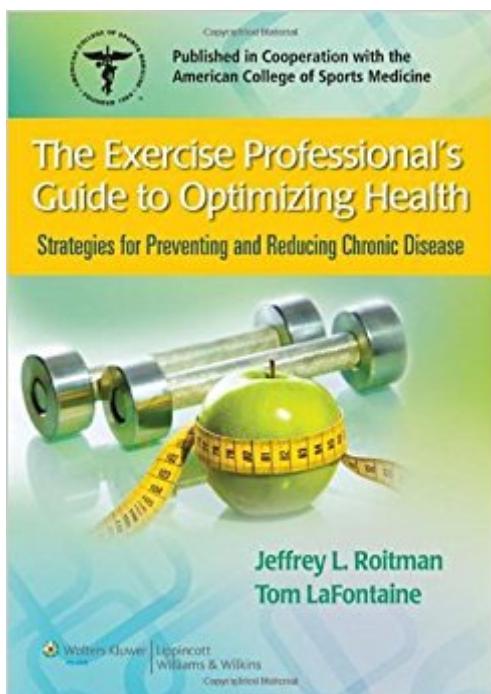


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The Exercise Professional's Guide To Optimizing Health: Strategies For Preventing And Reducing Chronic Disease



Synopsis

Published in cooperation with the American College of Sports Medicine, The Exercise Professionalâ™s Guide to Optimizing Health enables you to design and implement exercise programs based on the latest research to help people avoid the onset of chronic disease. Moreover, it shows you how to design exercise programs so that people with chronic disease can safely benefit from exercise. This text begins with an overview of the epidemiology of chronic disease and is then divided into three parts. Part One clearly explains pathophysiology concepts common to all chronic diseases as well as the healthful effects of exercise and nutrition. Part Two covers atherosclerosis, obesity, diabetes and metabolic syndrome, hypertension, and dyslipidemia, with specific recommendations for effective exercise programs to manage each disease. Finally, Part Three discusses behavior change and then summarizes all the exercise prescription information for each chronic disease in a single chapter.

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Customer Reviews

Jeffrey L. Roitman, EdD, FACSM. Associate Professor and Chair of the Department of Exercise and Sports Science, Rockhurst University, Kansas City. Former Director of Cardiac Rehabilitation at Research Medical Center in Kansas City, MO. Tom LaFontaine, PhD, ACSMâRCEP, NSCA-CPT, FACSM, FAACVPR. Clinical Exercise Physiologist, Optimus: The Center for Health, Columbia, MO; PREVENT Consulting Services, LLC; Dept of Nutrition and Dept of Exercise Physiology, University of Missouri-Columbia.â

Very organized and easy to understand. This book was required for a kinesiology class I took, but it explains the material in a way that is easy for anyone to understand and it does a great job of highlighting the important points in each section.

Provides updated, relevant and important professional information. Absolutely essential for all ATC and personal trainers--you won't be disappointed at all.

excellent condition codes still in tact for use in class

A very usefull book to prescribe excersise in patient with CVD.Easy to understand.I really recommend this book. Thanks

Very good book, Good info.

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