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# PHYSICAL ACTIVITY PARTICIPATION



Physical activity participation The hope for adults with hypertension

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Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | The hope for adults with hypertension | Hypertension is one of the most common non-communicable diseases, and it is the leading cause of cardiovascular diseases, death and disability worldwide. Physical activity has been regarded as a commonly accepted modality for preventing and treating hypertension. However, despite its known benefits, this modality of treatment and prevention of hypertension continues to be underused. The findings of the present study highlight the need for the...

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