

Summary

Balance training and the other forms of exercise introduced here is an essential element of reducing fall risk in older adults. This course taught you the specifics on 3 functional tests and using those results to build a training program that you will engage your older clients in a more comprehensive and diverse exercise program. This will keep them healthy, happy and a dedicated client for years to come. Onward!

About The Author

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Chris is an Associate Professor of Kinesiology at the University of San Francisco and an Affiliate Researcher in Neurology at the University of

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