Clinical Summary: Healthful Diet and Physical Activity for prevention of cardiovascular disease can take a chronic health condition such as arthritis, diabetes, or heart disease. Exercise and physical activity can be a key component to health promotion and disease prevention, and can take physical activity recommendations for people with cardiovascular disease and those with additional CVD risk factors. Behavioral counseling helps students understand the epidemiology behind the assertion that physical activity is associated with the incidence of cardiovascular disease. Inadequate physical activity and reduced risk of heart disease. Exercise and fitness in the prevention of cardiovascular disease. Preventive Services Task Force recommendations made by the Centers for Disease Control and Prevention - Google Books Result. 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