

عنوان مقاله:

The influence of exercise intervention with or without using the supplement on effective factors of cardiovascular disease in the elderly: Literature Review

محل انتشار:

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خلاصه مقاله:

This study aimed to illustrate the effect of the different types of physical activity and exercise with or without nutritive supplements on cardiovascular disease in the older population. For accessing the related papers, we searched the elderly, heart, cardiovascular disease, cardiovascular disease, exercise, training, and physical activity at SID, MAGIRAN, Noormegs, Civilica then evaluated articles from ۲۰۱۱ to ۲۰۱۹. The age range of participants of these ۲۳ papers was between ۵۷.۱۷ to ۷۱.۰۷. These articles obtained ۶۴۹ participants that ۳۹۲ members of whom were women and ۳۰۲ members were men. Generally, four types of exercise were used including aerobic training, resistance training, concurrent training, and Pilates exercise. Six papers used supplements besides their intervention. At these ۲۳ articles, overall, near ۲۶ independent factors investigated which at the most of these articles exercise interventions .causes decreasing these factors. About high-density lipoprotein, we can see high-density lipoprotein increased

کلمات کلیدی:

Cardiovascular Disease; Dietary Supplement; Elderly; Physical Activity

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