



ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities, 4E

American College of Sports Medicine, Geoffrey Moore, J. Larry Durstine, Patricia Painter

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Developed by ACSM, this text presents a framework for optimizing patients' and clients' functionality by keeping them physically active. It provides evidence-informed guidance on devising individualized exercise programs for persons with chronic and comorbid conditions.

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