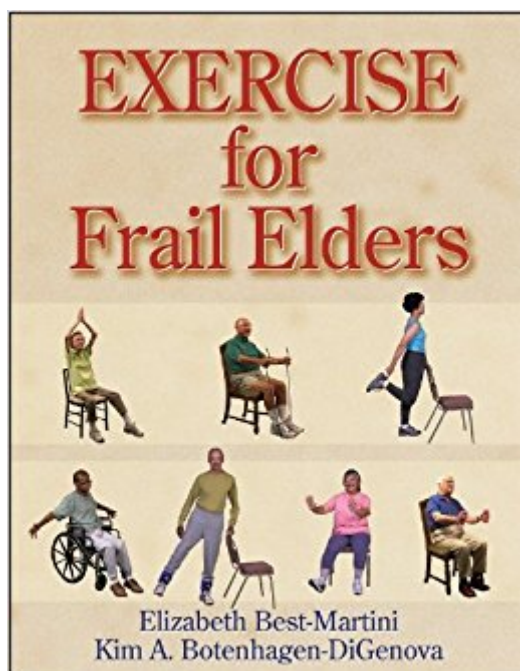


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# Exercise For Frail Elders



## 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

“This book is unique; there is no other like it. It focuses on a distinct population of people and does a great job considering all facets of the topic. In addition, the authors cite relevant, peer-reviewed literature to support their recommendations and exercise prescriptions.”

Doody's Book Review (5 star review)

Elizabeth (Betsy) Best-Martini, MS, is a certified recreation therapist specializing in the field of gerontology and long-term care. She received her master's degree in recreation therapy and is a consultant to various retirement communities, skilled nursing settings, subacute settings, and residential and assisted care facilities in northern California. In addition to running her consulting firm, she lectures and provides training across the United States and in Canada. Betsy is also an instructor at College of Marin and Santa Rosa Junior College, where she trains people to work with elderly clients as activity coordinators. In addition, she teaches two living history classes for older adults and a strength training class for frail elderly clients. Betsy is a certified long-term care fitness instructor through the American Senior Fitness Association and a qualified strength trainer through the YMCA. Betsy writes a column titled “Let's Get Moving” in Creative Forecasting, a national newsletter for activity professionals and recreation therapists. This column focuses on fitness programs for older adults. She has been recognized with the 1998 Distinguished Merit Award from NCCAC (Northern California Council of Activity Coordinators) and the Pete Croughan Award for her volunteer efforts with a nonprofit organization called LITA (Love Is The

Answer). In her leisure time, Betsy can be found gardening, hiking, exercising, and spending time with her husband and family. Kim A. Botenhagen-Di Genova, MA, received her master's degree in physical education and the Distinguished Achievement in a Major Field Award from San Francisco State University. She is certified by the American College of Sports Medicine as a health and fitness instructor; by the American Senior Fitness Association as a long-term care fitness leader, senior fitness leader, and senior personal trainer; and by the YMCA as a strength training instructor trainer. She is also a certified emergency medical technician and nutrition assistant. Kim was the first exercise physiologist at the Davies Medical Center Health Check Department in San Francisco, where she worked for seven years. She now teaches Strength and Fitness Training for Older Adults and Senior Strength and Fitness Training Instructor Certification Course at the College of Marin. She is the vice president of the Marin Association for Senior Strength Trainers and a consultant and workshop leader on fitness for older adults. Kim lives in Novato, California. Her passions are swimming in San Francisco Bay and hiking. She has swum from the Golden Gate Bridge to the San Francisco-Oakland Bay Bridge and has successfully escaped from Alcatraz many times.

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 .

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.

easy to follow exercises and helpful safety precautions. Elizabeth Martini is very knowledgeable and experienced with frail senior population thanks

Item is as expected...thanks

I highly recommend this book. I am a PTA and feel this book is such a great source of information for many professionals that treat and work with the geriatric population.

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.

Must-have resource for elders or anyone working or living with frail elders.

It was helpful in getting a exercise program going.

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