



# Exercise Programming for Older Adults

*Kay Van Norman*

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As our population ages and the cost of health care continues to climb, the demand for exercise options for seniors continues to grow.

*Exercise Programming for Older Adults* provides everything you need in order to develop, market, and manage a fitness program for older adults. It sets the stage for safe and effective exercise programming by explaining the unique factors you need to consider when developing a program for seniors:

- Age-related changes in the cardiopulmonary, nervous, and musculoskeletal systems and the effect of exercise on these systems

- Physical conditions that can affect the safety of exercise, including hypertension, cardiovascular disease, pulmonary disease, arthritis, and osteoporosis

- Psychological and social aspects of aging and how they are influenced by exercise

You'll also find clear guidelines on how to structure a program to effectively meet the special needs of older exercisers, including information on class format, safety and liability, exercise intensity, social components, and more.

A major portion of the book is devoted to presenting 105 land-based and 74 water-based exercises. All have been field-tested in a successful senior exercise program; they include chair exercises, basic conditioning, low-impact aerobics, water aerobics, and water exercises for people with arthritis. Numerous photos, charts, and drawings illustrate how participants can correctly and safely perform each exercise.

*Exercise Programming for Older Adults* details the necessary steps for developing and promoting a senior exercise program in your community, from locating an appropriate facility to using the media to reach clients.

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