but also on delaying specific diseases, decreasing morbidity, and increasing quality of life.

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About the Author Albert W. Taylor, PhD, DSc, is a professor on the faculties of health sciences, medicine, and dentistry at the University of Western Ontario in London, Ontario, Canada, where he teaches courses on healthy aging and the physiology of aging.

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Considers the roles of nutrition, the mind-body connection, and other lifestyle factors

Presents a major resource for exercise and physical activity in the neurological health of older adults Provides a synopsis of key ideas associated with the many aspects of physical activity, along with lifestyle factors that can modify neurological diseases and age-related neurological decline

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