

# TERCERA EDAD. Actividad física y salud

THIRD AGE. Physical activity and health



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Physical activity for the elderly is an outstanding, even strategic issue, both from a personal, individual point of view as well as from a global vision of society.

Therefore, the fact that an adult person decides to start, continue and increase their physical activity can mean a substantial change in lifestyle: it will help to facilitate personal balance, improve health and frame of mind, strengthen reflexes and provide an ability that may have been stalled or reduced; in short, to improve quality of life. This book is a decisive contribution on the physical activity field for the elderly, based on experience consolidated over the years, and therefore can without any doubt contribute to strengthen the role of senior citizens within society, while improving the individual's quality of life.

The content of this book is divided into two main parts: the first one is based on knowledge and theoretical aspects, and in the second the contents are developed in a practical way.

As far as theory is concerned, the issue of old age is approached from several sides: a study of all the physical, psychic and emotional aspects that portray these people, the diet, the need of practising physical activity, etc.

Likewise, it details those elements involved in the development of a program, in other words, those methodological aspects that every professional on physical activity should know.

Lastly, on the second part, it develops the activities, sorted by form and objectives to achieve.

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