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By Michele M. Fisher

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Effect of aerobic exercise on blood pressure: a -

1. Ann Intern Med. 2002 Apr 2;136(7):493-503. Effect of aerobic exercise on blood pressure: a meta-analysis of randomized, controlled trials.

Effects of Aerobic Exercise on Anxiety - -

The purpose of this study is to investigate the effect of aerobic exercise on anxiety. Statistical population consists of boys and girls in high school in 2009-

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Exercise's Effects on Diabetes. Moderate aerobic exercise can lower your risk for type 2 diabetes. Exercise has positive benefits for those who have diabetes.

Exercise has beneficial effect on hypertension -

Exercise has beneficial effect on hypertension, cardiovascular disease This is an excerpt from Physical Activity and Health

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Acute and Chronic Effects of Aerobic and Resistance Exercise

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Aerobic exercise; Elderly; Information processing; Tracking; The ability of elderly people to improve their physical health through exercise is a growing area of

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Finally, Trapp et al. looked at a direct comparison between old school aerobic exercise and high intensity sprint type exercise. The 15-week study was published in

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The cardiovascular system undergoes drastic changes during and immediately after intense exercise. Even more importantly, the cardiovascular system makes long-term

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innovations and biotechnological findings are revolutionizing medicine and health care. Following this shift in medical research and practice,

No Effect of Training State on Ambulatory Measures -

We examined the effect of training state on cardiac autonomic control in a (RSA). Nonexercising controls had a significantly higher ambulatory heart rate

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Diabetes Care Standard 2010. or even to a greater extent as aerobic exercise and 24-h ambulatory blood pressure monitoring may provide

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Effect of Aerobic Exercise (Walking) Training on Functional Status and Health-related Quality of Life in Chronic Stroke Survivors A Randomized Controlled Trial

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