



Exercise for Older Adults

American Council on Exercise

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Never before has there been such a demand for fitness professionals who recognize and understand the special needs of older adults. Written by top experts from the fields of exercise physiology and psychology, *Exercise for Older Adults* provides clear, comprehensive guidelines for fitness professionals who wish to better serve this growing community.

Developed under the leadership of the American Council on Exercise, this practical manual shows fitness professionals how to provide safe and effective exercise instruction for older adults. It presents basic principles to help readers understand and meet older adults' special physical needs:

- Physiology of aging and exercise

- Physiological and psychological benefits of exercise

- Principles of exercise prescription for older adults

Exercise for Older Adults also clarifies the unique social and emotional implications that characterize this population. The authors provide valuable techniques and tools for motivating and communicating with older adults.

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