



# Resistance Training For Special Populations

*Ann Marie Swank*

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## **Resistance Training For Special Populations** Ann Marie Swank

Resistance training is not just for the physically fit and athletic. Research has shown that resistance training programs provide health benefits to individuals with chronic medical conditions. The young and old alike can participate in resistance training programs that will improve overall health and well being. Resistance Training for Special Populations covers the assessment and development of training programs for people suffering from arthritis, osteoporosis, cancer, diabetes, heart failure, and pulmonary disease. Resistance training programs for obesity, the elderly, and pregnancy are also covered.

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