

Elixirul inimii:

ct

invitate

fiz

ic? sus?inut?, la doze optime,

toate ipostazele

cotidiene

2. Analiza de situa?ie

R. Negoescu, C. B?lan, D. Ni?ulescu, M. B?n?eanu

1. Preambul

n

ncep

cu 1997, Ziua Na?ional? a Inimii (ZNI) este celebrat

la fiecare 4 mai -

n urma Sesiunii Speciale privind Riscul Cardiovascular a Academiei de

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font-family: "Times New Roman";"serif"; mso-ansi-language: EN-US;">e
Medicale din prim?vara lui 1996. <span style="font-size: 12.0pt; font-family:
"Times New Roman";"serif";" lang="RO"> </p> <p></p> <p
class="MsoNormal" style="margin-bottom: .0001pt; text-indent: 14.2pt; line-height:
normal;"><span style="font-size: 12.0pt; font-family: "Times New
Roman";"serif"; mso-ansi-language: EN-US;">Ini?iativa global? Move for
Health - S?n?tate prin mi?care a fost lansat? de OMS </p> <p>?i s-a concretizat prin celebrarea
la fiecare 10 mai a unei Move for Health Day (MHD). </p> <p>
href="..upload/cuvant/inima/zni.doc">>>> mai mult</p> <p class="MsoNormal"
style="margin-bottom: .0001pt; text-indent: 14.2pt; line-height: normal;"></p> <p
class="MsoNormal" style="margin-bottom: .0001pt; line-height: normal; mso-outline-level:
1;"><span style="font-size: 12.0pt; mso-fareast-font-family: "Times New
Roman"; color: #0070c0; text-transform: uppercase; mso-font-kering: 18.0pt;
mso-fareast-language: RO; mso-bidi-font-style: italic;" lang="RO">Compendiu de Activitate
fizic? pentru inim?, s?n?tate ?i longEVitate
verde</p> <p class="MsoNormal" style="margin-bottom: .0001pt; line-height:
normal; mso-outline-level: 1;"><span style="font-size: 8.0pt; mso-fareast-font-family:
"Times New Roman"; color: #0070c0; text-transform: uppercase; mso-font-kering:
18.0pt; mso-fareast-language: RO; mso-bidi-font-style: italic;" lang="RO">
</p> <p class="MsoNormal" style="margin-top: 0in; margin-right: 0in;
margin-bottom: .0001pt; margin-left: 1.5in; line-height: normal;"><span
style="text-decoration: underline;"><span style="font-size: 8.0pt; mso-fareast-font-family:
"Times New Roman"; color: black; mso-fareast-language: RO;"
lang="RO">Hipocrate<span style="font-size:
8.0pt; mso-fareast-font-family: "Times New Roman"; color: black;
mso-fareast-language: RO;" lang="RO">: </p> <p></p> <p>
modera?ie ?i </p> <p>scopurile </p> <p>care sunt create devin s?n?toase, bine dezvoltate ?i </p> <p>b?tr</p> <p>esc
mai lent; nefolosite, se </p> <p>boln?vesc ?i </p> <p>b?tr</p> <p>esc mai repede</p> <p></p> <p>
class="MsoNormal" style="margin-top: 0in; margin-right: 0in; margin-bottom: .0001pt;
margin-left: 1.5in; line-height: normal;"><span style="font-size: 8.0pt; mso-fareast-font-family:
"Times New Roman"; color: black; mso-fareast-language: RO;" lang="RO">
</p> <p class="MsoNormal" style="margin-bottom: .0001pt; line-height: normal;
mso-outline-level: 1;">Selec?ie ?i
reordonare PromoSan CRSPB din/pe marginea
publica?iei on line: <span style="font-size:
9.5pt; mso-fareast-font-family: "Times New Roman"; color: #0070c0; text-transform:
uppercase; mso-font-kering: 18.0pt; mso-fareast-language: RO; mso-bidi-font-style: italic;"
lang="RO">ACTIVITATE FIZIC? REGULAT? - FI?I ACTIV<span
style="font-size: 9.5pt; mso-fareast-font-family: "Times New Roman"; color: black;
text-transform: uppercase; mso-font-kering: 18.0pt; mso-fareast-language: RO;
mso-bidi-font-style: italic;" lang="RO">, <span style="font-size:
9.5pt; mso-fareast-font-family: "Times New Roman"; color: #dd0202; text-transform:
uppercase; mso-font-kering: 18.0pt; mso-fareast-language: RO;" lang="RO">
</p> <p class="MsoNormal" style="margin-bottom: .0001pt; line-height:
normal; mso-outline-level: 1;"><span
lang="RO">Dr. cardiol. Lumin?a Iliu?? http://www.cardiiclass.ro/activitate-fizic?-regulata-fiti-activ.html</p> <p class="MsoNormal" style="margin-bottom: .0001pt; text-indent: .5in; line-height: normal;"> </p> <p class="MsoNormal" style="margin-bottom: .0001pt; text-indent: 14.2pt; line-height: normal;"> Activitatea fizic? regulat? reprezint?cea mai bun?pentru o inim? s?n?toas? >>>mai mult</p>