

Springer

1st
edition2015, X, 69 p. 11 illus., 1
illus. in color.**Printed book**

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ISBN 978-3-319-10249-8

\$ 169,99

Available

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Pokorski, Mieczyslaw (Ed.)

Body Metabolism and Exercise

- A fascinating area of the entwined interaction of nutrition, metabolism, and exercise
- A survey of measures to improve quality of life
- An inspiration for research ideas

The dynamics of body metabolism are changed in the disease process and interact with physical activity. The alteration of metabolism and its consequences raise the need for simple and reliable methods for assessment of body composition. The chapters aim to investigate various interacting components converging on metabolic changes in lung and muscle tissues taking into consideration the drug effects. The effects of exercise and nutritional status are dealt with at a great extent.

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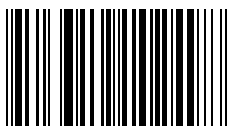
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