ACSM's Exercise is Medicine: A Clinician's Guide to Exercise Prescription

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

Publication Year 2009
Edition 1st Ed.
Author/Editor Jonas, Steven; Phillips, Edward M.
Publisher Lippincott Williams & Wilkins (LWW)
ISBN 978-1-582-55739-7
Doody's Star Rating®★★★★ Score: 85
Platform Ovid
Product Type Book
Speciality Advanced Practice
          Exercise Science
          Nurse Practitioner
          Physician Assistant
          Sports Medicine
Language English
Pages 272
Illustrations 27