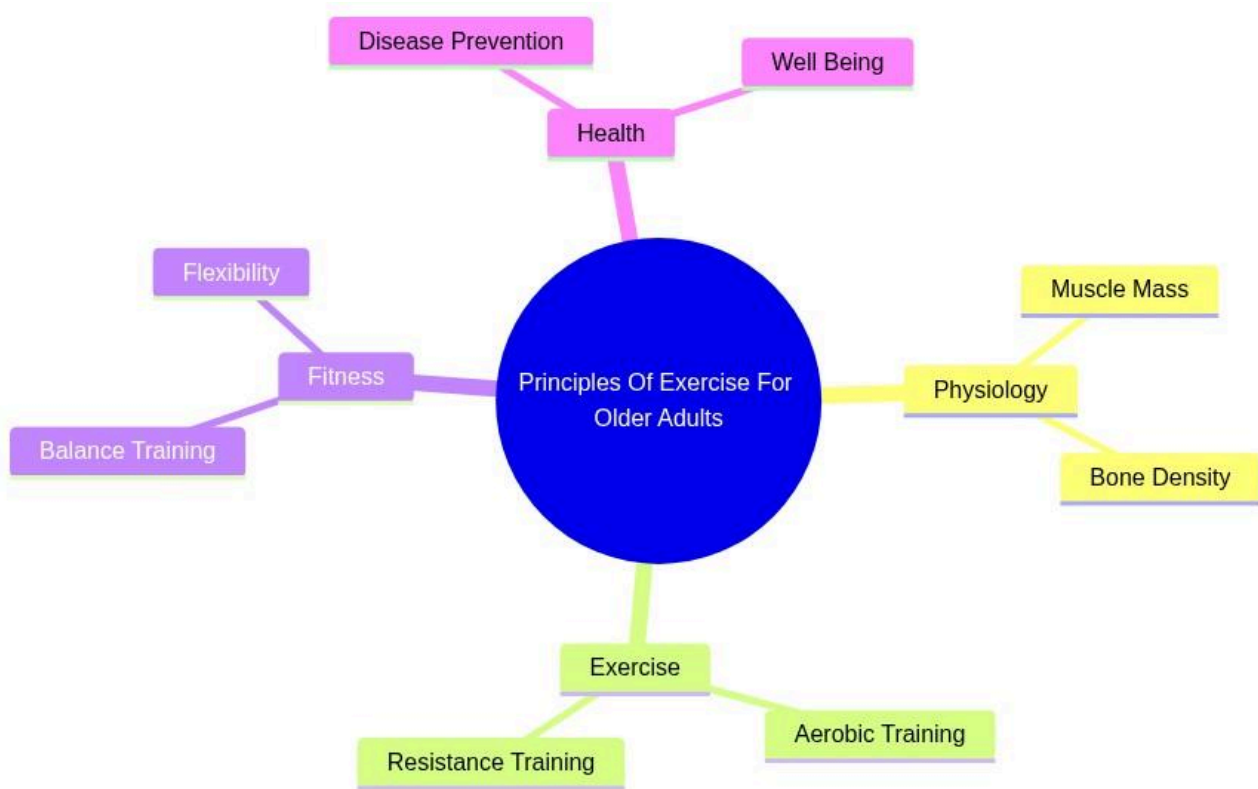


Global Certificate Course in Senior Fitness for Longevity

Principles Of Exercise For Older Adults



```

mindmap
  root((Principles Of Exercise For Older Adults))
    Physiology
      Muscle Mass
      Bone Density
    Exercise
      Aerobic Training
      Resistance Training
    Fitness
      Balance Training
      Flexibility
    Health
      Disease Prevention
      Well Being
  
```