



# Exercise for Frail Elders 2nd Edition

*Elizabeth Best-Martini, Kim Jones-DiGenova*

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**Exercise for Frail Elders 2nd Edition** Elizabeth Best-Martini, Kim Jones-DiGenova

Exercise for Frail Elders, Second Edition, emphasizes balance and features over 150 photos illustrating the design and implementation of a safe and effective exercise program to improve range of motion, strength, and aerobic endurance for frail elders and older adults with special needs.

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