

Stéphane Cascua

Le sport est-il bon pour la santé ?



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Stéphane Cascua



Sport Est-il Bon Pour La Santé ?

Le sport est-il bon pour la santé ? Stéphane Cascua, 2002-01-01 Le sport est-il bon ou dangereux pour la santé ? Peut-il être mauvais pour la colonne vertébrale ? Pour le cœur ? L'exercice augmente-t-il ou diminue-t-il le stress ? Comment ne pas mettre ses os en péril ? Comment protéger sa tension ? Il y a des risques à faire trop de sport ou mal en faire. Sans un minimum de connaissances et de précautions, les dangers peuvent être plus grands que les bienfaits. Découvrez ici la bonne façon de faire du sport : rendez service à votre corps et votre moral. Stéphane Cascua, médecin du sport à l'hôpital La Pitié-Salpêtrière à Paris et au sein d'un grand club de football professionnel, est galemment chargé de cours à la faculté.

Le Sport pour maigrir Stéphane Cascua, Marie-Pierre Olivieri, 2005-03-20 Avec 30 minutes de marche active tous les jours ou 45 minutes de sport trois fois par semaine et une réduction de 20 % de votre alimentation, vous perdez 7 kilos. Si vous doublez l'exercice, vous en perdez 3 de plus. Le sport brûle les graisses même après l'effort, il contrôle l'appétit et modifie la silhouette. Le sport est nécessaire pour être bien dans son corps, quel que soit son poids. Reste à trouver celui qui vous convient. Voici des solutions adaptées à chaque moment de la vie : la puberté, la grossesse et la ménopause chez la femme, la sénescence et l'andropause chez l'homme, sans compter le stress de la vie quotidienne. Voici ce qu'on peut attendre de tous les sports : le jogging, la natation, la musculation, le cardiotraining, le vélo, etc. Voici les avantages que vous pouvez attendre en termes de minceur et de silhouette assortis de conseils pratiques adaptés aux différents temps de l'effort : avant, pendant et après. Le Dr Stéphane Cascua, médecin du sport au CHU de La Pitié-Salpêtrière à Paris et au sein d'un grand club de football professionnel, a notamment publié Le sport est-il bon pour la santé. Marie-Pierre Olivieri est diététicienne spécialisée dans l'alimentation des sportifs. Tous deux sont chargés de cours au CHU de La Pitié-Salpêtrière à Paris.

Le guide sport et santé Olivier Rey, Gilbert Pérès, Denys Barrault, 2005 Puis-je me remettre au vélo à 50 ans ? Le judo est-il un bon sport pour mon fils ? Comment éviter un tennis elbow ? Que faire pour soulager une tendinite ? Les recommandations officielles sont claires : la pratique régulière d'une activité physique est indispensable pour prévenir de nombreuses maladies. Néanmoins, le sport peut-il présenter des risques pour notre santé ? Comment choisir un sport et s'y préparer ? D'intensité ou de compétition ? En ville ou dans la nature ? Seul ou en groupe ? Découvrez le sport qui correspond à votre condition physique et vos attentes, ainsi qu'à celles de vos enfants. Comment faire du sport en toute sécurité ? Pour éviter tendinites, entorses, fractures, déshydratation, etc., des conseils de prévention adaptés à plus d'une centaine de sports. Que faire en cas de problème ? Apprenez à soulager les petits bobos du sport, reconnaître les symptômes qui exigent le recours au médecin et pratiquer les bons gestes en cas d'urgence. Avec ce guide pratique, VIDAL, le spécialiste de l'information sur la santé, vous aide à pratiquer une activité sportive sans risque pour votre santé ni celle de vos enfants. Ces conseils sont accompagnés d'informations sur les médicaments sans ordonnance destinés à soulager les petits problèmes des sportifs.

Pourquoi le sport, c'est bon pour moi ? Stéphane Cascua, 2024-04-03 crit par un médecin du sport ce documentaire est l'outil idéal pour sensibiliser les enfants à l'importance de pratiquer une activité physique. Il explique simplement à l'enfant ce qu'il se passe dans

son corps lorsqu'il fait du sport et comment la mise en place d'une bonne hygiène de vie lui permet de se sentir plus fort au quotidien

L'histoire des sports et leurs bienfaits pour ta santé Laurent Guichard, 2024-01-13

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