

Dynamic Aging Simple Exercises For Better Whole B

Daniel Lieberman onderzoekt de grote formaties die ons lichaam gedurende miljoenen jaren onderging: het ontstaan van de tweevoeter, de overgang naar een voedselpatroon dat uit meer dan fruit bestond, de ontwikkeling van ons uitzonderlijk grote brein en ons atletische vermogen. Ons hoofd, onze ledematen, onze stofwisseling, geen deel van het lichaam blijft onbesproken. Continue adaptaties brachten ons veel voordeel, maar creëerden een omgeving waartegen ons lichaam niet bestand is, met als resultaat vermijdbare ziektes zoals obesitas en diabetes type 2. Lieberman noemt dit 'dysevolutie : we leven steeds langer, maar zijn vaker chronisch ziek. Met Darwin als leidraad propageert hij een zondere leefomgeving, voor ons eigen bestwil.

Geared specifically for the family practitioner, this text provides clinical approaches to the whole geriatric patient. Topics covered in this fifth edition include behavioural disturbances in dementia, driving and the older adult, and clinical practice guidelines in the elderly.

Proceedings of the NATO Advanced Research Workshop, Bad Windsheim, Germany, September 11-13, 1992

Issues in Geriatric Medicine and Aging Research: 2011 Edition is a ScholarlyEditions™ eBook that delivers timely, authoritative, and comprehensive information about Geriatric Medicine and Aging Research. The editors have built Issues in Geriatric Medicine and Aging Research: 2011 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Geriatric Medicine and Aging Research in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Issues in Geriatric Medicine and Aging Research: 2011 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at http://www.ScholarlyEditions.com/.

evoluitie, gezondheid en ziekte

The Ultimate Age-Defying Plan

Fitness and Aging

Bending the Aging Curve

Annual Review of Gerontology and Geriatrics, Volume 5, 1985

Physiology of Exercise and Healthy Aging

"Bending the Aging Curve" provides fitness professionals with a multifaceted periodized training program specifically for older adults. You will learn to use tests to diagnose your clients' needs and then prescribe training cycles with the appropriate mix of work, active recovery, and skill practice to maximize functional improvements.

De grootste tennisser van zijn generatie onthulde voor het eerst wat hem een kampioen maakte. Sinds Andre Agassi is er geen tennisser geweest die de wereld zo in zijn greep houdt als Rafael Nadal. Hij is een unicum in de hedendaagse sportwereld - ene ware sportman die zich door zijn rauwe talent, toewijding en bescheidenheid laat leiden. Miljoenen fans bewonderen hem om zijn discipline, zijn intensiteit tijdens wedstrijden en de sterke band die hij heeft met zijn familie. Deze autobiografie vertelt over zijn jeugd, zijn ontwikkeling als speler en het verloop van zijn bijzondere carrière tot nu toe. Van de memorabele overwinning op Wimbledon in 2006 - een finale die John McEnroe omschreef als 'de grootste match ever played' - tot het behalen van de career Golden Slam in 2010 door alle vier de Grand Slam-toernooien en de olympische gouden medaille te winnen. En van het eland Mallorca waar hij al zijn hele leven woont tot de kleedkamer in Melbourne waar Nadal vertelt over de druk die hij voelde tijdens de Australian Open van 2011. Rafa is een persoonlijk en onthullend verhaal, en net zo fascinerend als Nadal zelf.

Ieder mens ontdekt een keer dat het leven eindig is. Sommigen beseffen het als kind al, anderen pas wanneer de eerste grijze haren zich aandienen. Vaak proberen we dat besef zo snel mogelijk weer te verdringen, of we gaan ons verzetten, met zalftjes, pilletjes of preventief medisch onderzoek. En dat is een misverstand, beoogt Barbara Ehrenreich in dit heerlijk nuchtere, geestige en tegelijkertijd diepgravende en vijmscherpe boek. De mens heeft namelijk nauwelijks invloed op het verouderingsproces, in elk geval veel minder dan de gezondheidsindustrie ons wil doen geloven. Het enige wat we kunnen kopen is de illusie dat we de boel onder controle hebben. En daar koopt je heel eenvoudig natuurlijk niet veel voor. Wat ons te doen staat is zowel eenvoudig als lastig: we moeten onze sterfelijkheid accepteren en onzekerheid aanvaarden. Met Oud genoeg dood te gaan schreef Ehrenreich het beste pleidooi voor een goed leven.

