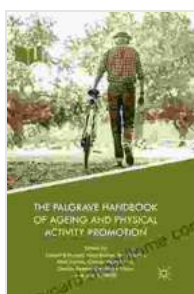


The Palgrave Handbook of Ageing and Physical Activity Promotion

The Palgrave Handbook of Ageing and Physical Activity Promotion is a comprehensive and up-to-date reference on the latest research and best practices in promoting physical activity among older adults. This handbook is essential reading for healthcare professionals, researchers, and policymakers working in the field of ageing and physical activity.



The Palgrave Handbook of Ageing and Physical Activity Promotion by Charles Musselwhite

★★★★★ 5 out of 5

Language : English
File size : 6162 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 790 pages
Screen Reader : Supported



The handbook is divided into five parts, each of which covers a different aspect of ageing and physical activity promotion. Part 1 provides an overview of the ageing process and the importance of physical activity for older adults. Part 2 discusses the benefits of physical activity for older adults, including improved physical health, mental health, and cognitive function. Part 3 examines the barriers to physical activity participation among older adults and provides strategies for overcoming these barriers. Part 4 presents best practices for promoting physical activity among older

adults, including effective interventions, programs, and policies. Part 5 concludes the handbook with a discussion of future directions for research and practice in the field of ageing and physical activity promotion.

The Palgrave Handbook of Ageing and Physical Activity Promotion is an invaluable resource for anyone working in the field of ageing and physical activity. This handbook provides a comprehensive overview of the latest research and best practices in promoting physical activity among older adults, and it is essential reading for healthcare professionals, researchers, and policymakers.

Key Features

- Comprehensive and up-to-date reference on the latest research and best practices in promoting physical activity among older adults
- Written by leading experts in the field of ageing and physical activity
- Covers a wide range of topics, including the ageing process, the benefits of physical activity, the barriers to physical activity participation, and best practices for promoting physical activity
- Essential reading for healthcare professionals, researchers, and policymakers working in the field of ageing and physical activity

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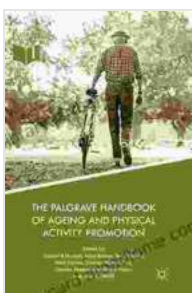
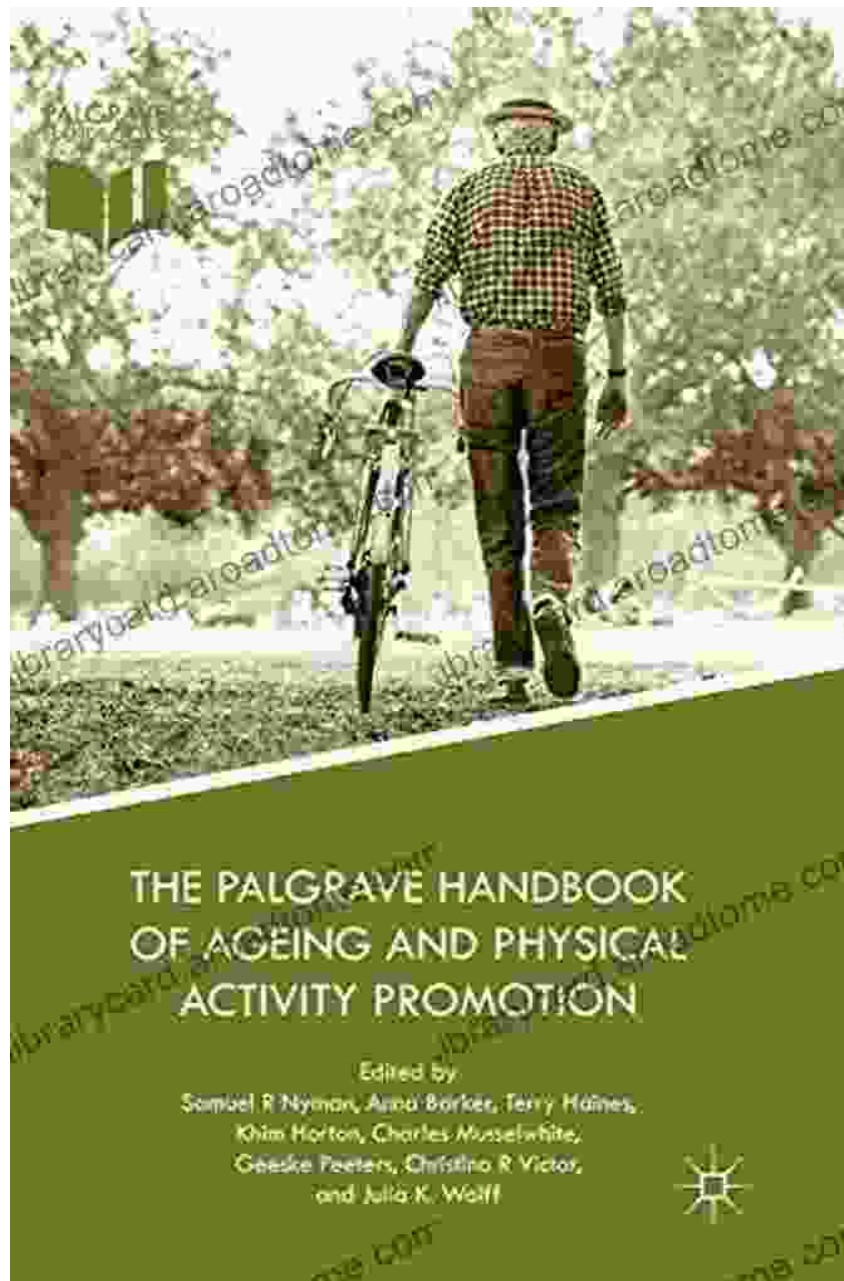
- 1.
2. The Ageing Process and the Importance of Physical Activity
3. The Benefits of Physical Activity for Older Adults
4. The Barriers to Physical Activity Participation Among Older Adults

5. Best Practices for Promoting Physical Activity Among Older Adults
6. Future Directions for Research and Practice

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