



Exercise and Children's Health

Thomas W. Rowland

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This book effectively combines scientific literature and practical information. Paediatricians, exercise scientists, physical educators, and health care specialists will find "Exercise and Children's Health" an essential resource when prescribing exercise for children. The book contains three parts that help the reader understand the changes in physiological responses to exercise that occur as children grow, summarise the evidence linking exercise to health in children, and provide guidelines for counselling children into more active lifestyles. This text offers physicians and health care specialists "hands-on" guidelines for exercise prescription and physical fitness for healthy children and those with special concerns like obesity, heart disease, asthma, cystic fibrosis, diabetes, and seizure disorders.

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