



## ACSM's Guidelines for Exercise Testing and Prescription

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This text has long been considered the Gold Standard in sports medicine, exercise science, and health and fitness. It enables you to test and evaluate individuals to prescribe effective exercise programs tailored to their particular needs and based on the latest evidence.

Highlights include:

- A new chapter on behavior strategies to help keep clients motivated and committed to lifelong exercise
- Expanded coverage of special populations
- As always, the latest guidelines and recommendations from ACSM and other professional organizations

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