Christiane Northrup laat in 'De overgang als bron van kracht' zien welke veranderingen vrouwen tijdens de menopauze kunnen verwachten en hoe de overgang een nieuwe fase van innerlijke ontwikkeling kan inluiden. Northrup onderzoekt het verband tussen de overgang en het emotionele en spirituele leven van vrouwen. De overgang is een natuurlijk moment om keuzes te maken. Het maken van de juiste keuzes, bijvoorbeeld op het gebied van relaties, werk of voeding, is allesbepalend voor het vinden van geluk en het behouden van de gezondheid. 'De overgang als bron van kracht' bevat veel praktische informatie - alles wat je zou moeten weten over het begin van de overgang - je geheugen, stemming en slaappatroon tijdens de overgang • hormoontherapie en andere mogelijkheden • overgang en seksualiteit: de mythes en de feiten.

Issues in Geriatric Medicine and Aging Research: 2011 Edition

Music, Wellness, and Aging

Effects of Exercise on Neurological Function

Your Best Life – A Doctor ’ s Secret Guide to Radiant Health Over 40

Handbook of the Biology of Aging

Dynamic Group-Piano Teaching

This book covers the essentials of psychotherapeutic work with older adults, discussing how contemporary psychodynamic thought can be applied clinically to engage the older patient in psychotherapeutic work of depth and meaning, work that not only relieves suffering but also promotes growth. It describes the way the difficulties accompanying older age can affect psychological functioning and it examines the unique psychotherapeutic needs of this age group. Using clinical vignettes for illustrative purposes, it explores the psychotherapeutic challenges, tasks, techniques and accomplishments involved in the treatment of older adults. Topics discussed include the reemergence of earlier developmental challenges; the concurrent treatment of late life and revived early trauma; transference and countertransference; the functions of developing an enriched life narrative in restoring the self; existential issues; and mourning. Throughout, the focus is on what psychotherapy can do to help. The demand for mental health services for older adults is growing alongside increasing life spans, but the psychodynamic literature has neglected this population. Blooming in December: Psychodynamic Psychotherapy with Older Adults fills this gap, offering a clear guide to effective work with older adults for all psychotherapists and psychoanalysts.

The area of work and aging is complex and multi-faceted. Its foundation is formed by a wide array of disciplines that both contribute to the complexity of its understanding, and offer fertile promise for research, development, and application in the years ahead. With an ever-growing population of older workers, many of whom are suggesting they will likely continue to work past traditional retirement age, it becomes all the more important that we improve our understanding of older workers, the nature of their interactions with work and the organizations for which they work, and the process of transitioning to retirement. Clearly, there are huge societal and global challenges that will both inform and influence research and application at the individual and organizational levels. The Oxford Handbook of Work and Aging examines the aging workforce from an individual worker, organization, and societal perspective, and offers both an integration of current cross-disciplinary knowledge, and a roadmap for where research and application should be focused in the future to address issues of an aging workforce. The volume is divided into six core sections: demography, theoretical and methodological issues, the older worker, organizational strategies for an older workforce, individual and organizational perspectives on work and retirement, and societal perspectives with an aging workforce. Bringing together seasoned authors from diverse academic and professional backgrounds, new approaches to recruiting, workplace flexibility, and the right mix of benefits and incentives are presented as a way of engaging an older workforce.

Discover the keys to a long life and optimal health at any age in this practical wellness guide and cookbook—with simple 7-ingredient recipes. Experts in food and medicine have been looking to a plant-based diet as the most holistic, effective, and universal path to health, especially when it comes to aging. This guide provides a comprehensive roadmap to staying vital and living a long life -- using plant-based cuisine and simple daily self-care rituals that boost health and support healthy functioning in the body. Written by vegan chef Mark Reinfeld and naturopathic doctor Ashley Boudet, with expert oversight from physician and author Michael Klaper, MD, each chapter in The Ultimate Age-Defying Plan describes one aspect of the human body—including mental sharpness and neurological health, cardiovascular health, bone health, eye and vision, digestive health, and protection against major diseases such as diabetes, heart disease, and certain forms of cancer. They delve into the nutrients, food, and self-care practices necessary for healing and aiding this area of the self, including a list of recipes specifically targeted toward that area. Chef Mark's easy-to-prepare recipes are all seven ingredients or less, allowing readers to go vegan without stress.

