



The Feeling Great! Wellness Program for Older Adults (Activities, Adaptation & Aging)

Jules C Weiss

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The “Feeling Great!” Wellness Program is an inspirational book describing a successful health care program for older adults. Created for people who desire a richer life, “Feeling Great!” is a program of everyday miracles--the regaining of body strength and movement and the expanding of physical abilities. Participants learn to improve their physical, emotional, and psychological health through a comprehensive wellness program.

A training manual and self-help guide, this motivational volume looks at an effective program that allows older adults to learn about their health care needs and options, practice a daily exercise program suited to their abilities, develop supportive new friendships, increase their self-esteem, and overcome barriers of ill health, poor diet, sedentary lifestyles, and physical and emotional difficulties.

The “Feeling Great!” Wellness Program for Older Adults offers a comprehensive view of a quality program through the eyes of both participant and instructor. The text can be used for personal interest as well as a training manual for professionals who work with older adults. Features Offered in The “Feeling Great!” Wellness Program for Older Adults:

- Over 40 photographs
- The interaction of medication, nutrition, and exercise
- Attitude and exercise guidelines
- Liability concerns
- Step-by-step program description
- Sample health care lectures covering topics such as diet and nutrition
- Exercise pointers for people with arthritis
- Contraindicative exercises
- Cardiovascular fitness routines
- Minimizing the risks of exercise
- Addressing the emotional and physical fears of exercise
- Handling diverse abilities within a group setting
- Nine different exercise activity routines
- Relaxation techniques
- Sample program materials including a participant activity profile and health history

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