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get up get moving and walk away the pounds if you re looking to lose weight and
get fit walking the weight off for dummies will show you just what to do to walk
yourself to a whole new you whether you want to burn fat boost your energy level
improve your mood shed your belly or just get toned this easy to read fun and
friendly guide will have you putting your best foot forward over and over again
inside you ll discover which workouts are the best to achieve your specific goals
how low impact walking is perfect for fat burning how to pick the right pair of
shoes for walking and so much more walking is the number one form of exercise in
america and studies show that it is highly effective in achieving multiple health
goals from losing weight and decreasing body fat to improving overall health and

mental well being best of all walking is very inexpensive and can be done anywhere with this complete and easy to use guide you ll find that creating and sticking to a walking program to lose weight and feel great has never been easier learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health figure out the best techniques to avoid injury and achieve your specific fitness goals dive into nutrition tips for fueling up before and after walks to maintain health discover how you can fit walking into your life regardless of your age gender and current weight if you ve always wanted to incorporate walking into your routine to boost your health and effectively lose weight walking the weight off for dummies will show you how

as the older adult population increases so does the demand for fitness professionals who understand the capabilities and special needs of seniors with illnesses disabilities chronic disorders and sedentary lifestyles exercise for frail elders second edition is the only exercise fitness guidebook that focuses on working with frail elders and adults with special conditions it is an invaluable resource for improving functional fitness maintaining aspects of independent living and enhancing quality of life with exercise for frail elders second edition readers will gain a deeper understanding of 14 medical conditions common to older adults how these conditions may affect participants ability to perform activities of daily living and what exercises can help them maintain and increase functional fitness this book focuses on special needs stemming from conditions including arthritis cardiovascular disease diabetes hypertension orthopedic issues osteoporosis parkinson s disease and alzheimer s disease the updated second edition provides a broader focus on balance a critical component of any functional fitness program to aid in designing classes that incorporate various stability exercises exercises that provide significant benefits to balance are indicated with a symbol to ensure effective program design additional features of this edition include the following learning objectives at the beginning and review questions at the conclusion of each chapter provide a framework for understanding reproducible forms provide readers with easy to use appraisals questionnaires and exercise logs for evaluating clients checklists and reference charts highlight key areas of concern and consider specific needs when planning functional fitness programs for clients guidelines and safety precautions for special conditions and how they apply to range of motion exercises resistance training aerobic exercise and stretching have been updated specific exercise instructions including variations and progression options show professionals how to add interest and challenge for participants suggested resources encourage exercise leaders to continue their education to enhance learning and program development the text is divided into two parts part i covers planning an exercise program for frail elders or adults with special needs including

knowing the needs of class participants motivating students to exercise and keeping them safe while participating it also offers strategies for success including basic class structure creating a sense of fun and community part ii covers implementation of a successful program including course design warm up and cool down and exercises for range of motion resistance training aerobic training and stretching with their variations over 150 photos illustrate safe and effective execution of the exercises exercise for frail elders second edition is an easy to follow resource for working with elderly individuals in assisted living and nursing homes rehabilitation facilities hospitals day centers senior centers recreation and community centers and home health care environments this unique guide has the hands on information necessary for creating safe and effective exercise programs and understanding medical disorders safety precautions for specific disorders and implications for exercise readers will learn to design and teach a dynamic fitness program for older adults and keep it fun safe and functional with exercise for frail elders

focusing on allergy triggers allergy free naturally offers hundreds of effective non drug treatments and easy to follow action plans for hay fever asthma food allergy pet allergy and other allergy related conditions for both children and adults photos and illustrations

a current and cutting edge reference current therapy in avian medicine and surgery takes the popular current therapy approach in providing succinct and clear information pertinent to the medical care of avian species most chapters include an up to date delivery of the current state of knowledge on their subject material and provide practical approaches and thought processes applicable to diagnosis and therapy where appropriate information is always easy to find with topics including the latest advances in internal medicine behavioral medicine anesthesia analgesia and surgery sections dedicated to welfare conservation and practice risk management explore important but less commonly discussed aspects of avian practice and the pattern recognition portion of the text offers readers a view of what companion bird conditions are likely to be seen in practice in different parts of the world written by a team of highly regarded contributors from around the world this text helps readers regardless of location and current knowledge develop and augment skills in the medical and surgical care of avian species the current therapy format provides current up to date succinct and clear information pertinent to the medical and surgical care of avian species coverage of clinically significant topics includes current veterinary scientific literature and hot topics relating to today s avian medicine and surgery coverage of a wide variety of bird species includes psittacines pigeons raptors ratites waterfowl gallinaceous birds

