



Optimizing Exercise and Physical Activity in Older People, 3e


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The introduction of increased levels of physical activity and exercise have the potential to benefit people of all ages and may decrease reported levels of health care utilisation. Health management in this area has led to a growth in physical activity promotion schemes through primary health care providers. However, physical activity and exercise need to be maintained in order retain these benefits, and this may require additional knowledge and skills on behalf of the health practitioner to attain long-term adherence. Different theoretical models have been described that could assist in maintaining exercise adherence and there is a need for health care professionals to have access to effective strategies that can be used to increase adherence to prescribed exercise.

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