What if you lack of mobility isn't due to your age, but simply the number of years you haven't been moving well? Dynamic Aging presents a new paradigm in senior fitness: your age isn't responsible for your lack of mobility; your habits are! In this powerful and effective guide to moving better, geared specifically for those 50-plus, biomechanist and movement teacher Katy Bowman details how readers can regain their balance, maintain their ability to drive, keep their feet healthy and functional, and regain mobility and reduce pain throughout their bodies. Bowman's exercises are straightforward, require no special equipment, and include modifications for readers of all fitness levels. To combat the idea of being 'too old' to make great improvements, Dynamic Aging is filled with stories and advice from four septuagenarians who have been following Bowman's program for a decade, avoiding surgeries, eliminating pain, and regaining freedom and ease in their bodies they thought they had lost permanently to "old age." From hiking mountains to climbing ladders and walking on cobblestones with ease, each of these women embodies the book's message: No matter where you're starting, if you change how you move, you can change how you feel.

De overgang als bron van kracht

Sensors for Gait, Posture, and Health Monitoring Volume 3

The Future of Aging

Simple Exercises for Whole-body Mobility

Interventional Strategies for Enhancing Quality of Life and Health Span in Older Adults

The Complete Exercise Guide for Older Adults

Moet je je gewoon neerleggen bij -zware botten en -zwenbandjes ? Timothy Ferriss onderzocht met behulp van medic en wetenschappers of erfelijkheid je inderdaad een lichaam kan opleggen waar je niet gelukkig mee bent. Ferriss uitgebalanceerde dieet- en trainingsprogramma is het verrassende antwoord op vijftien jaar onderzoek naar de vraag: hoe hou je je genen voor de gek en krijg je het perfecte figuur en de beste seks? En hoe krijg je met de kleinste aanpassingen (en zo min mogelijk moeite) de meeste energie en de beste resultaten?Body, een lijfboek geeft alle antwoorden, voor mannen én vrouwen. Van de sportschool tot de slaapkamer: vergeet wat hip en 'happening is en doe wat echt werkt!

More than ever, the aging process is recognized as carrying a special set of emotional challenges—especially when acute or chronic medical conditions are involved. In this light, Psychodynamic Perspectives on Aging and Illness presents a fresh, contemporary application of psychodynamic theory, addressing the complex issues surrounding declining health. Informed by the spectrum of psychodynamic thought from self, relational, and classical theories, this forward looking volume offers more modern interpretations of theory, and techniques for working with a growing, complicated, but surprisingly resilient population. It illuminates how to enhance the therapeutic relationship in key areas such as addressing body- and self-image issues, approach sensitive topics, and understand the disconnect that can occur between medical patients and the often impersonal, technology-driven health care system. At the same time, the author cogently argues for pluralism in a therapeutic approach that is frequently threatened by forces both within and outside the field. Among the topics covered: Medical illness as trauma. Idealization and the culture of medicine. Normative and pathological narcissism in the ill and/or aging patient. Noncompliant and self-destructive behaviors. Transference and countertransference issues. Psychotherapy with cognitively impaired adults. Grief, loss, and hope. Expanding on what we know and candid about what we don't, Psychodynamic Perspectives on Aging and Illness offers mental health researchers and practitioners an insightful framework for improving the lives of older patients.

Now entering its second decade of publication, this landmark series draws together and critically reviews all the existing research in specific areas of nursing practice, nursing care delivery, nursing education, and the expansion of nursing.

This definitive account of the intersection between music, wellness, and aging explores deeper aspects of human nature and later life.

