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Exercise for Frail Elders

Elizabeth Best-Martini, Kim A. Botenhagen-Digenova

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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.

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