



## **Prävention und Therapie durch Sport, Band 1: Grundlagen (German Edition)**

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# Prävention und Therapie durch Sport, Band 1: Grundlagen (German Edition)

## Prävention und Therapie durch Sport, Band 1: Grundlagen (German Edition)

### Krankheiten vorbeugen oder unterstützend behandeln mit Bewegung und Sport

Körperliche Aktivität und vor allem Sport gelten als effektiv in der Prävention und Therapie zahlreicher Erkrankungen verschiedener Fachgebiete. Doch was gilt als wissenschaftlich gesichert? Wie groß sind die Effekte wirklich?

Diese Bücher zeigen auf der Grundlage wissenschaftlicher Evidenzen die Möglichkeiten, mittels körperlicher Aktivität und Sport Krankheiten zu verhindern und ggf. zu bessern.

Aufbauend auf den in Band 1 besprochenen Grundlagen stellt Band 2 die Prävention und Therapiemöglichkeiten von neurologischen und psychischen Erkrankungen in den Fokus.

Mit den beiden Bänden „**Grundlagen**“ und „**Neurologie, Psychiatrie/Psychosomatik, Schmerzsyndrome**“ startet die insgesamt aus vier Bänden bestehende Reihe.

Die Bände „Orthopädie, Rheumatologie“ und „Innere Medizin“ folgen voraussichtlich im Herbst 2015.

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