



Tercera edad: Actividad física y salud (Spanish Edition)

Pilar Pont Geis

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La actividad física para la tercera edad es un tema relevante, incluso estratégico, tanto desde el punto de vista personal e individual como desde una visión global de la sociedad. Así, el hecho de que una persona adulta se plantee iniciar, continuar o potenciar una actividad física, puede suponerle por una parte un cambio sustancial en su vida interior, ya que le ayudará a aumentar su equilibrio personal, mejorar su estado de ánimo y su salud, potenciar sus reflejos y proporcionarle una agilidad que podía tener estancada o mermada y, en definitiva, mejorar su calidad de vida. Así, este libro supone una aportación decisiva en el campo de la actividad física para la tercera edad, que parte de una experiencia consolidada a lo largo de los últimos años, y que puede sin duda contribuir a potenciar, el papel de la tercera edad dentro de la sociedad mejorando a la vez la calidad de vida individual. El contenido de este libro consta de dos partes generales: una primera parte basada en conocimientos y aspectos teóricos y una segunda parte en la que se desarrollan los contenidos de forma práctica. En cuanto a la teoría, se desarrolla el tema de la tercera edad desde diferentes vertientes: un estudio de todos aquellos aspectos físicos, psíquicos y socio-afectivos que caracterizan a estas personas; la alimentación; la necesidad de la práctica de la actividad física, etc. Asimismo, se detallan aquellos elementos que intervienen para llevar a cabo un programa, o sea aquellos aspectos metodológicos que todo profesional de la actividad física debe conocer. Por último, en la segunda parte, se desarrollan las actividades agrupadas por su forma y por los objetivos que se pretenden conseguir.

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