

# Exercise fundamentals for older beginners

The American College of Sports Medicine, American Heart Association and Human Health Services guidelines for improving muscular strength and endurance, cardiovascular endurance, joint flexibility and balance are recommendations based on years of research and form the basis for the class outline that follows:

By understanding and applying the principles involved you will become stronger, have more energy, move freely and avoid falls.

1. Guidelines for improvement
2. Explanations of guidelines
3. Muscle function
4. Cardiovascular function
5. Joint range of motion.
6. Balance and fall prevention
7. Each section will provide demonstrations of exercises, proper form and technique. And equipment that can be used.
- 8 . Suggestions on how to start exercising, and how to continue improving.

Instructor John Jacob: I am 80 years young and have always been physically active. I acquired a bachelor's degree in physical education late in life and became a personal trainer and physical therapy aide. I enjoy helping others improve their strength, and energy for whatever pursuits in life they enjoy.

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