Lisa graduated from the University of California-Irvine's Fitness Instructor Program, and went on to get her Certified Personal Trainer and Health Coach Certifications through the American College of Sports Medicine: ACSM Issues New Recommendations on Quantity and Quality of Exercise.

Helping your clients manage stress should be a fundamental consideration for any successful trainer. To learn more about stress management and lifestyle coaching, check out W.I.T.S. Lifestyle Fitness Coaching and Personal Trainer Certification.

Yoga has been shown to have many physical benefits, according to a 2004 study published in the West Indian Medical Journal. Thu, March 29, 2012

**References and Credits**


There is a multitude of exercise equipment at your fingertips to use with your clients. Ranging from traditional stationary machine based, free-weight, cable, to TRX, kettlebells, Nautilus Machines, etc.

The history of training dates back to the earliest civilizations, such as Greek and Chinese. The mythical story of Milo of Croton and the Nautilus Machines.

When training older adults, the fundamental principles of exercise still hold. Progressive overload is necessary to increase muscle strength and improve bone density. The older adult presents unique needs that are best addressed by a fitness professional.

**Summary**

Exercise is especially important for older adults to maintain muscle mass, bone density, and endocrine function. The benefits of exercise are well-documented for improving quality of life and increasing longevity. However, understanding the unique needs of this market is essential.

A fitness professional, you can have a profoundly positive impact on the quality of life of older adults. However, understanding the unique needs of this market is essential.

Gait and Posture: Postural stability and history of falls in cognitively able older adults: the Canton Ticino study.

Faith K. Jones, PhD, FAAHPM

**Additional Information:**

W.I.T.S. Mayhem Monthly Discount

Join our Medical Fitness Network Information Sessions

We're excited to announce our new webinar series, where you can learn from industry experts and network with other professionals in the medical fitness industry. Our upcoming webinar will be held on May 27th at 1:00 PM EDT. Register now for your chance to participate!

Get a 25% Discount on your next W.I.T.S. course by using the code PROMO: 25Sport.

Physical Activity Council: 2015 Participation Report

American College of Sports Medicine: Resistance Training and the Older Adult

Physical Activity Council: 2015 Participation Report

Resources

Want the older adult tools to expand your market? CLICK HERE and get 25% off with this code – PROMO code: 25Sport Add.

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