New Tools of Economic Dynamics

Transforming Group Theory Into Teaching Practice

The Oxford Handbook of Work and Aging

Smarter Workouts

Nutrition, Energy, and Human Performance

Body, een lijfboek

Bill Bryson toont in 'Het lichaam' dat er geen wonderbaarlijker verhaal bestaat dan dat van ons eigen lichaam. In zijn bestseller Een kleine geschiedenis van bijna alles maakte Bill Bryson de wetenschap over het ontstaan van de wereld op onweerstaanbare wijze toegankelijk voor miljoenen lezers. Nu richt hij zijn aandacht op de kleinste eenheid van ons bestaan: onszelf. Want elk mens is een universum op zich, bestaande uit 37,2 biljoen cellen. Als je elke streng DNA uit onze cellen achter elkaar zou leggen, zou dat een lint opleveren van 16 miljard kilometer. We worden bewoond door 40 000 soorten microben. En hoe vaak denk je dat je per dag met je ogen kniptert? Het antwoord: 14 000 keer, waardoor we zo'n 23 minuten per dag met gesloten ogen doorbrengen. In 'Het lichaam' neemt Bryson ons mee op een fascinerend avontuur van kop tot teen. Uitzonderlijk rijk aan informatie, onderhoudend, vol humor, dit is Bill Bryson op zijn best.

Handbook of the Biology of Aging, Seventh Edition, reviews and synthesizes recent findings and discoveries in the field. This volume is part of The Handbooks of Aging series, which also includes The Handbook of the Psychology of Aging and The Handbook of Aging and the Social Sciences. The book is organized into two parts. Part 1 covers basic aging processes. It covers concepts relevant to clinical research, such as muscle, adipose tissue, and stem cells. It discusses research on how dietary restriction can slow down the aging process and extend life in a wide range of species. Part 2 deals with the medical physiology of aging. It contains several chapters on the aging of the human brain. These chapters deal not only with diseases but also with normal aging changes to cerebral vasculature and myelination as well as the clinical implications of those changes. Additional chapters cover how aging affects central features of human health such as insulin secretion, pulmonary and cardiac function, and the ability to maintain body weight and body temperature. The volume is primarily directed at basic researchers who wish to keep abreast of new research outside their own subsdiscipline. It will also be useful to medical, behavioral, and social gerontologists who want to learn about the discoveries of basic scientists and clinicians. Contains basic aging processes as determined by animal research as well as medical physiology of aging as known in humans Covers hot areas of research, like stem cells, integrated with long-standing areas of interest in aging like telomeres, mitochondrial function, etc. Edited by one of the fathers of gerontology (Masoro) and contributors represent top scholars in gerontology

Alix Chamberlain is een vrouw die krijgt wat ze wil, en ze heeft er haar beroep van gemaakt om andere vrouwen te laten zien hoe dat doet. Ze is dan ook geschokt als haar babysitter, Emira Tucker, 's avonds in de plaatselijke delicatessenwinkel wordt aangesproken door een beveiligder, die hij het zien van de jonge zwarte vrouw met een witte peuter een ontvoering vermoedt. Een kleine menigte is er getuige van, een omstander filmt alles, en Emira voelt zich vernederd. Alix staat erop de situatie recht te zetten. Emira is 25. Ze staat op het punt haar ziekteverzekering te verliezen, heeft geen idee wat ze met haar leven aan moet en is zich bewust van Alix' behoefte om haar te helpen. Maar als zich tussen beide vrouwen een verrassende connectie openbaart, blijkt die al snel alles wat ze over zichzelf, en elkaar, dachten te weten overhoop te gooien. Vol empathie en scherpe maatschappelijke kritiek is Ze'n leuke leeftijd een verrassende debuutroman over de complexe realiteit van volwassenwording, en wat het betekent om iemand als 'familie' in je leven op te nemen. Kiley Reid (Los Angeles, 1987) volgte de Iowa Writers' Workshop, waar ze de Truman Capote Fellowship kreeg. Zo'n leuke leeftijd is haar debuut. Ze woont in Philadelphia. Zeese Witherspoon-boekenclubkeuze Times, Stylst, Elle, Glamour en BBC Beste Boek van 2020 'Een prachtig verhaal over hoe we nu leven.' Elizabeth Day, auteur van Het feest 'Een nieuwe literaire ster. Wat een genot om een debuutroman te ontdekken die je doet verlangen naar het vervolg van de carrière van de auteur.' The Times 'Een sensationele millennialaanpak van de negentiende-eeuwse zedenroman die moet denken aan een andere recente literaire sensatie. Ik had gedacht te kunnen versprellen dat Kiley Reid de nieuwe Sally Rooney is. Maar Zo'n leuke leeftijd is zo sprankelend en wezenlijk dat ik in plaats daarvan voerspel dat we volgend jaar in spanning op de nieuwe Kiley Reid zullen wachten.' The Guardian 'Lees alsjeblift Zo'n leuke leeftijd. Laat je meeslepen door de empathische benadering van zelfs de smerigste personages, sta jezelf toe om Emira's dielmeningensten over volwassenwording te delen, verheug je over Briars nog ontgemende persoonlijkheid, en wees blij dat Kiley Reid nog maar net is begonnen.' NPR 'De provocerendste pageturner van het jaar.' Entertainment Weekly

