

Cambridge University Press

978-1-107-09709-4 - Physical Exercise Interventions for Mental Health

Edited by Linda C. W. Lam and Michelle Riba

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Physical Exercise Interventions for Mental Health

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Foreword

The authors and editors of *Physical Exercise Interventions for Mental Health* have presented a comprehensive framework of recent research on physical exercise interventions for different mental health conditions. The book is prepared with integration on current research evidence, and supplemented with invaluable experience by academic clinicians in this area.

It is acknowledged that management of mental health problems is highly complex. The need for a perceptive approach towards different treatment paradigms with careful scrutiny through current scientific methods should not be under-emphasized. This book helps to inform readers about available evidence through reviews of clinical trials and experiments on basic science. Physical exercise interventions appeared to provide support for its therapeutic efficacy in various dimensions of impairments for different mental conditions across the life span. Authors in the book outlined its potential mechanisms underlying apparent improvement for different conditions, which converge to the integrity of brain function through pathways affecting neurochemical and neurophysiological balances. Their translation of this 'well known' life activity into a 'scientific and clinical concept' with clear guidelines will help many health care professionals who wish to include physical exercise into their practice protocols.

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