

# Contents

1	An Overview of the Beneficial Effects of Exercise on Health and Performance .....	3
	Andreas Kramer	
<b>Part II The Physiological Responses to Exercise</b>		
2	Type of Exercise Training and Training Methods .....	25
	Sascha Ketelhut and Reinhard G. Ketelhut	
3	Molecular Mechanisms Mediating Adaptation to Exercise .....	45
	Zahra Gholamnezhad, Bruno Mégarbane, and Ramin Rezaee	
4	Exercise and Organ Cross Talk .....	63
	Zhiqing Fan and Minjun Xu	
<b>Part III Exercise and Metabolic Diseases</b>		
5	Exercise and Hyperlipidemia.....	79
	Nana He and Honghua Ye	
6	Exercise and Type 2 Diabetes.....	91
	Sasan Amanat, Simin Ghahri, Aria Dianatinasab, Mohammad Fararouei, and Mostafa Dianatinasab	
7	Exercise and Type 1 Diabetes.....	107
	Xiya Lu and Cuimei Zhao	
8	Exercise and Polycystic Ovary Syndrome .....	123
	Amie Woodward, Markos Klonizakis, and David Broom	
9	Exercise and Insulin Resistance.....	137
	Stephney Whillier	
<b>Part IV Exercise and Cardiovascular Diseases</b>		
10	Exercise and Hypertension.....	153
	Şeref Alpdo	
11	Exercise and Coronary Heart Disease .....	169
	Aydin Akyuz	

- 
- 12 Exercise and Peripheral Arteriosclerosis . . . . .** 181  
Demet Ozkaramanli Gur
- 13 Exercise and Stroke . . . . .** 195  
Carmen García-Cabo and Elena López-Cancio
- 14 Exercise and Cardiovascular Protection . . . . .** 205  
Guohua Li, Jia Li, and Feng Gao

#### **Part V Exercise and Musculoskeletal Diseases**

- 15 Exercise and Osteoarthritis . . . . .** 219  
Lei Chen and Yan Yu
- 16 Exercise and Chronic Pain . . . . .** 233  
Anna Borisovskaya, Elizabeth Chmelik, and Ashwin Karnik
- 17 Exercise and Muscle Atrophy . . . . .** 255  
Nana He and Honghua Ye

#### **Part VI Exercise and Neurological and Psychiatric Diseases**

- 18 Exercise and Depressive Disorder . . . . .** 271  
Javier Bueno-Antequera and Diego Munguía-Izquierdo
- 19 Exercise and Parkinson's Disease . . . . .** 289  
Simona Bonavita
- 20 Exercise and Dementia . . . . .** 303  
Zahra Gholamnezhad, Mohammad Hossien Boskabady,  
and Zahra Jahangiri
- 21 Exercise and Schizophrenia . . . . .** 317  
Javier Bueno-Antequera and Diego Munguía-Izquierdo
- 22 Exercise and Multiple Sclerosis . . . . .** 333  
Robert W. Motl
- 23 Exercise and Anxiety . . . . .** 345  
Aaron Kandola and Brendon Stubbs

#### **Part VII Exercise and Respiration System**

- 24 Exercise and Chronic Obstructive Pulmonary Disease (COPD) . . . . .** 355  
Giuseppe Fiorentino, Antonio M. Esquinas,  
and Anna Annunziata
- 25 Exercise and Asthma . . . . .** 369  
Shengguang Ding and Chongjun Zhong
- 26 Exercise and Cystic Fibrosis . . . . .** 381  
Shengguang Ding and Chongjun Zhong

#### **Part VIII Exercise and Immunity**

- 27 Exercise Regulates the Immune System . . . . .** 395  
Jing Wang, Shuqin Liu, Guoping Li, and Junjie Xiao

**Part IX Exercise and HIV/AIDS**

- 28 Effects of Exercise on the Immune Function, Quality of Life, and Mental Health in HIV/AIDS Individuals . . . . .** 411  
Mostafa Dianatinasab, Simin Ghahri,  
Aria Dianatinasab, Sasan Amanat,  
and Mohammad Fararouei

**Part X Exercise and Neuropsychiatric Disorders**

- 29 Effects of Exercise on Memory Interference in Neuropsychiatric Disorders . . . . .** 425  
Lindsay Crawford and Paul D. Loprinzi
- 30 Effects of Exercise on Long-Term Potentiation in Neuropsychiatric Disorders . . . . .** 439  
Paul D. Loprinzi

**Part XI Future Prospects**

- 31 Prospective Advances in Beneficial Effects of Exercise on Human Health . . . . .** 455  
Zuoxu Hou, Xing Zhang, and Feng Gao