"The Age Wave of retiring baby boomers is creating a seismic bonanza for financial advisors—if they can provide the kinds of creative and flexible strategies their clients will be wanting and needing. Steve Gresham provides the solid, imaginative, yet practical guidance needed to build winning strategies to meet the needs of a new generation of investors. I have long respected his work and heartily recommend this book." --Ken Dychtwald, PhD, founder and CEO, Age Wave, and author of Age Wave, Age Power,The Power Years, and Workforce Crisis "Steve Gresham showed us in The Managed Account Handbook that the basics to asuccessful advisor do not differ from one country to another. In this book, he is expanding his horizon with his extensive experiences to further help you to develop the skills for building a devoted client base. This is the must-read book for all who want to succeed in the financial advisory industry." --Toshiya Shimizu,President and CEO, Nikko Cordial Advisors Ltd. "For thirty years, advisors have been using wealth accumulation as their main sales weapon. With the boomers entering retirement, all that's out the window. Now the imperatives are income distribution, planning--making sure the investor does not run out of money. In Steve's newest book, he does an excellent job of walking advisors through this change and showing them how to alter their practices to not only survive but thrive. This is a must-read for any advisor who still wants to be in the business in ten years." --Len Reinhartfounder and President, Lockwood Advisors? "For over thirty years, I have sought advice from industry experts who can help me grow and optimize my practice. Steve Gresham's advice is always of interest to me--he is always right there on the cutting edge." --John Rafal, President, Essex Financial ServicesRegistered Rep.'s Top 50 Financial Advisor for 2006 and Barron's Top 100 Financial Advisor "A good coach can help even the best players reach their potential. As a financial advisor, you coach successful families to tackle life's challenges and achieve their goals. Steve Gresham can help--he has the tactics to help you build a winning team." --Mike KrzyzewskiHead Coach, Duke University Basketball and the 2006 U.S. National Team

De Tovenaar en de Profet

Body een lijfboek

nieuwe perspectieven en zingeving tijdens en na de overgang

Het body boek

Client-Centered Exercise Prescription, 3E

Reichel's Care of the Elderly

Physical Activity and the Aging Brain: Effects of Exercise on Neurological Function is a complete guide to the manifold effects of exercise and physical activity on the aging brain. Cognitive decline and motor impairment, onset of diseases and disorders, and even changes in family structure and social settings that occur as we age can all impact activity levels, yet continued physical activity is crucial for successful neurological functioning. This book examines the role that exercise and physical activity play in halting or modulating the deleterious effects of these numerous aging concerns by first examining the current state of research into how exercise manifests physical changes in the brain. It then discuss how physical activity combines with other lifestyle factors to benefit the aging brain, including nutrition, computerized brain training, and social engagement. Most significantly, it also covers how physical activity can serve as therapy to help alleviate the symptoms of various neurological diseases impacting aging populations, with particular emphasis on Alzheimer ’ s disease and age-related cognitive decline. The book provides broad coverage of the effects of exercise and physical activity on the aging brain, its therapeutic effects, and the many factors that influence the aging process. Presents research scientists with a complete understanding of the role of exercise in healthy brain aging Considers the roles of nutrition, the mind-body connection, and other lifestyle factors Presents a major resource for exercise and physical activity in the neurological health of older adults Provides a synopsis of key ideas associated with the many aspects of physical activity, along with lifestyle factors that can modify neurological diseases and age-related neurological decline

Louise tells the story of how a near fatal pneumonia as an NHS GP and mother of two transformed her life and way of thinking about health. In this personal narrative of how she ' had it all ' and then nearly lost it, she explains how she sought even better health after her recovery.

