

ACSM Exercise Management for Persons with Chronic Diseases and Disabilities: A Comprehensive Guide to Improving Health and Function

The American College of Sports Medicine's (ACSM) Exercise Management for Persons with Chronic Diseases and Disabilities is a comprehensive guide to improving health and function for people with chronic conditions. This book provides evidence-based recommendations for exercise prescription, training, and monitoring for a variety of chronic diseases and disabilities, including cardiovascular disease, diabetes, arthritis, and cancer.

ACSM Exercise Management for Persons with Chronic Diseases and Disabilities is written by a team of experts in the field of exercise science and chronic disease management. The book is divided into three parts:



ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities by Sam Grainger

★★★★☆ 4.4 out of 5

Language : English
File size : 17949 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 456 pages
Lending : Enabled



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- Part I provides an overview of the principles of exercise prescription for people with chronic diseases and disabilities.

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- Part II provides specific recommendations for exercise prescription, training, and monitoring for a variety of chronic diseases and disabilities.

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- Part III discusses the role of exercise in the management of specific chronic diseases and disabilities.

ACSM Exercise Management for Persons with Chronic Diseases and Disabilities is an essential resource for healthcare professionals, fitness professionals, and people with chronic conditions who are looking to improve their health and function. The book provides evidence-based recommendations that can help people with chronic conditions live longer, healthier lives.

Benefits of Exercise for People with Chronic Diseases and Disabilities

Exercise has many benefits for people with chronic diseases and disabilities, including:

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- Improved cardiovascular health

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- Reduced risk of falls and fractures

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- Improved balance and coordination

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- Reduced pain and stiffness

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- Improved sleep quality

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- Reduced stress and anxiety

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- Improved mood

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- Increased self-confidence

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- Enhanced quality of life

Exercise can also help people with chronic diseases and disabilities manage their symptoms and improve their overall health and function.

How to Get Started with Exercise

If you have a chronic disease or disability, it is important to talk to your doctor before starting an exercise program. Your doctor can help you determine what type of exercise is right for you and how to safely start an exercise program.

Once you have clearance from your doctor, you can start gradually increasing your activity level. Start by doing small amounts of exercise each day and gradually increase the amount of time and intensity of your workouts over time. Be sure to listen to your body and rest when you need to.

There are many different types of exercise that you can do, so find something that you enjoy and that fits into your lifestyle. Some examples of exercises that are good for people with chronic diseases and disabilities include:

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- Walking

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- Swimming

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- Cycling

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- Yoga

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- Pilates

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- Strength training

If you have any questions or concerns about exercising with a chronic disease or disability, be sure to talk to your doctor or a qualified fitness professional.

ACSM Exercise Management for Persons with Chronic Diseases and Disabilities can help you:

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- Develop an individualized exercise plan that is safe and effective for your specific needs.

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- Learn how to exercise safely and effectively with a chronic disease or disability.

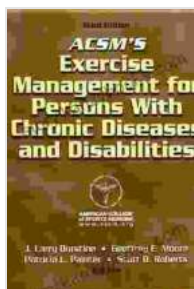
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- Monitor your progress and make adjustments to your exercise plan as needed.

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- Achieve your health and fitness goals.

Free Download your copy of ACSM Exercise Management for Persons with Chronic Diseases and Disabilities today and start living a healthier, more active life.

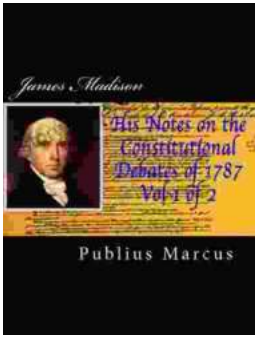


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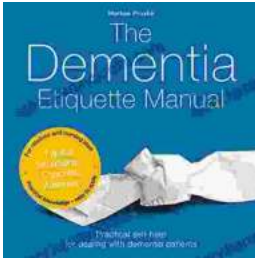
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