

◆ **Weight training plus strength training: The impact on wasting and functioning in HIV/AIDS.**

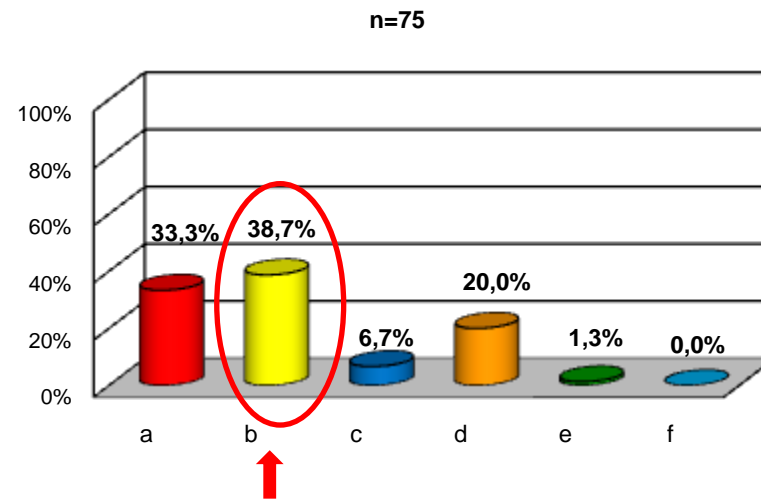
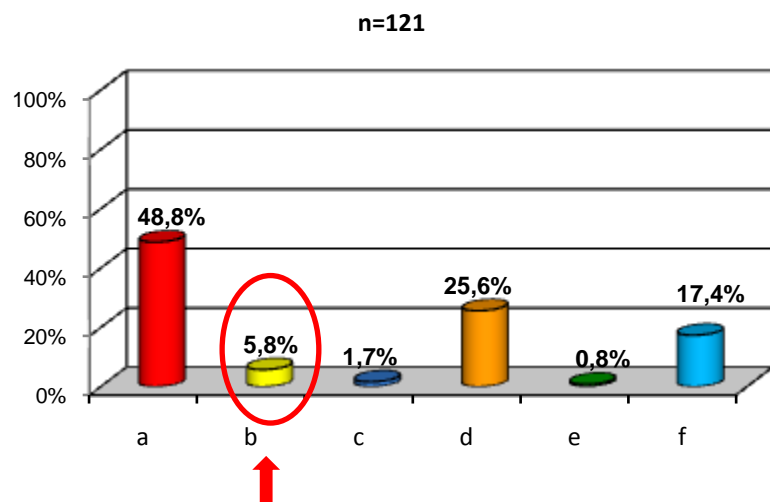
Dr. John Lewis

To ensure the best response to weight/strength training, which is the most important design component of an exercise program?

- a) Frequency
- b) Intensity
- c) Duration
- d) Type of activity
- e) Type of equipment
- f) I do not know; I'm coming to learn.

p11	%	n
a	48,8%	59
b	5,8%	7
c	1,7%	2
d	25,6%	31
e	0,8%	1
f	17,4%	21
Total	100,0%	121

P - 21	%	n
a	33,3%	25
b	38,7%	29
c	6,7%	5
d	20,0%	15
e	1,3%	1
f	0,0%	-
Total	100,0%	75



NOTA EDITORIAL: Cambio en el conocimiento: **+567,2%**. Muy importante para el diseño de protocolos de ejercicio enfocados a pacientes VIH+.