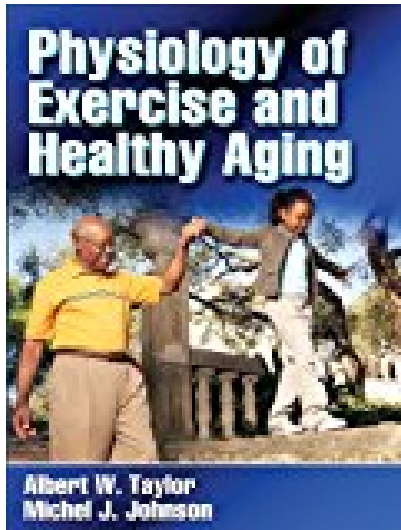


Physiology of Exercise and Healthy Aging



BOOK DETAILS

- Author : Albert W. Taylor
- Pages : 304 Pages
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BOOK SYNOPSIS

Aims to blend the science of exercise physiology with the ageing process. This book outlines the theories on ageing, the ageing process, the structural and functional changes that characterise advancing age and the exercise programming concerns for the aged, as well as the benefits of exercise and physical activity.

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