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Mantenerse En Forma De Mayor

Patricia A. Williams



Mantenerse En Forma De Mayor:

Mantenerse en forma para la vida, 2002 Se basa en una consulta de expertos que analizaron las pruebas científicas que relacionan el régimen de la alimentación y otros factores especialmente el ejercicio que afectan el estado nutricional la prevención de la enfermedad y la promoción de la salud de los adultos mayores Mantenerse en forma de mayor Pilar Pont Geis, 2013-05-01 En este libro las autoras proponen un programa de ejercicios bien estructurados y clasificados para realizar solos en casa o en un grupo de clase Acompañados de fotos e ilustraciones que muestran la correcta realización de los mismos Los ejercicios que se presentan no tienen contraindicaciones todo lo contrario se recomiendan para cualquier alteración que conlleve el envejecimiento o también como acondicionamiento físico para aquellas personas mayores que realizan algún deporte y necesitan realizar una preparación física específica Asimismo se incluyen recomendaciones referentes a acciones motrices cotidianas y consejos prácticos para descubrir lo más importante respecto a la actividad física más sencilla y eficaz que cualquier persona puede realizar caminar o pasear **Ejercicios de motricidad y memoria para personas mayores**

(Color) Maite Carroggio Rubí, Pilar Pont Geis, 2011-07-18 En las personas mayores la práctica de un programa de ejercicio físico combinado con un trabajo de memoria ayuda a prevenir y mejorar déficits en los aspectos cognitivos En este libro se presentan 111 ejercicios de estimulación de la memoria para trabajar en el aula y 155 ejercicios corporales de estimulación de la memoria en movimiento Los ejercicios se agrupan según la estrategia utilizada asociaciones secuenciaciones actividades sensoriales repeticiones representaciones combinaciones atención y observación lenguaje relajaciones visualizaciones percepción espacial y temporal y el tipo de memoria implicada sensorial a corto plazo y a largo plazo Pilar Pont es doctora en Ciencias de la Actividad Física y especialista en tercera edad es autora de Tercera edad Actividad física y salud y coautora de Mantenerse en forma de mayor y Movimiento creativo con personas mayores Maite Carroggio es especialista en tercera edad y coautora de Mantenerse en forma de mayor Todos estos libros han sido publicados por Paidotribo *Programa anual de motricidad y memoria para personas mayores* Maite Carroggio Rubí, Pilar Pont Geis, 2013-12-10 El envejecimiento satisfactorio exige que la persona mayor conserve la autonomía funcional y el control de la situación para lo cual es imprescindible que preserve las funciones cognitivas siendo la memoria la que más atención ocupa por cuanto su deterioro en la vejez es más significativo La implementación de programas de ejercicio físico combinados con el entrenamiento conjunto de la memoria tiene efectos positivos sobre la cognición en personas de edad avanzada e incluso sobre aquellos afectados por la enfermedad de Alzheimer Es por esto que las autoras en su programa de Motricidad y Memoria plantean situaciones prácticas que permiten entrenar las capacidades cognitivas y motrices que hacen posible un envejecimiento más saludable En este libro se desarrollan 30 sesiones prácticas que conforman un programa anual con la descripción detallada de los ejercicios realizados en el aula como de los ejercicios motrices correspondientes **PHTLS Spanish: Soporte Vital de Trauma**

Prehospitalario National Association of Emergency Medical Technicians (NAEMT), 2015-03-05 PHTLS Soporte Vital de

