

Essentials of Cardiovascular Training

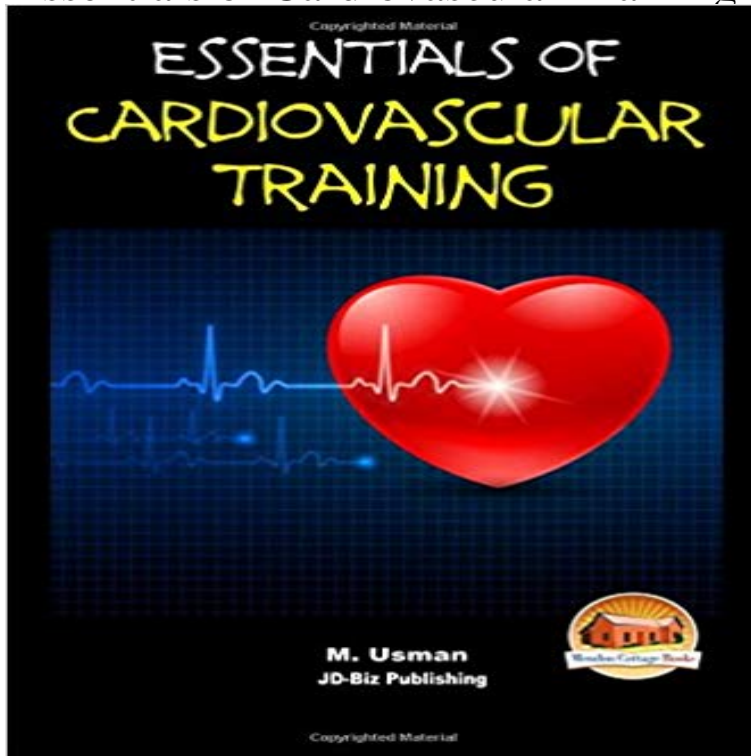


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Much? Optimum Program Chapter # 1:
Introduction Chapter # 2: Putting
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Author Bio Preface Diseases associated
with the cardiovascular system are one of
the leading causes of mortality in the US.
They account for almost 50 percent of all
the recorded deaths that occur every year
and moreover, affect the lives of 14 million
people. This number includes those with
chest pain, known as angina pectoris, as
well as people who have defects in their
hearts which result in ineffective pumping
of the blood. This ultimately leads to the
tissues getting inadequate blood. Almost
1.5 million Americans suffer from heart
attacks each year and approximately 1/3rd
of these perish. Each year almost 700,000
patients who have heart disease, choose the
surgery option and undergo by-pass
surgery to recover from their condition. It
must be pondered over that surgery is not
the answer to every disease, especially this
one. There are a lot of other options that
can naturally do the same job, and one of
these options is cardio training. The book
will enlighten you about the whole concept
of cardiovascular training and how it
benefits the body. Plus, it packs a training
program which can help you enormously if
you're a person who plans to get better
cardiovascular health. The next section
will deal with the importance of
cardiovascular training.

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