



Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs

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Why Strength Training for Seniors is Essential. The human body changes as we age, of course, and often in ways we don't like. Even healthy, normal aging includes Strength Training for Seniors Benefits Mental Health. Just as important as physical health in aging is mental health. Getting older can put you at risk for loneliness and social isolation, depression, and other mental health issues. It's your job to guide them slowly through safe and progressive strength training. Always start with an evaluation of your new client and find out any medical conditions or limitations they have. Assess flexibility and strength so you know where to start to be safe. Phase 1 " Knowledge is Power. For one to two weeks spend most of your time educating your client. Find many great new & used options and get the best deals for Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs by Thomas R. Baechle, Wayne L. Westcott (Paperback, 1998) at the best online prices at eBay! Free delivery for many products! Author: Westcott, Wayne L. Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs. General Interest. Provides instructors of older adults with principles for safe and successful strength training programs. Covers general guidelines, teaching strategies and training procedures, standard free-weight and machine exercises, sample free-weight and machine workout programs, alternative exercises, assess. Product Identifiers. Publisher. Regular strength training is important for seniors for so many reasons. Learn about the basic guidelines and how to get started. Paige Waehner is a certified personal trainer, author of the "Guide to Become a Personal Trainer"; and co-author of "The Buzz on Exercise & Fitness." Learn about our editorial process. Paige Waehner. Reviewed by. Reviewed by Heather Black on November 28, 2020. instagram. Heather Black, CPT is a NASM-certified personal trainer and owner of Heather Black Fitness & Nutrition where she offers remote and in-person training and nutrition coaching.