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The critical element that distinguishes the fourth edition of ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities is its unifying mission to incorporate physical activity and exercise in both disease treatment and prevention. Its emphasis on assisting people with multiple conditions, which is ever present in health care today, moves beyond primary and secondary prevention to focus on how patients and clients can be kept

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This reference was developed by the American College of Sports Medicine (ACSM) and written by. Now in its third edition, ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities offers both exercise and health professionals the latest research and applications for integrating exercise into the treatment of 49 chronic diseases and disabilities.

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