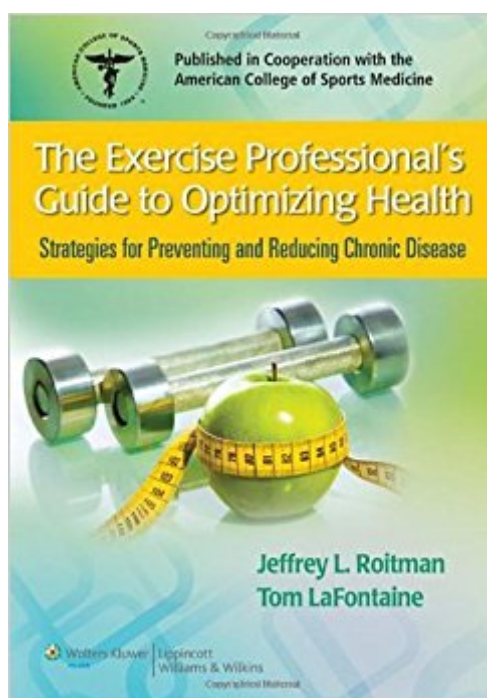


The book was found

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 Professional'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.

Book Information

Paperback: 288 pages

Publisher: LWW; 1 Pap/Psc edition (February 16, 2011)

Language: English

ISBN-10: 0781775485

ISBN-13: 978-0781775489

Product Dimensions: 0.5 x 7 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #260,771 in Books (See Top 100 in Books) #153 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Cardiology](#) #158 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Diseases](#) #190 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine](#)

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, ACSM RCEP, 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.

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.

[Download to continue reading...](#)

The Exercise Professional's Guide to Optimizing Health: Strategies for Preventing and Reducing Chronic Disease
Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD)
Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kldney Stones - Kidney Disease 101)
Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [A Holistic Approach to Preventing & Curing Heart Disease] (Mudra Healing Book 8)
The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease)
Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance
Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3)
Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay)
The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receeding Gums)
Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1)
The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't

Prevent Heart Disease and the Statin Free Plan and Diet that Will Freedom from Disease: The Breakthrough Approach to Preventing Cancer, Heart Disease, Alzheimer's, and Depression by Controlling Insulin and Inflammation The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain Cystic Fibrosis: The Cystic Fibrosis Care & Relief Guide - An Essential Guide For Parents And Family & Friends Caring For Cystic Fibrosis Patients (Respiratory ... Genetic Disease, Chronic Disease Book 1) Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, and Growth Hormone! CPM Construction Scheduling Survival Guide: Strategies for Managing & Optimizing Time and Budget The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, Colon ... Pancreatitis, Cirrhosis, Hernias and more

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)