

EXERCISE for Frail Elders



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Exercise for Frail Elders, Elizabeth Best-Martini, Kim A. Botenhagen-DiGenova, Human Kinetics, 2003, 0736036873, 9780736036870, 228 pages. Today's fitness leader not only needs training in leading a comprehensive exercise program but also needs an understanding of the limitations and special needs of those with illness, disability, chronic disorders, or a sedentary lifestyle. Exercise for Frail Elders assists you in designing an exercise program as part of either a general recreation, wellness, restorative, or rehabilitation program. It is a practical reference for those instructors working with seniors, the frail elderly, and other special adult populations. This training guide will give program directors, administrators, and fitness leaders the tools they need to help frail elders and adults with special needs maintain or improve their level of functional fitness. Most older adults have special needs, and this guide will equip leaders to teach exercise to all older adults. Exercise for Frail Elders offers assistance with the inherent challenges in when working with older adults. At the same time, the text shows leaders how to promote a sense of fun and social connectedness in an exercise program. In the text, exercise programs begin with seated exercises and progress through standing exercises. They are presented in a linear progression that mirrors the setup of a comprehensive exercise class: -Warm-up exercises for enhancing range of motion, stretching, posture, and breathing exercises -Aerobic training exercises for increasing cardiovascular endurance -Resistance training exercises for increasing muscular strength and endurance -Cool-down exercises for promoting flexibility and relaxation The authors have gone to great lengths to ensure that individual exercises are clear and accurately illustrated. Each exercise has photos, safety tips, and reminders as well as variation and progression options that will enable you to be creative and flexible with your fitness program and tailor your program to meet participants' needs. Exercise for Frail Elders is divided into two parts. Part I describes how to plan a successful program; assess individual needs; ensure safety; and develop leadership skills for presenting, motivating, and creating a sense of belonging in your classes. Part II shows how to implement exercise programs tailored to frail elders and those with special needs. The last chapter of part II presents strategies for putting together an exercise program to accommodate the participants, which includes developing the program as participants' skills improve. What makes Exercise for Frail Elders unique is the thorough presentation and explanations that show how to design, present, and adapt an exercise program to meet the needs of older adults. The information is presented in a user-friendly format and includes reference charts, forms, checklists, and exercise recommendations for a comprehensive list of diseases and disorders. This book is a valuable resource not only for directors and administrators of physical activity programs but also for fitness leaders working with older adults..

Physiology of Exercise and Healthy Aging , Albert W. Taylor, Michel J. Johnson, 2008, Family & Relationships, 274 pages. Aims to blend the science of exercise physiology with the ageing process. This book outlines the theories on ageing, the ageing, process, the structural and functional changes

Exercise Programming for Older Adults , Janie Clark, 1996, Health & Fitness, 85 pages. The exercise programming guidelines provided in this book focus on functional fitness training and safety and demonstrate how physical activities supervised by activities

Exercise, Aging, and Health Overcoming Barriers to an Active Old Age, Sandra O'Brien Cousins, 1998, Health & Fitness, 261 pages. Appropriate for professionals in gerontology, sports psychology, health psychology, physical education and social science programs that deal with older populations and

Flexibility programs for the frail and well elderly , Jan Schroeder, Ph.D., 2004, Health & Fitness, 31 pages. .

Bending the Aging Curve The Complete Exercise Guide for Older Adults, Joseph F. Signorile, 2011, Health & Fitness, 314 pages. Bending the Aging Curve provides fitness professionals with a multifaceted periodized training program specifically for older adults. You will learn to use tests to diagnose

Functional Fitness for Older Adults , Patricia A. Brill, 2004, Health & Fitness, 129 pages. Functional

Fitness for Older Adults is an illustrated guide for activity professionals working with adults over the age of 65, especially those who are unable to complete

Active Older Adults Ideas for Action, Lynn Allen, 1999, Education, 191 pages. This manual provides a collection of 15 award-winning fitness programs for seniors. The ideas and activities, which have been gathered from programs across the country, are

Somatics Reawakening the Mind's Control of Movement, Flexibility, and Health, Thomas Hanna, 1988, Health & Fitness, 162 pages. Discusses the concept of sensory-motor amnesia, explains how it can cause stiffening of the joints, and demonstrates exercises designed to relieve stress, improve flexibility

Exercises for Older Adults ACE's Guide for Fitness Professionals, Richard Thomas Cotton, Christine J. Ekeroth, Holly Yanci, 1998, Health & Fitness, 230 pages. Exercise for Older Adults: ACE's Guide for Fitness Professionals offers the essential information fitness professionals need to provide older adults with safe and effective

Exercise activities for the elderly , Kay Flatten, Barbara Cathryn Wilhite, Eleanor Reyes-Watson, Jun 15, 1988, Health & Fitness, 206 pages. .

How to Prevent Falls An Illustrated, Step-By-Step Guide to More Than 35 Easy, Balance-Improving, Betty Perkins-Carpenter, Oct 1, 1993, , 97 pages. Recommends a program of exercises to increase flexibility and balance, especially in older people.

Strong Women, Strong Bones Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Miriam E. Nelson, 2006, Health & Fitness, 320 pages. Based on the latest scientific information and including practical advice on the best nutrition, exercise and medications, a women's guide to the prevention and treatment of

Exercises for the elderly an annotated collection of exercises for senior citizens and suggestions for organizing and conducting an exercise program, David K. Leslie, John W. McLure, 1975, Health & Fitness, 35 pages. .

Exercises for the Elderly , Robert H. Jamieson, 1985, , 158 pages. Demonstrates simple exercises for those confined to a wheelchair, bedridden, or partially paralyzed, and gives advice on getting started in a regular exercise routine.

