Teaches practitioners how to motivate and instruct patients on the importance of exercise and how to design practical exercise programs for patients of all ages and fitness levels, as well as those with special conditions such as pregnancy, obesity, and cancer.

Coverage includes in-depth discussions of both the lifestyle exercise approach to exercising regularly and the structured exercise approach.

Key Features:
- Exercise programs for all ages and fitness levels
- Practical and easy to read
- Special programs for patient populations such as: obstetric patient, diabetic, cancer, arthritic, asthmatic, and obese patients