



ACSM's Exercise for Older Adults

American College of Sports Medicine

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In *ACSM's Exercise for Older Adults* world-renowned researchers and practitioners make a compelling case for older adults to engage in physical activity. Over the course of ten chapters, the text highlights the physiological, psychological, and social benefits of a physically active lifestyle. Students and professionals will benefit from implementation strategies including motivation to initiate and maintain exercise; options for healthy older adults; options for older adults with special needs; and assessing progress and performance. The text completes its presentation by including practical information on integrating exercise into complete healthy lifestyles with consideration to helping individuals select a physical activity program that works. A frequently asked questions chapter provides exercise professionals with resources to anticipate and respond to their clients.

Features:

- **Chapter Introductions** and **Chapter Outlines** at the beginning of each chapter provide an overview of important concepts.
- **Key Point** boxes illustrate terms, definitions, and ideas.
- **Real-Life Stories**, or vignettes, describe older adults who have successfully implemented physical activity programs.
- **Questions for Reflection** help students review what they have learned and encourage students to engage in critical thinking.

The American College of Sports Medicine, founded in 1954, is the world's largest sports medicine and exercise science organization with more than 45,000 national, regional, and international members and certified professionals in more than 90 countries. With professionals representing more than 70 occupations, ACSM offers a 360-degree view of sports medicine and exercise science. From academicians to students and from personal trainers to physicians, the association of public health, health/fitness, clinical exercise, and health care professionals is dedicated to helping people worldwide live longer, healthier lives through science, education, medicine, and policy. For more information, visit www.acsm.org, [www.acsm.org/facebook](https://www.facebook.com/acsm), and www.twitter.com/acsmnews.

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