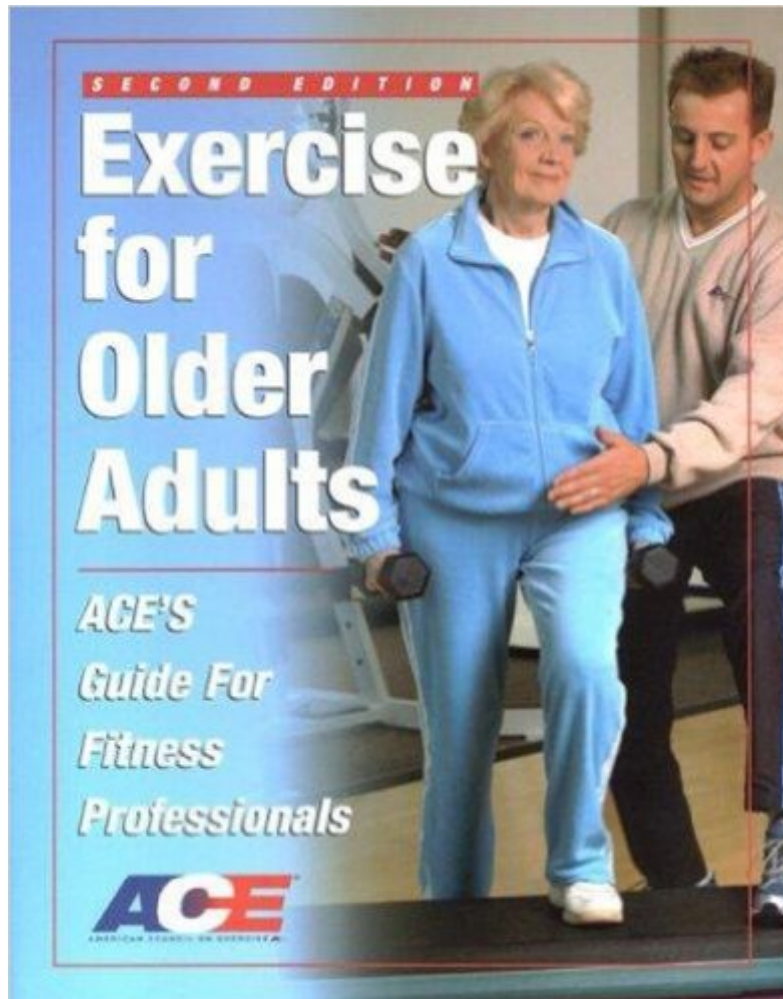


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# Exercise For Older Adults: Ace's Guide For Fitness Professionals



## Synopsis

Exercise for Older Adults: ACE's Guide for Fitness Professionals (Second Edition) offers a timely update of this go-to resource for the fitness industry. Original authors have added new information to their chapters, and four new contributors lend their expertise to the book. Each chapter provides comprehensive guidelines for fitness professionals who serve the older adult population, covering subjects such as physiology, health challenges, communication and motivation techniques, exercise modes and techniques, basic strength training guidelines, and more.

## Book Information

Paperback: 291 pages

Publisher: Healthy Learning; DVD Video edition (January 1, 2005)

Language: English

ISBN-10: 1585189278

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Product Dimensions: 11 x 8.5 x 0.8 inches

Shipping Weight: 2.2 pounds

Average Customer Review: 2.8 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #272,515 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Aging > Exercise](#) #101 in [Books > Medical Books > Medicine > Internal Medicine > Geriatrics](#) #365 in [Books > Medical Books > Allied Health Professions > Physical Therapy](#)

## Customer Reviews

As a required reading for an introductory university level athletic training class, this textbook provides a good foundation for working with older adults. It discusses the physiological changes that occur with age along with common health challenges that must be addressed when working with older adults during exercise programs. A nice feature of the book are the pictures which demonstrate the exercise techniques for stretching, aerobics, and strengthening.

"Exercise has many health benefits for older adults." "Older adults may require more time to recover from exercise." "There, now you don't have to buy the book. There is slightly more detail in the book than in this review, but not enough to justify purchasing it.

Item was just like promised.

I bought this book because I am a physical therapist that needed more ideas on treating older adults. I found the book to have all the same information I learned in undergrad and nothing new that I could use. If you have gone to school for PT or exercise science I would not recommend this book because it is all review.

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