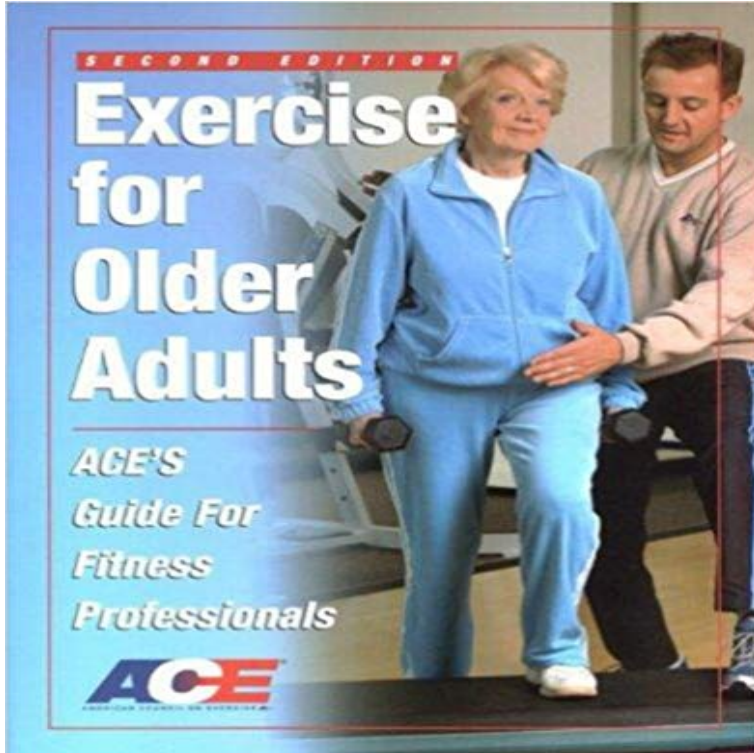


Exercise for Older Adults: Aces Guide for Fitness Professionals



Exercise for Older Adults: ACEs 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.

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