



# Exercise for Special Populations

*Peggie Williamson MS*

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## **Exercise for Special Populations** Peggie Williamson MS

Focusing on the specific needs of people with a certain disease, condition, or stage of life, this book discusses the special fitness and nutritional needs of various populations. Not only are overall health, fitness, and exercise recommendations discussed, but anatomy and physiology is covered to promote understanding of changes that occur among body systems as diseases or conditions develop. This text focuses on building appropriate exercise programs, physiological changes associated with various conditions, important precautions during exercise, outcome expectations, and basic nutritional considerations for various populations who frequently seek the services of a health and fitness professional. This book will serve as a comprehensive course text for students enrolled in personal training programs and students pursuing health/fitness professional degrees.

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