



Beneficios del ejercicio físico en el adulto [

2014

text (article)

Analítica

Objective:To determine the beneficial effects of exercise in adults with Metabolic Syndrome. **Methods:**A prospective longitudinal descriptive study in people between 18 and 64 with metabolic syndrome after prescription of an exercise program for six months. **Results:**Body weight, blood pressure (BP), fasting glucose (GB), and triglicéridos: improved health parameters after half-yearly review is noted. **Conclusions:** Prescription of physical exercise is útil to prevent premature death from any cause.To obtain these benefits, proper structuring necessary.Promotion intervention and /or advice of physical activity can increase levels of physical activity and is cost-efficient

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