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Exercise Therapy: Prevention and Treatment of Disease ...

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Exercise for the Prevention and Treatment of Hypertension ...
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Both aerobic and resistance training bestow benefits,

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particularly with regard to prevention of T2 DM and improvements in insulin action and glycemic control. In this review, the benefits of these types of physical training are addressed, along with guidelines for maintenance of glycemic balance with exercise.

Exercise in the Treatment and Prevention of Diabetes ...

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