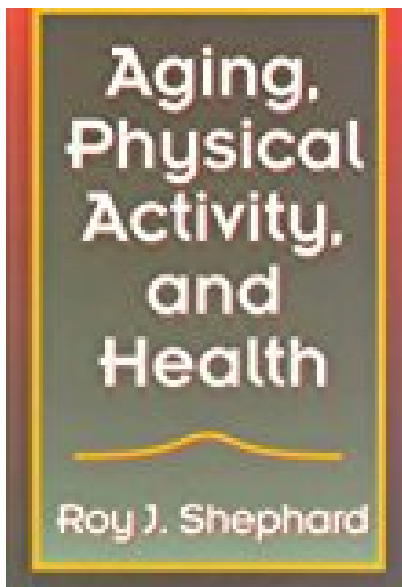


Aging Physical Activity and Health



BOOK DETAILS

- Author : Roy J. Shephard
- Pages : 496 Pages
- Publisher : Human Kinetics Publishers
- Language : English
- ISBN : 0873228898

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BOOK SYNOPSIS

In *Aging, Physical Activity, and Health*, Roy J. Shephard, one of the world's leading authorities on exercise science, reviews and synthesizes the scientific literature on the physiological changes of aging and how regular physical activity affects the aging process. Shephard's critical analysis features the latest theories on how aging and exercise affect such medical conditions as cardiorespiratory disease, musculoskeletal diseases, metabolic health, mental function, and general well-being. He provides conclusive physiological evidence that exercise is effective for reducing the risk of many diseases, maximizing independence, and improving the quality of life for the elderly. Shephard also discusses the economic and social consequences of an aging society. More than 1,700 references make this book an excellent resource for those who want to investigate specific areas of aging and activity.

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