

1. Record Nr.	UNINA9910797904603321
Titolo	Optimizing physical activity and function across settings / / volume editors Barbara Resnick and Maria Boltz
Pubbl/distr/stampa	New York, New York : , : Springer Publishing Company, , 2016 ©2016
ISBN	0-8261-9816-3
Descrizione fisica	1 online resource (357 p.)
Collana	Annual Review of Gerontology and Geriatrics, , 1944-4036 ; ; Volume 36
Disciplina	613.70446
Soggetti	Exercise for older people
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 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 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 AgesCauses 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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2. Record Nr.	UNINA9910829936403321
Autore	Miller James M. <1933->
Titolo	Chromatography [[electronic resource]] : concepts and contrasts // James M. Miller
Pubbl/distr/stampa	Hoboken, N.J., : Wiley, c2005
ISBN	0-471-98058-7 1-280-28740-3 9786610287406 0-470-53025-1 0-471-98059-5
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (518 p.)
Disciplina	543.089 543.8 543/.8
Soggetti	Chromatographic analysis
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 and index.
Nota di contenuto	Impact of industrial and governmental regulatory practices on analytical chromatography -- Introduction to chromatography -- Band broadening and kinetics -- Physical forces and interactions -- Optimization and the achievement of separation -- Comparisons between chromatographic modes -- Gas chromatography -- Liquid chromatography in columns -- Quantitation : detectors and methods -- Chromatography with mass spectral detection (GC/MS and LC/MS) -- Liquid chromatography on plane surfaces -- Qualitative analysis -- Capillary electrophoresis and capillary electrochromatography -- Sample preparation -- Special applications -- Selection of a method.
Sommario/riassunto	The first edition of Chromatography: Concepts and Contrasts, published in 1988, was one of the first books to discuss all the different types of chromatography under one cover. The second edition continues with these principles but has been updated to include new chapters on sampling and sample preparation, capillary electrophoresis and capillary electrochromatography (CEC), chromatography with mass spec detection, and industrial and governmental practices in regulated

industries. Covers extraction, solid phase extraction (SPE), and solid phase microextraction (SPME), and introd

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