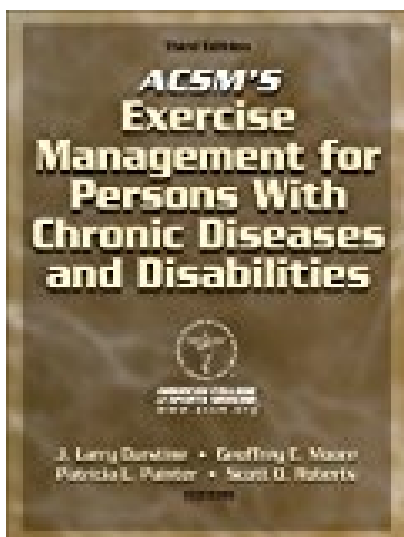


ACSMs Exercise Management for Persons with Chronic Diseases and Disabilities-3rd Edition



BOOK DETAILS

- Author : American College of Sports Medicine
- Pages : 456 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736074333



BOOK SYNOPSIS

Developed by ACSM, this text presents a framework for optimizing patients' and clients' functionality by keeping them physically active. It provides evidence-informed guidance on devising individualized exercise programs for persons with chronic and comorbid conditions.

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