and less common species more than 800 full color images show avian disease management strategies and thought processes and aid in formulating guidelines to care world renowned expert contributors provide cutting edge information offering authoritative accurate and sometimes controversial opinions in many areas of study summary tables simplify the lookup of key facts and treatment guidelines references in each chapter facilitate further reading and research on specific topics

your no nonsense guide to becoming a successful real estate agent in the australian and new zealand markets as the australian and new zealand housing markets begin to recover now is the time to make the jump to your new career as a real estate agent if you re already an agent it s a great time to sharpen your skills and increase your commissions success as a real estate agent for dummies provides the foundation and advice you need to become a real estate superstar written specifically for agents and potential agents in australia and new zealand this handy plain english guide gives you all the tools you need to bring in new prospects close sales build a referral base plan open houses present and close listing contracts and give yourself a leg up on the competition whether you want to get involved in commercial or residential real estate you ll find all the guidance you need to do it right includes handy tips and tricks for working with buyers offers practical advice on prospecting and generating leads online including how to use social media presents tried and true tactics and fresh ideas for closing deals whether you re looking to get started in real estate or you re a working agent who wants to up your game success as a real estate agent for dummies gives you the tools and insight you need to compete and succeed

the easy way to live without wheat barley oats rye and other sources of gluten there s more to living gluten free than just cutting it out of your diet this second australian edition of living gluten free for dummies helps you embrace a gluten free lifestyle and make a smooth transition to healthier tastier living you ll learn how to decipher food labels enjoy a balanced diet cook delicious meals and order at restaurants deal with the emotional and social aspects of gluten free living raise healthy gluten free kids and so much more and best of all this book includes plenty of great tasting recipes covers all the newest products and food labelling practices specific to australia includes up to date information about the latest research on managing coeliac disease features over 75 nutritious and delicious gluten free recipes endorsed by coeliac australia whether you or a family member have coeliac disease another kind of gluten intolerance or want to try living without gluten for other health or nutrition reasons this second australian edition of living gluten free for dummies covers everything you need to know from great recipes to the latest

research and the best ways to manage your health

like their contemporaries and friends in the royal art lodge some of whom are featured here this loosely affiliated group of vancouver based artists draw with and about each other working on one another s pieces creating limited edition books and posters and collaborating so closely that it is sometimes difficult to tell where one ends and another begins their loose expressive and unpredictable work is akin to that of fellow doodlers marcel dzama and the paper rad collective falling somewhere between children s book art comics psychedelia and fine art nog a dod the first book to document this vibrant scene shows off nearly a decade of work and hundreds of unique mini books by artists including marc bell peter thompson jason mclean amy lockhart owen plummer keith jones and marc connery

this volume a spin off of the ever popular letters column of prevention magazine combines folk wisdom and doctor savvy into treatments for hundreds of everyday ills the best of the family based home tested doctor approved folk remedies from across america

this study guide companion to mosby s dental hygiene concepts cases and competencies 2nd edition draws the student in using a friendly question and answer format that explains how s what s where s and why s of the content the answers to these questions tie into features from the main text including the insight statement learning outcomes case studies and case applications review questions and answers as well as critical thinking activity worksheets encourage students to practice their knowledge and skills after reading the text chapter and to prepare for exams follows a format consistent with the main text and allows students to become familiar with the pattern and focus on learning the content a conversational question and answer format makes material less intimidating and immediately demonstrates the benefits of working on the exercises frequent references to main text content such as insight statement learning outcomes and case study help student retain the information better through repetition critical thinking activities help students practice application of concepts to everyday life and reach a better understanding of the dental hygienist s role topics to debate feature challenges students to consider the ethics and proper application of dental hygienist skills to real life situations they are likely to encounter patient education links encourage students to access the internet or evolve site for additional sources or agencies for more information on topics related to the text encourages self assessment with process performance forms that allow students to grade themselves on whether or not they have developed the skills necessary to meet the learning outcomes in the chapter review questions answers and rationales at the end of the study guide help students review material and prepare for boards

sample forms and patient education handouts provide sample dialogues and questions to ask patients when interacting in the dental office and help students contribute to successful dental hygienist practices

emphasized in this book are practical considerations of nutritional care in the context of the nursing profession and nursing diagnosis it includes coverage of nutrition at each phase of the life cycle written by specialists in their clinical fields sections on nursing assessment and diagnosis and important developments in the field the impact of drgs peer evaluation in clinical practice nursing diagnosis taxonomy home tpn and new drug diet interactions this new edition features six separate chapters on nutrients such as carbohydrates vitamins and water and electrolytes it provides review questions and case studies for each chapter

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