

1. Record Nr.	UNINA9910963214403321
Autore	Lobo Alexandrina
Titolo	Physical activity and health in the elderly / / by Alexandrina Lobo
Pubbl/distr/stampa	[S.l.] , : Bentham Science Publishers, [2011]
ISBN	9781608051007 1608051005
Edizione	[1st ed.]
Descrizione fisica	1 online resource (88 p.)
Disciplina	613.7/1
Soggetti	Exercise for older people Physical fitness 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 and index.
Nota di contenuto	00 title page.pdf; 01 Cover Page; 03 Content; 04 Foreword; 05 Preface; 06 Part 1; 07 Chapter 01; 08 Chapter 02; 09 Chapter 03; 10 Chapter 04; 11 Chapter 05; 12 Chapter 06; 13 Chapter 07; 14 Chapter 08; 16 Exercises with Dislocation; 17 Exercises in dorsal position; 18 Exercises seated in the ground; 19 Exercises in four supports; 20 Exercises with assessories; 21 Abbreviations List; 22 Glossaries; 23 Index
Sommario/riassunto	Physical inactivity is not only an individual's personal problem but is identified as a serious public health issue. Prolonged inactivity that occurs among many elderly persons tends to lead into a gradual decrease in all components of physical fitness, thus compromising their quality of life. Scientific research has shown that physical exercise can slow down both the psychological and physical aging clock. Engagement in health promoting behavior in the domains of physical activity, healthy dietary practice and stress management are considered useful strategies to enhance functional capacity a