A healthy skeletal musculature is necessary for a good quality of life and is important in sports. The loss of skeletal muscle mass leads to severe clinical complications and alters daily functioning. The aim of this book is to give an overview of skeletal muscle atrophy including pathomechanism, clinical characters, and the tools for prevention and treatment. Skeletal muscle atrophy can develop due to neurogenic or myogenic reasons, and frequently appears as an age-dependent disorder (sarcopenia). The studies of theoretical background give promising perspectives to prevent and treat muscle atrophy. The book is recommended to scientists, practitioners, students, sportsmen, and everybody who is interested in the normal and impaired function of the skeletal muscle.

New Tools of Economic Dynamics gives an introduction and overview of recently developed methods and tools, most of them developed outside economics, to deal with the qualitative analysis of economic dynamics. It reports the results of a three-year research project by a European and Latin American network on the intersection of economics with mathematical, statistical, and computational methods and techniques. Focusing upon the evolution and manifold structure of complex dynamic phenomena, the book reviews and shows applications of a variety of tools, such as symbolic and coded dynamics, interacting agents models, microsimulation in econometrics, large-scale system analysis, and dynamical systems theory. It shows the potential of a comprehensive analysis of growth, fluctuations, and structural change along the lines indicated by pioneers like Harrod, Haavelmo, Hicks, Goodwin, Morishima, and it highlights the explanatory power of the qualitative approach they initiated.

Handbook of the Psychology of Aging

een reisgids

Het verhaal van het menselijk lichaam

Waarom Franse vrouwen zo jong blijven

Physical Activity and the Aging Brain

Exercise Physiology

Dynamic Group-Piano Teaching provides future teachers of group piano with an extensive framework of concepts upon which effective and dynamic teaching strategies can be explored and developed. Within fifteen chapters, it encompasses learning theory, group process, and group dynamics within the context of group-piano instruction. This book encourages teachers to transfer learning and group dynamics theory into classroom practice. As a piano pedagogy textbook, supplement for pedagogy classes, or resource for graduate teaching assistants and professional piano teachers, the book examines learning theory, student needs, assessment, and specific issues for the group-piano instructor.

This manual gives step-by-step guidance on the evaluation and treatment of geriatric diseases and disorders. It covers incidence of disorders, diagnostic tests, associated diagnoses, clinical implications for mobility, and rehabilitation techniques. It offers a broad overview of the effects of aging on all body systems. Special geriatric considerations for laboratory assessment, thermoregulations, and pharmacology are also discussed. This manual is a resource for all training clinicians in geriatric care and is a quick-reference guide for students and practitioners in this field.

Over veertig jaar zal de wereldbevolking de tien miljard bereiken. Dit gegeven legt volgens Mann twee radicaal verschillende type mensen bloot - de profeten en de tovenaars. De profeten zijn de volgelingen van William Vogt, een van de grondleggers van de milieubeweging. Hij geloofde dat we meer consumeren dan de wereld produceert en zijn mantra was: Bespaar! De tovenaars zijn de erfgenamen van Norman Borlaug, grondlegger van de massaproductie van gewassen. Vernieuw! was zijn strijdkreet. Op toonaangevende wijze voorziet Mann deze twee standpunten van een historische context en weegt hij de mogelijkheden. Daarmee levert hij een onmisbare bijdrage aan de discussie over de toekomst van een steeds dichter bevolkte wereld.

Handbook of the Psychology of Aging, Third Edition describes the psychology of adult development and aging. This book is organized into four parts encompassing 28 chapters that cover the basic behavioral changes and capacities occurring with advancing age. The first part deals with the history, concept, and models of the psychology of aging. This part also examines the distinctions between physical, biological, psychological, and social time or age. The second part explores the influences of racial, ethnic, and cultural factors on biological/health, social, and psychological aging processes. This part also surveys gender differences in aging. The third part describes numerous behavioral processes, changes, and patterns in advancing age. This part specifically considers the motivation, cognitive and motor performance, attentional processes, learning, memory, personality, and wisdom in aging. The fourth part focuses on the applications of the concepts and principles of aging to the individual and society. This book will be of great value to psychologists, researchers, and graduate students.

Defining, Directing, and Celebrating Life

Sensorimotor Impairment in the Elderly

Dynamic Aging

The Plant-Based Way to Stay Mentally Sharp and Physically Fit

Blooming in December: Psychodynamic Psychotherapy With Older Adults

Begrijp de Pijn

Smarter Workouts: The Science of Exercise Made Simple gives you the solution you need with efficient and effective workout programs that use only one piece of equipment. You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships—all while targeting your personal goals.

