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# Exercise Programming for Older Adults

*Janie Clark*

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**Exercise Programming for Older Adults** Janie Clark
The exercise programming guidelines provided in this book focus on functional fitness training and safety and demonstrate how physical activities supervised by activities personnel can strongly benefit participants'quality of life. Exercise Programming for Older Adults guarantees that exercise programming attains a balance between the three major physical components--aerobic, strength, and flexibility training--and that each component is properly administered. The techniques and applications described are geared toward those with prevalent conditions of aging such as arthritis, osteoporosis, joint replacement, cardiovascular disease, stroke, and chronic obstructive pulmonary disease.This essential handbook arms the reader with a multidisciplinary approach to exercise management for elderly populations. The chapter authors are experts from the fields of fitness instruction, nursing, physical therapy, medicine, research, and exercise physiology. As they address the theory and practice of providing sound exercise programming, specific exercises are described and illustrated, with emphasis on functional fitness outcomes, safety precautions, fall prevention, and practical adaptations for low-fit and physically limited participants. Chapter discussions include:

- aerobic exercise
- strength training
- flexibility training
- the administration of mild posture and breathing exercises for debilitated individuals with poor prognoses
- positioning and transfer techniques essential for optimal activities management of neurologically impaired patients
- warm water exercise programs designed for persons with low tolerance of conventional training methodsExercise Programming for Older Adults serves as a vital resource for activity coordinators in long-term care settings and for group fitness instructors and personal trainers who serve older adult and frail elderly clientele. Readers will discover alternative techniques and applications for maximizing the physical and mental therapeutic benefits of exercise and developing the functional fitness of even the most physically challenged participants.

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**Daphne Shew:**

A lot of people always spent their very own free time to vacation as well as go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity this is look different you can read a book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day every day to reading a reserve. The book Exercise Programming for Older Adults it is rather good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. If you did not have enough space bringing this book you can buy typically the e-book. You can m0ore very easily to read this book through your smart phone. The price is not too expensive but this book features high quality.

**Darlene Heckart:**

Exercise Programming for Older Adults can be one of your beginning books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to put every word into enjoyment arrangement in writing Exercise Programming for Older Adults although doesn't forget the main level, giving the reader the hottest and based confirm resource details that maybe you can be one among it. This great information could drawn you into brand new

stage of crucial thinking.


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