



Envelhecimento, Promoção da Saúde e Exercício: Bases Teóricas e Metodológicas (Portuguese Edition)

Paulo de Tarso Veras Farinatti

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Com o aumento da expectativa de vida, iniciativas que aumentem as chances de um envelhecimento saudável e autônomo tornam-se cada vez mais importantes. Organizado em sete partes e dividido em dois volumes, *Envelhecimento, Promoção da Saúde e Exercício* aborda as características e precauções associadas ao planejamento e ao desenvolvimento de programas de atividades físicas para idosos, com destaque para suas bases teóricas e metodológicas.

Este volume apresenta fundamentalmente:

- Aspectos conceituais da promoção da saúde e do envelhecimento
- Estratégias para prescrição do exercício e apreciação da atividade física em idosos
- Impacto dos exercícios sobre a autonomia e a qualidade de vida
- Instrumentos de avaliação da aptidão física e da autonomia de forma geral

Atualizada e voltada para a realidade da população brasileira, a obra será de grande aproveitamento para profissionais da área de saúde e esporte que trabalham com idosos.

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