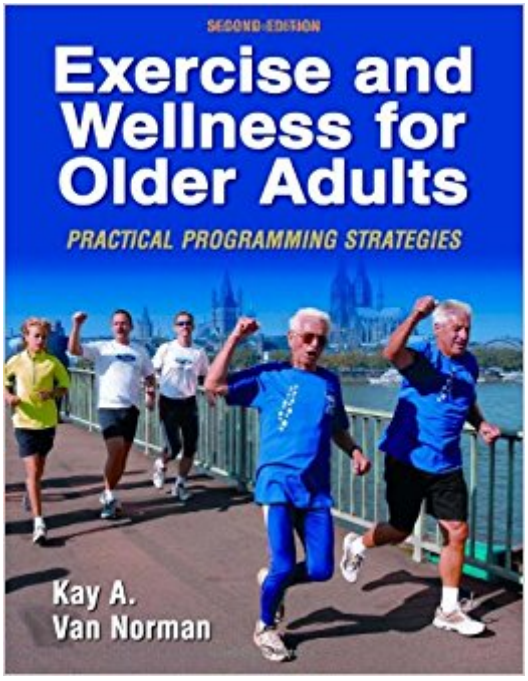
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Exercise And Wellness For Older Adults - 2nd Edition: Practical Programming Strategies



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Synopsis

Exercise and Wellness for Older Adults, Second Edition, is an introduction to aging and wellness and an essential guide to creating exercise and wellness programs for older adults, regardless of age or physical challenge. Readers will find the latest information on strength and power training and learn how to apply it to improve the functional abilities of older adults. The text provides a framework to help readers make the critical shift from expectations of decline to an age-neutral focus on maximizing functional ability. The text, formerly titled Exercise Programming for Older Adults, has been thoroughly updated to reflect the broad-based focus encompassing all aspects of wellness rather than just fitness. The author introduces the whole-person wellness concept, which fully engages individuals and helps them succeed in their pursuit of lifelong health and well-being. Specific strategies and exercises are presented to help professionals integrate the six dimensions of wellness (physical, social, emotional, intellectual, spiritual, and vocational) into their programs. This edition includes a new chapter on identifying and overcoming the unseen or overlooked psychosocial barriers to participation in wellness programs and engaging adults in healthy habits. It also offers new information on program development, including techniques for creating and promoting programs in both senior living and community-based environments. Like the first edition, Exercise and Wellness for Older Adults continues to provide a collection of easy-to-follow exercises for both water- and land-based programming. The book also offers guidelines on addressing programming for adults with functional limitations and special conditions. Both students and professionals can learn and improve programming efforts using the following features: Ã¢â ¬Â¢ 120 land-based programming options including chair, chair-assisted, low-impact aerobic, and resistance-training exercises Ã¢â ¬Â¢ 72 water-based programming options including range of motion, flotation and aerobic exercises, and exercises for clients with arthritis, all fully illustrated with underwater photos Ã¢â ¬Â¢ Case studies and testimonials that illustrate the potential results from participation in wellness and exercise programs Ã¢â ¬Â¢ A progression of exercises for both land- and water-based programs that allow greater flexibility to meet individual needs Ã¢â ¬Â¢ Wellness wrap-ups at the end of each chapter that emphasize the psychosocial aspects that can enhance and promote exercises and overall wellness Ã¢â ¬Â¢ Project MOVE, an approach that uses psychosocial research to motivate older adults to engage in wellness offerings Exercise and Wellness for Older Adults gives readers the knowledge and tools to change their mind-set and approach to programming, helping their clients improve their overall fitness, health, and vitality.

Book Information

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Customer Reviews

Kay Van Norman is currently president of Brilliant Aging, a consulting firm specializing in exercise and wellness program design for older adults, development, and staff training. She taught in the department of health and human development at Montana State University for 18 years. For nine of those years she was also program director for Young at Heart, a university-based nonprofit exercise program for older adults. She went on to serve as director of the Keiser Institute on Aging, an international effort to bridge the gap between research and practice in the fields of gerontology, senior housing, fitness, and wellness. Van Norman received the Rosabel Koss Honor Award from the American Association for Active Lifestyles and Fitness in 1998 for her service to the profession of older adult fitness. In 2003 she was given the National Council on Aging (NCOA) Health Promotion InstituteÃ¢â ¬â„¢s Best Practices Award. She has served on numerous national boards and on the national committee for developing standards for training of senior fitness instructors. She is currently a board member of the International Council on Active Aging, NCOAÃ¢â ¬â„¢s Health Promotion Institute, and the American Senior Fitness Association. Van Norman earned her masterÃ¢â ¬â„¢s degree in physical education from Montana State University in 1981. She is a frequent presenter at national and international conferences on aging and health.

It has some basic information in there but it also has some great suggestions for creating exercise programs for older adults as well as general statistics and information about the aging process.

My wire teaches senior fitness classes and this was for her background and research in preparing classes. She is glad to have it.

This book tells you how and what older adults should and actually on a everyday basis. It also helps you to prepare for your career if you want to be a physical therapist or personal trainer.

Great. Received quickly!!

This book is written for fitness professionals who work with older adults. This second edition is a much updated version over the previous one. This edition contains the following new elements:- A complete chapter on the psychosocial components of aging and wellness- Introduction of the whole-person wellness concept and strategies to integrate the six dimensions of wellness into programming- Strength and power training protocols and specific programming- Material on the unique challenges and opportunities in senior living environments plus programming approaches for this venueI like this book for a number of reasons. But first and foremost it recognizes that older people are each at different levels of fitness and needs regarding their fitness planning.Moreover, the book is designed to help the professional develop plans that fit the person and help him or her to function in his unique lifestyle.Exercise gives older people so much --- just as it does young people. But older people perhaps get more emotional benefit from it because all too often they’re lonely and depressed. Part of that is because everyday functioning is limited and painful in many cases.The book tells us about Ida Weiss, age 91. She ". . . participated in the Fiatarone strength training study through Tufts University in Boston while residing at the Hebrew Rehabilitation Center for the Aged. Subjects aged 72 to 98 participated in a 10-week strength training program that used progressive resistance. Strength increased an average of 113%. Gait velocity and stair-climbing ability also increased significantly (Fiatarone, 1994). In a television interview about strength training, Ida stated, ’I didn’t think I was going to live any more, but now I feel different.’"This pretty much sums up what exercise can do and does do for the senior citizen.The book discusses levels of function and needs. This is critical in dealing with seniors. There are five distinct levels of function according to the author: physically dependent, physically frail, physically independent, physically fit, and physically elite.She writes, "I have identified priority needs for each group and suggested movement choices. Although aerobic conditioning is very beneficial, it is not the highest priority for those within the first two levels of function, who struggle to perform the most basic activities of daily living."This book really gets to the heart of helping older adults deal with their lives and the programs enable them to

function well. It is very empowering. The fitness professional can be so instrumental in helping these folks have a much greater quality of life.Of course the book shows many exercises and describes how to help the client perform them safely --- keeping a close eye on the heart rate --- how different clients will have different needs regarding their heart rate zone and the intensity you ask them to work at.This is a great resource and I highly recommend it.- Susanna K. Hutcheson

Getting older doesn't mean you can ignore your health. "Exercise and Wellness for Older Adults: Practical Programming Strategies" is a guide for fitness for adults who have passed middle age and are faced with old age, in how to cope with the health issues of age while still trying to remain fit. With plenty of ideas and programs to remain healthy even with reduced movement, studies, keeping tabs on one's general health and more, "Exercise and Wellness for Older Adults" proves to be an insightful and very important health reference for older adults, a solid addition to any community library health collection.

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