Cameron Diaz deelt in Het Body Book haar formule om gelukkiger, gezonder en sterker te worden. In deze positieve, onmisbare gids gegrond op wetenschappelijk onderzoek en geïnspireerd door haar persoonlijke ervaring lees je hoe. Gedurende haar carrière is Cameron Diaz een rolmodel voor miljoenen vrouwen geworden. In Het Body Book deelt ze wat ze heeft geleerd en nog steeds ontdekt over voeding, beweging, en de geest-lichaamsverbinding. Het Body Book biedt een uitgebreid overzicht van de werking van het menselijk lichaam en de menselijke geest. Het ontraadselt en ontmaakt de hypes rondom voeding en gaat in op de waarde van vitaminen en mineralen. Cameron verklaart ook de essentiële rol van goede beweging, het belang van spier- en botsterkte en legt uit waarom we elke dag een beetje moeten zweten. Het Body Book is niet bedoeld om doelen te bereiken in zeven dagen of dertig dagen van een jaar. Het biedt een holistische aanpak op lange termijn voor het maken van consistente keuzes en het bereiken van het uiteindelijk doel: een lang, krachtig, gelukkig en gezond leven.

Thoroughly updated with all the most recent findings, this Seventh Edition guides you to the latest understanding of nutrition, energy transfer, and exercise training and their relationship to human performance. This new edition continues to provide excellent coverage of exercise physiology, uniting the topics of energy expenditure and capacity, molecular biology, physical conditioning, sports nutrition, body composition, weight control, and more. The updated full-color art program adds visual appeal and improves understanding of key topics. A companion website includes over 30 animations of key exercise physiology concepts; the full text online; a quiz bank; references; appendices; information about microscope technologies; a timeline of notable events in genetics; a list of Nobel Prizes in research related to cell and molecular biology; the scientific contributions of thirteen outstanding female scientists; an image bank; a Brownstone text generator; PowerPoint(R) lecture outlines; and image-only PowerPoint(R) slides.

Emerging and currently available technologies offer great promise for helping older adults, even those without serious disabilities, to live healthily, comfortably, and productive lives. What technologies offer the most potential benefit? What challenges must be overcome, what problems must be solved, for this promise to be fulfilled? How can federal agencies like the National Institute on Aging best use their resources to support the translation from laboratory findings to useful, marketable products and services? Technology for Adaptive Aging is the product of a workshop that brought together distinguished experts in aging research and in technology to discuss applications of technology to communication, education and learning, employment, health, living environments, and transportation for older adults. It includes all of the workshop papers and the report of the committee that organized the workshop. The committee report synthesizes and evaluates the points made in the workshop papers and recommends priorities for federal support of translational research in technology for older adults.

Become the Indispensable Financial Advisor to Affluent Families

Social & Psychological Aspects of Aging

Het Lichaam

Zo'n leuke leeftijd

Technology for Adaptive Aging

over de vragen die iedereen zich ooit moet stellen

Just as the health costs of aging threaten to bankrupt developed countries, this book makes the scientific case that a biological "bailout" could be on the way, and that human aging can be different in the future than it is today. Here 40 authors argue how our improving understanding of the biology of aging and selected technologies should enable the successful use of many different and complementary methods for ameliorating aging, and why such interventions are appropriate based on our current historical, anthropological, philosophical, ethical, evolutionary, and biological context. Challenging concepts are presented together with in-depth reviews and paradigm-breaking proposals that collectively illustrate the potential for changing aging as never before. The proposals extend from today to a future many decades from now in which the control of aging may become effectively complete. Examples include situin-modulating pills, new concepts for attacking cardiovascular disease and cancer, mitochondrial rejuvenation, stem cell therapies and regeneration, tissue reconstruction, telomere maintenance, prevention of immunosenescence, extracellular rejuvenation, artificial DNA repair, and full deployment of nanotechnology. The Future of Aging will make you think about aging differently and is a challenge to all of us to open our eyes to the future therapeutic potential of biogerontology.

