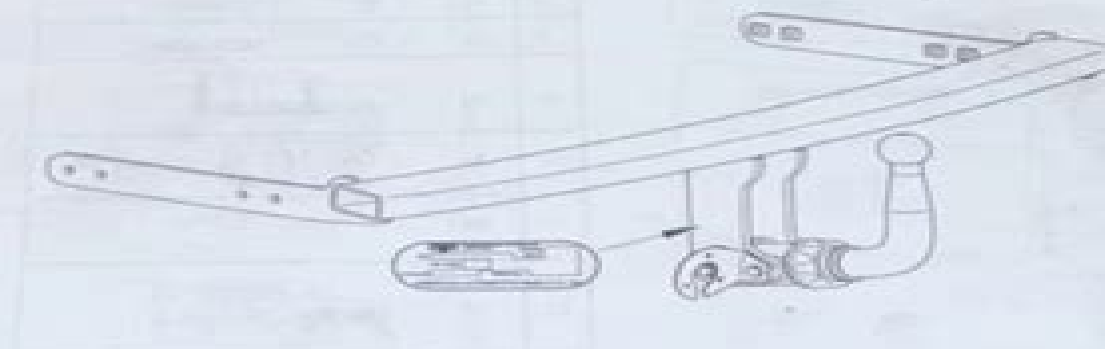


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web im video sehen sie gymnastik Übungen mit dem theraband die bequem zu hause durchgeführt werden können gerade
patienten mit herzschwäche sollten ein an ihre gesundheit angepasstes training durchführen damit das herz aktiv und der

körper in bewegung bleibt

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web herzsport zuhause hometrainer statt couch wie sie ihr inneres faultier überlisten und ihre ausdauer in den eigenen vier wänden stärken sport zuhause bietet viele vorteile sie sind zeitlich flexibel müssen bei schlechtem wetter nicht

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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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prozent und sorgt für ein gesundes herz