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web mar 3 2022 auch beim sport wird eine erhöhte herzfrequenz angestrebt jedoch wird dadurch das herz trainiert denn das training wird wieder unterbrochen worauf eine ruhephase folgt im gegensatz dazu schlägt bei stress das herz dauerhaft zu schnell und es kommt zur ermüdung

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web nov 29 2021 ein guter start ist etwa dreimal die woche eine halbe stunde moderates ausdauertraining und zweimal die woche fünf bis sechs krafttraining Übungen oder täglich 15 bis 20 minuten die nach und nach gesteigert werden unter moderatem training verstehen herxperten rund hundert schritte pro minute oder 3 000 schritte in 30 minuten

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web apr 26 2017 forser der american heart association raten viermal wöchentlich eine viertelstunde lang entspannungs Übungen wie yoga oder progressive muskel entspannung durchzuführen das reduziert das herzfarkt risiko um rund 50 prozent und sorgt für ein gesundes herz