In recent years, many technologies for gait and posture assessments have emerged. Wearable sensors, active and passive in-home monitors, and many combinations thereof all promise to provide accurate measures of physical activity, gait, and posture parameters. Motivated by market projections for wearable technologies and driven by recent technological innovations in wearable sensors (MEMs, electronic textiles, wireless communications, etc.), wearable health/performance research is growing rapidly and has the potential to transform future healthcare from disease treatment to disease prevention. The objective of this Special Issue is to address and disseminate the latest gait, posture, and activity monitoring systems as well as various mathematical models/methods that characterize mobility functions. This Special Issue focuses on wearable monitoring systems and physical sensors, and its mathematical models can be utilized in varied environments under varied conditions to monitor health and performance Client-Centered Exercise Prescription, Third Edition, expands the role of the fitness professional from simple exercise prescription to include activity counseling, design modification, exercise demonstration, functionally integrated exercise, injury prevention, and follow-up monitoring for a variety of clients. Central to the book are seven client-centered models for each major fitness component that serve as a template of options for each decision in the prescription process: activity counseling, musculoskeletal exercise design, exercise demonstration, cardiovascular exercise prescription, resistance training prescription, muscle balance and flexibility prescription, and weight management prescription. The text explains the vital role that functionally integrated exercise plays in improving performance and maintaining musculoskeletal health and teaches how to recognize muscle imbalance and prevent complications.

Voor iedereen die inmiddels een klein vermogen heeft gependeed aan anti-agingproducten, zich niet kleedt volgens de regels van haar leeftijd, een beetje te veel vet aan de botten heeft zitten of in de loop der jaren het flirten is verleerd, biedt Waarom Franse vrouwen zo jong blijven uitdagende, verfrissende lessen om er goed uit te zien en je nog beter te voelen, zonder naar 'het mes' te grijpen. Mireille Guiliano is een Franse vrouw die haar schoonheidsgeheimen graag deelt, zodat we er allemaal profijt van kunnen hebben!

Clinical Aspects of Aging

Oud genoeg om dood te gaan

een geweldig lijf met de juiste voeding, beweging en innerlijke kracht

Pathways to Human Life Extension

Background and Management of Muscular Atrophy

Psychodynamic Perspectives on Aging and Illness

With life expectancy increasing globally, older adults around the world want to live active lifestyles with improved health and higher quality of life. Physiology of Exercise and Healthy Aging, Second Edition, examines the effects of the aging process on the major physiological systems and identifies the positive impacts of physical activity and regular exercise for older adults, including delaying specific diseases and increasing quality of life. Students will be presented with foundational concepts of physiology to understand the structural and functional changes on the major physiological systems throughout the aging process. Physiological responses to acute and chronic exercise are examined, with comprehensive coverage of studies on age-related diseases and other common issues for older adults, including cardiovascular disease, cardiorespiratory fitness, type 2 diabetes, muscle metabolism and strength, osteoporosis, neurophysiology, and arthritis, plus content new to this edition that addresses mental health, pelvic floor issues and incontinence, and sexual activity. Programming recommendations in each chapter translate exercise science into practice, examining the benefits of exercise, contraindicated exercises, and other forms of physical activity beneficial to the aging population. Exercise considerations address the training needs of older adults in three unique groups: average aging adults, frail elderly with special needs, and masters athletes, with expanded content more reflective of today's active seniors. With an emphasis on screening and assessment, coupled with basic principles of exercise and training programs, students will learn to safely administer exercise programs that meet the needs of older adults—in any stage of aging and at various levels of physical activity—to contribute to increased health and quality of life for all. Chapter-opening quotes bring content to life with insights from scientists, fitness professionals, and other experts. Chapter objectives, new to this edition, help readers to understand and apply key concepts. Questions to Consider at the end of each chapter provide tools for reflection, while references direct students to additional reading and opportunities for further learning. An appendix offers easy access to assessments and forms, including a Three-Day Nutritional Assessment form and a Client Report form, preparing readers for professional use in their careers with older adult clients. Physiology of Exercise and Healthy Aging, Second Edition, delivers a thorough discussion of the physiological effects of aging and illustrates the power of exercise as a tool to reduce or offset the effects of aging in order to improve the quality of life enjoyed by our aging population.

Geriatric Rehabilitation Manual

The Science of Exercise Made Simple

Rafa

Advisor for Life

Twee grondleggers en hun concurrerende ideeën over een leefbare toekomst op onze planeet