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| Collana                 | Annual Review of Gerontology and Geriatrics, , 1944-4036 ; ; Volume 36  |
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| Soggetti                | Exercise for older people<br>Electronic books.  |
| Lingua di pubblicazione | Inglese   |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |
| Note generali           | Description based upon print version of record.   |
| Nota di bibliografia    | Includes bibliographical references at the end of each chapters and index.  |
| Nota di contenuto       | Annual Review of Gerontology and Geriatrics, Optimizing Physical Activity and Function Across Settings ; Half Title; Editors; Title Page; Copyright; Contents ; About the Volume Editors ; Contributors; Previous Volumes in the Series ; Foreword ; Introduction ; Acknowledgments ; CHAPTER 1. Impact of Policy on Physical Activity Participation and Where We Need to Go; Abstract; Introduction; Policy and its Impact; An American Perspective; Older Americans Act ; National Institute on Aging; Affordable Care Act; Evaluating the Impact; The Social-Ecological Model; Barriers and Facilitators<br>Policy BarriersPromising Practices; Where Do We Go From Here?; Research; Integrated Approaches; Activity Over the Life Course; Reallocated Funding; Impact of Function; Different Thinking About Aging; Accelerated Responses; Improved Curriculums for Specialists; Supportive Environments; Conclusion; References; CHAPTER 2. Promoting Physical Activity in Later Life; Abstract; Introduction; The Benefits of Physical Activity; Current Physical Activity Recommendations for Older Adults; Motivating Older Adults to Build More Physical Activity Into Their Lives<br>DHHS Be Active Your Way Step One-Getting Started DHHS Be Active Your Way Step Two-Making Physical Activity Part of Your Life; DHHS Be |

Active Your Way Step Three-Keeping It Up, Stepping It Up; DHHS Be Active Your Way Step Four-Being Active For Life; Answering Questions and Concerns About Physical Activity; Question and Concern: Why Should I Be Physically Active? ; Question and Concern: What Is the Best Exercise for Older Adults?; Question and Concern: How Much Physical Activity Do I Need? ; Question and Concern: How Often Should I Exercise?

Question and Concern: I Have Not Exercised for Many Years, Where Should I Start? Question and Concern: Will Physical Activity Help to Reduce My Risk for Specific Diseases and Conditions?; Question and Concern: Is Exercise Safe?; Question and Concern: Am I Too Old to Exercise?; Question and Concern: Is This for Me? Addressing Concerns of Minorities and Underrepresented Seniors; Question and Concern: Do I Need Special Clothing and Equipment?; Summary; References; CHAPTER 3. Consensus on Evidence-Based Preparticipation Screening and Risk Stratification; Abstract; Introduction

Benefits and Risks Associated With Exercise Testing and Training For Persons of All Ages Causes of Sudden Cardiac Death; Risk Factors For Life-Threatening Adverse Exercise-Related Events; Preparticipation-Screening and Risk Stratification Strategies; The Physical Activity Readiness Questionnaire and the Physical Activity Readiness Medical Examination; Limitations of the Approach; AHA/ACSM Health/Fitness Facility Preparticipation Screening Questionnaire; The Physical Activity Questionnaire for Everyone (PAR-Q+) and the electronic Physical Activity Medical Readiness Questionnaire (ePARmed-X+) Using the PAR-Q+ is as Easy as 1, 2, 3

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