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Gillian E Mead, MB BChir, MA, MD, FRCP and Frederike van Wijck, BSc, MSc, PhD, MCSP, FHEA - Exercise and Fitness Training After Stroke - Paperback

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Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. (strength training).

Strength training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance

Physical activity after stroke: Exercise and Fitness Training After Stroke: A Handbook for Evidence-Based Practice.

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