



TITLE: The effect of cardio exercise on heart health

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ABSTRACT (upto 300 words)

In today's modern world, a sedentary lifestyle is known to be an important cause of many diseases. On the other hand, addressing the issue of health is a legal obligation for governments, which can increase the health of people in any society through two factors: health development and sports development. . In this article, we will discuss cardio as a cardiovascular exercise that guarantees a healthy heart for everyone.

Cardio is a comprehensive system of continuous movement that has been designed and created by athletes in different sports over time and in different ways, in which martial arts and basketball seem to have played a greater role because of the need for speed of action. To perform purposeful movements in different angles, the purpose of cardio exercises has been to increase the capability of the cardiovascular system and also to increase sports intelligence. Today, cardio is part of the programs of most athletes and schools of physical education and sports physiology. In recent years, the International Association of Cardio Sports has tried to create a suitable platform for cardio sports worldwide by standardizing cardio sports methods and formulating its competition rules, in order to contribute to the development of public health.

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BIOGRAPHY (upto 200 words)

Hamdollah Ebadati has completed master degree in sport federation related to IOC on 2006 , also he has completed master degree of International Law from Payamnoor university, Tehran-Iran. He is the author of several sports and sports law books. Also he is member of International Council of Sport Science and Physical Education.



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