

THIRD EDITION

REACH FOR IT!

*A Handbook of Health, Exercise
and Dance Activities for Older Adults*



David E. Corbin and Josie Metal-Corbin

Reach For It A Handbook Of Health Exercise And Dance For Older Adults

**American Association for Active
Lifestyles and Fitness**



Reach For It A Handbook Of Health Exercise And Dance For Older Adults:

Reach for It! David E. Corbin, Josie Metal-Corbin, 1997 The spirit of this book can best be captured in the saying If you don't use it you lose it Staying active is important throughout a person's life It is never too late to change a sedentary lifestyle or to learn new things The material in this book is directed towards older adults and those who lead older adults in health exercise and dance programs For the most part the exercises and dance activities in this book were selected because they can be performed in small spaces on a limited budget using free inexpensive or no equipment Some activities are designed for individuals and others are for small or large groups A major portion of this book is devoted to descriptions suggestions and procedures for exercise and dance activities therefore they may be read in any sequence *Reach for it* David E. Corbin, Josie Metal-Corbin, 1990

Creative Dance for All Ages Anne Green Gilbert, 2025-09-29 With a long history as a leading resource for dance educators *Creative Dance for All Ages* is the research backed tool every creative dance teacher needs Discover the theory methods and lesson ideas to ensure a successful creative dance experience for students of all ages and abilities *Creative Dance for All Ages 2nd Edition* Gilbert, Anne Green, 2015-01-28 This second edition of the classic text directs dance teachers through what they need to know to teach creative dance from pre K through adult levels in a variety of settings It includes a sequential curriculum lesson plans editable forms and teacher strategies created by master teacher Anne Green Gilbert

Brain-Compatible Dance Education 2nd Edition Gilbert, Anne Green, 2018-09-10 Anne Green Gilbert's *Brain Compatible Dance Education Second Edition* strikes the perfect balance between hard science and practicality making it an ideal resource for dance educators working with dancers of all ages and abilities Gilbert presents the latest brain research and its implications for dance educators and dancers She makes the research findings accessible and easy to digest always connecting the science to the teaching and learning that takes place in classrooms and studios *Journal of Physical Education, Recreation & Dance*, 1993

Reach for It! David E. Corbin, Josie Metal-Corbin, 1983 *Aging*, 1990

Exercise and Fitness for the Older Adult American Association for Active Lifestyles and Fitness, 1998

Moving Sites Victoria Hunter, 2015-03-27 *Moving Sites* explores site specific dance practice through a combination of analytical essays and practitioner accounts of their working processes In offering this joint effort of theory and practice it aims to provide dance academics students and practitioners with a series of discussions that shed light both on approaches to making this type of dance practice and evaluating and reflecting on it The edited volume combines critical thinking from a range of perspectives including commentary and observation from the fields of dance studies human geography and spatial theory in order to present interdisciplinary discourse and a range of critical and practice led lenses through which this type of work can be considered and explored In so doing this book addresses the following questions How do choreographers make site specific dance performance What occurs when a moving body engages with site place and environment How might we interpret analyse and evaluate this type of dance practice through a range of theoretical lenses

How can this type of practice inform wider discussions of embodiment site space place and environment This innovative and exciting book seeks to move beyond description and discussion of site specific dance as a spectacle or novelty and considers site dance as a valid and vital form of contemporary dance practice that explores reflects disrupts contests and develops understandings and practices of inhabiting and engaging with a range of sites and environments Dr Victoria Hunter is Senior Lecturer in Dance at the University of Chichester

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription American College of Sports Medicine, Jeffrey L. Roitman, 2001 This complementary book to ACSM's Guidelines for Exercise Testing and Prescription elaborates on the Knowledge Skills and Abilities KSAs you need to study for any of the American College of Sports Medicine certification exams It also serves as a valuable professional resource behind the Guidelines New content includes updated research throughout and a reorganization of the KSAs to correspond with the sixth edition of ACSM's Guidelines Significantly revised chapters include Epidemiology of Physical Activity Physical Fitness and Selected Chronic Diseases Diet and Chronic Disease Medical and Invasive Interventions in the Management of Coronary Artery Disease Comprehensive Cardiovascular Risk Reduction in Patients with Coronary Artery Disease Smoking Cessation Policies and Procedures for Clinical Programs Both the clinical and health fitness tracks are covered in an attractive design that highlights the KSAs for each level of certification The book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness A Brandon Hill recommended title

A Society Growing Older Marcia Jean Carter, Claire Foret, Randy Swedburg, 1996

Reach for It!: a Handbook of Health, Exercise and Dance Activities for Older Adults, by David E. Corbin and Josie Metal-Corbin Et Al David E. Corbin, Josie Metal-Corbin, 1990

More Than Movement for Fit to Frail Older Adults Pauline P. Fisher, 1995 This practical resource uses dance art poetry sensory training and intergenerational games to encourage movement among older adults of varying abilities Filled with ideas for stimulating creativity motivating body movement and fostering a sense of physical emotional and spiritual well being More than Movement for Fit to Frail Older Adults is an indispensable tool that makes group activities fun and rewarding Valuable guidelines are provided for helping clients sharpen perceptual skills reawaken senses and increase social interaction rediscover creativity and share oral histories master relaxation and stress management techniques improve balance flexibility and strength and enhance joint articulation and range of motion Professionals in adult day care centers senior centers nursing homes and other group settings will benefit from the easy to lead activities and the wealth of ideas for working with older adults

American Journal of Public Health, 1997-07

Medical and Health Care Books and Serials in Print, 1997

Leisure Services with the Elderly Joseph E. Teaff, Joseph D. Teaff, 1990

In Search of Total Health Paul Brynteson, 1989

Health/Wellness Scott W. Roberts, 1989

Research in Dance Mary S. Bopp, 1994 A reference to dance information in both electronic and print form covering all forms of dance as well as the other work of the

dancer choreographer activities that include teaching classes in dance history anthropology or philosophy writing reviews and essays or conducting studies in dance kinesiology All types of sources are cited including encyclopedias film and video catalogs manuals indexes serial publications and sources for book and performance reviews

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