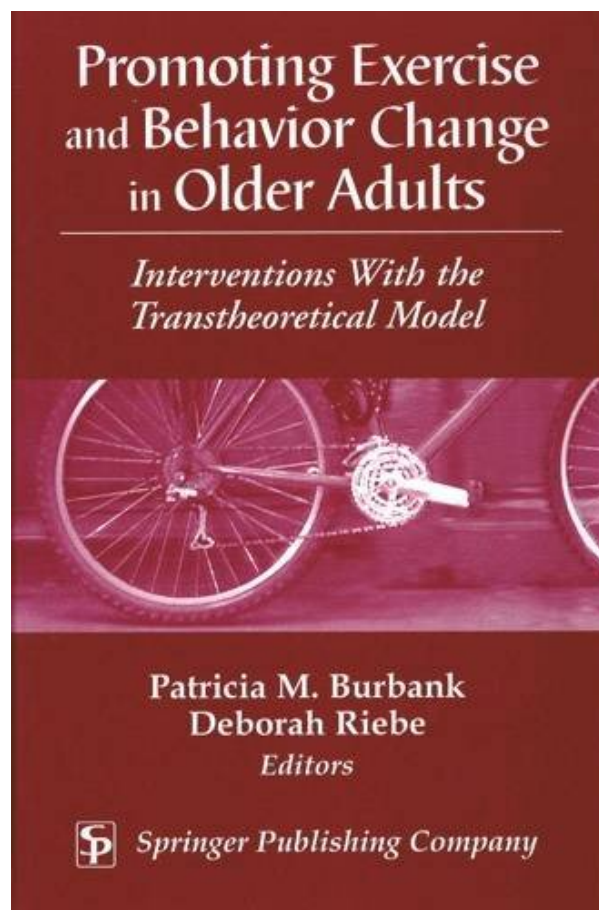


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Promoting Exercise and Behavior Change in Older Adults

*Interventions With the
Transtheoretical Model*



Patricia M. Burbank
Deborah Riebe
Editors



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Exercise in later life is important for health and well-being, yet motivating older adults to exercise can be difficult. This book addresses that need by tailoring "The Transtheoretical Model" of behavior change to the client's level of readiness for change. The contributors show how TTM can be used to help older adults with varying needs and abilities to change their exercise behaviors.

This book is essential for health care professionals including nurses, exercise specialists, occupational therapists, social workers, and others interested in helping older adults incorporate exercise into their daily lives. "

About the Author

Patricia M. Burbank, DNSc, RN, is a professor in the College of Nursing at the University of Rhode Island and faculty member in the Rhode Island Geriatric Education Center. Currently, she directs the Gerontological Clinical Nurse Specialist concentration. She received her bachelor's degree from the University of Rhode Island and her masters and doctoral degrees from Boston University. Her clinical background has been in the area of community health nursing and gerontology. Research and publications have been in the areas of meaning in life among older adults, including collaborative crosscultural research in Korea, and health behavior change of older adults. She is currently a member of the interdisciplinary research team of the SENIOR project, an NIH-funded study examining exercise and nutrition behavior change among diverse group of older adults using the Transtheoretical Model.

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- Sales Rank: #2885407 in Books
- Brand: Brand: Springer Publishing Company
- Published on: 2001-12-15
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.10" w x 6.10" l, 1.35 pounds
- Binding: Hardcover
- 317 pages

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