



# Promoting Exercise and Behavior Change in Older Adults: Interventions with the Transtheoretical Model

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Exercise in later life is important for health and well-being, yet motivating older adults to exercise can be difficult. This book addresses that need by tailoring "The Transtheoretical Model" of behavior change to the client's level of readiness for change. The contributors show how TTM can be used to help older adults with varying needs and abilities to change their exercise behaviors.

This book is essential for health care professionals including nurses, exercise specialists, occupational therapists, social workers, and others interested in helping older adults incorporate exercise into their daily lives.

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