Trauma Prehospitalario octava edición es el siguiente paso en la evolución del principal programa educativo de Trauma Prehospitalario. Durante tres décadas el PHTLS ha mejorado la calidad del cuidado del paciente traumatizado y ha salvado vidas. La octava edición del PHTLS continúa con la misión de promover la excelencia en el manejo del paciente traumatizado en todos los proveedores involucrados en el cuidado prehospitalario por medio de una educación global. Este programa legendario fue desarrollado a principios de la década de los ochenta del siglo pasado por la Asociación Nacional de Técnicos en Urgencias Médicas Association of Emergency Medical Technicians NAEMT con la cooperación del Comité para el Trauma del Colegio Americano de Cirujanos American College of Surgeons Committee on Trauma ACS COT. El contenido médico se revisa y actualiza de manera continua para que refleje lo último y lo más actualizado del conocimiento y la práctica. El PHTLS promueve el pensamiento crítico como la base para proporcionar un cuidado de calidad. Se fundamenta en la creencia de que los practicantes de los servicios médicos de urgencia toman las mejores decisiones en beneficio de sus pacientes cuando se les da una buena base de conocimiento y principios clave. La octava edición de PHTLS presenta un nuevo capítulo Fisiología de la vida y la muerte que crea un entendimiento sólido de la fisiología de la vida y de la fisiopatología que puede llevar a la muerte. Ese entendimiento es esencial para el proveedor del cuidado prehospitalario para que pueda tratar las anomalías raramente en caso de encontrarlas en el paciente traumatizado. Para ordenar estos títulos en México favor de llamar al 01 800 134 6720. Para ordenar en América Central y del Sur favor de comunicarse con Intersistemas al 011 800 134 6720 o visitar www.rcp.dinsamex.com.mx.

Enfermería geriátrica Patricia A. Williams, 2020-07-15 Esta séptima edición presenta las teorías y conceptos propios del envejecimiento, los cambios y problemas fisiológicos y psicosociales asociados con dicho proceso y las intervenciones de enfermería apropiadas. El objetivo de este libro de texto es ofrecer tanto al estudiante como al personal de enfermería que se inicia en la profesión una perspectiva equilibrada de las realidades del envejecimiento y ampliar su visión de las personas mayores de manera que sea posible atender sus necesidades de una forma empática, atenta y profesional. Cuenta con un diseño a todo color con fotografías e ilustraciones visualmente atractivos y pedagógicamente tiles. Cada capítulo comienza con una lista de objetivos que proporcionan un marco donde ubicar los contenidos y con una serie de términos clave. Entre sus características clave diseñadas para fomentar un aprendizaje y una comprensión eficaces destaca una amplia cobertura de aspectos culturales, situaciones clínicas, delegación, atención domiciliaria, promoción de la salud, educación del paciente y abordajes de salud complementarios. En los numerosos ejercicios de Pensamiento crítico se aportan enseñanzas prácticas que sintetizan la información y la aplican a los cuidados de enfermería del adulto mayor.

Mantenerse en forma de mayor: ejercicios para hacer en casa Pilar Pont Geis, 2003

Las personas mayores en España, 2005

Tercera edad Pilar Pont Geis, 2012-07-11 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 planteé 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 podrá 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, psicológicos y socioafectivos 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.

Más músculo, más vida Moisés Morán Vega, 2025-03-04. A medida que avanzamos en la vida, mantener una buena salud y un cuerpo fuerte se convierte en una prioridad clave para disfrutar de cada etapa con vitalidad. Este libro es tu puerta de entrada al entrenamiento de fuerza adaptado a las necesidades de quienes tienen 50 años o más, ofreciendo una guía completa y accesible para mejorar tu calidad de vida física y emocional. Diseñado para principiantes y aquellos que buscan optimizar su rutina, este manual te introduce en los beneficios comprobados del entrenamiento de fuerza: desde fortalecer músculos y huesos hasta prevenir enfermedades asociadas con el envejecimiento y preservar tu independencia. Aprenderás cómo integrar ejercicios prácticos y seguros en tu día a día, acompañados de consejos sobre nutrición, recuperación y prevención de lesiones. Además, desmontaremos mitos populares sobre el ejercicio en la edad adulta y te proporcionaremos estrategias probadas para mantenerte motivado y constante en tu camino hacia una vida más activa y saludable. Con un enfoque científico, realista y empático, este libro no solo te enseñará cómo ganar fuerza, sino también cómo rejuvenecer tu energía y bienestar general. Recuerda: nunca es tarde para empezar. Con las herramientas adecuadas, puedes transformar tu cuerpo y mente, demostrando que la fuerza no conoce límites de edad. Descubre cómo el entrenamiento de fuerza puede ser tu aliado para vivir mejor más tiempo.

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