



The Exercise Professional's Guide to Optimizing Health: Strategies for Preventing and Reducing Chronic Disease

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Published in cooperation with the American College of Sports Medicine, The Exercise Professional's Guide to Optimizing Health enables you to design and implement exercise programs based on the latest research to help people avoid the onset of chronic disease. Moreover, it shows you how to design exercise programs so that people with chronic disease can safely benefit from exercise.

This text begins with an overview of the epidemiology of chronic disease and is then divided into three parts. Part One clearly explains pathophysiology concepts common to all chronic diseases as well as the healthful effects of exercise and nutrition. Part Two covers atherosclerosis, obesity, diabetes and metabolic syndrome, hypertension, and dyslipidemia, with specific recommendations for effective exercise programs to manage each disease. Finally, Part Three discusses behavior change and then summarizes all the exercise prescription information for each chronic disease in a single chapter.



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