BIBLIOGRAPHY
BIBLIOGRAPHY

Books


MacRae et al(1996). “A walking program for nursing home residents: effects on walk endurance, physical activity, mobility, and quality of life”. Department of Sports Medicine, Pepperdine University, Malibu, California 90263, USA. 44(2):175-80.


Saint Lowis (1989). "Physical Fitness the pathway to Healthful Living" P.25


Moon et al (2002). “The relationship between body mass index and the prevalence of obesity-related diseases based on the 1995 National Health Interview Survey in Korea”. Graduate School of Public Health, Seoul National University, Korea. ucho@plaza.snu.ac.kr 3(3): 191-6


Pratley et al., (2000) "Aerobic exercise training-induced reductions in abdominal fat and glucose-stimulated insulin responses in middle-aged and older men". Department of Medicine, University of Maryland School of Medicine, and Geriatrics Service/GRECC, Baltimore Veterans Administration Medical Center, USA. 48(9):1055-61

Sartorio et al., (2004) “Elderly obese women display the greatest improvement in stair climbing performance after a 3-week body mass reduction program. Division of Metabolic Diseases III”, *Istituto Auxologico Italiano*, IRCCS, Piancavallo (VB), Italy. t 28(9):1097-104


Zanettini et al.,(1997). “Exercise training in mild hypertension: effects on blood pressure”, left ventricular mass and coagulation factor VII and fibrinogen.Cardiac Rehabilitation Unit, University of Milan, Italy. 88(5):468-73.(www.gillespiem@bhf.org.uk).