Principles of Exercise Prescription
The knowledge of exercise physiology is a continually changing science with inputs from new research and clinical experience. This book contains information relating to general principles of exercise prescription that should not be construed as specific instructions for individuals/patients. It is strongly recommended that all the exercises should be carried out under the supervision of a qualified trainer. The author and the publishers are not responsible for any injury/complication resulting from any material contained in the book.
Principles of Exercise Prescription

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Dedicated to

Parampujya Yogiraj

Shri Mamasheb Deshpande, Pune

You light up my life
Preface

In this electronic age, keeping fit has become a universal concern. More and more people are becoming aware of the requirement of physical activity for maintenance of health. Day-by-day, heart attacks among young (under 40) people are becoming a common occurrence. Sedentary and stressful lifestyle is a major factor responsible for this situation. It is a proven fact that physical exercise has preventive as well as restorative effects on cardiorespiratory health. Exercise improves the productive capacity of the heart and reduces the risk of coronary artery disease (CAD). With a link between regular exercise and good health being established, exercise physiology is assuming an increasingly important role in health set up.

However, ‘which exercise, how often, how long, at what intensity, with what precautions’ these questions haunt a person who seriously takes up the exercise. Present book tries to give scientific answers to these and more questions. As research studies have shown, numerous myths about exercise are prevalent in the society. This book provides scientific explanations for many exercise related observations and tries to dispel many unfounded misconceptions. I sincerely hope that this book will fulfill a long-standing need for an informative yet concise book for the students of exercise sciences. It will be a great help for exercise physiology students, fitness instructors, health promotion counselors, students of sports sciences and health educators in understanding basics of exercise physiology and scientific rationale behind formulation of exercise programmes.

Milind V Bhutkar
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About the Logos

To make information more engaging and easier to read, three boxes have been introduced with following logos

**Zoom in:** Presents the concept under consideration in a greater depth.

**Why box:** Answers an important question ‘WHY?’ that explains mechanism behind various physiological phenomena.

**Myth:** Mentions exercise related myths that are adequately explained in the light of scientific facts.
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