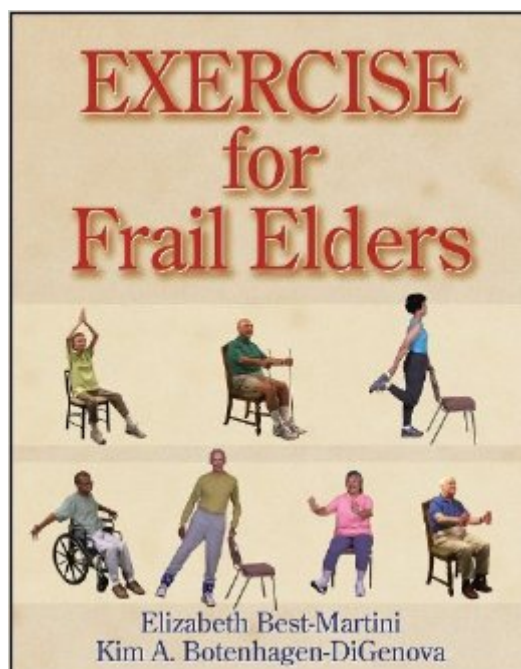


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# Exercise For Frail Elders



## Synopsis

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.

## Book Information

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## Customer Reviews

I am a personal trainer and this info is very good for anyone working with older adult, I recommend it with no hesitation. I am french please excuse my grammar!!! Thanks

This book is well organized, and gives a lot of practical exercises very useful for those who work with the frail elderly, but I didn't find anything new in it. On that matter, I was a little bit disappointed

Wonderful resource in helping my elderly father-in-law who is 86 and has multiple health issues that keep him too sedentary. There are lots of very good images and exercises that have helped him learn some good exercises to help him regain some balance, flexibility and strength. I am so glad that I was able to find this as a used book on .

This is a fine introductory text with clear photos of the exercises, but definitely aimed at those with no prior experience in geriatrics. It might be good as a reference to photocopy specific exercises for new restorative aides, but if you are a PT or PTA, I'd look elsewhere. Also, the font choices are often incongruous and distracting, particularly the headings for chapters.

I am a therapist and teach therapy and we always need exercises for this growing population. Even if we have learned many of these in therapy school, it's a great refresher and it has photos for patients, students and for our elderly mom, dad, partners, grandparents, single elders and can help us baby boomers.

I bought this for use in my Zumba Gold classes. It offers a ton of helpful advice and good illustrations. Definitely worth it for anyone working with the older population.

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