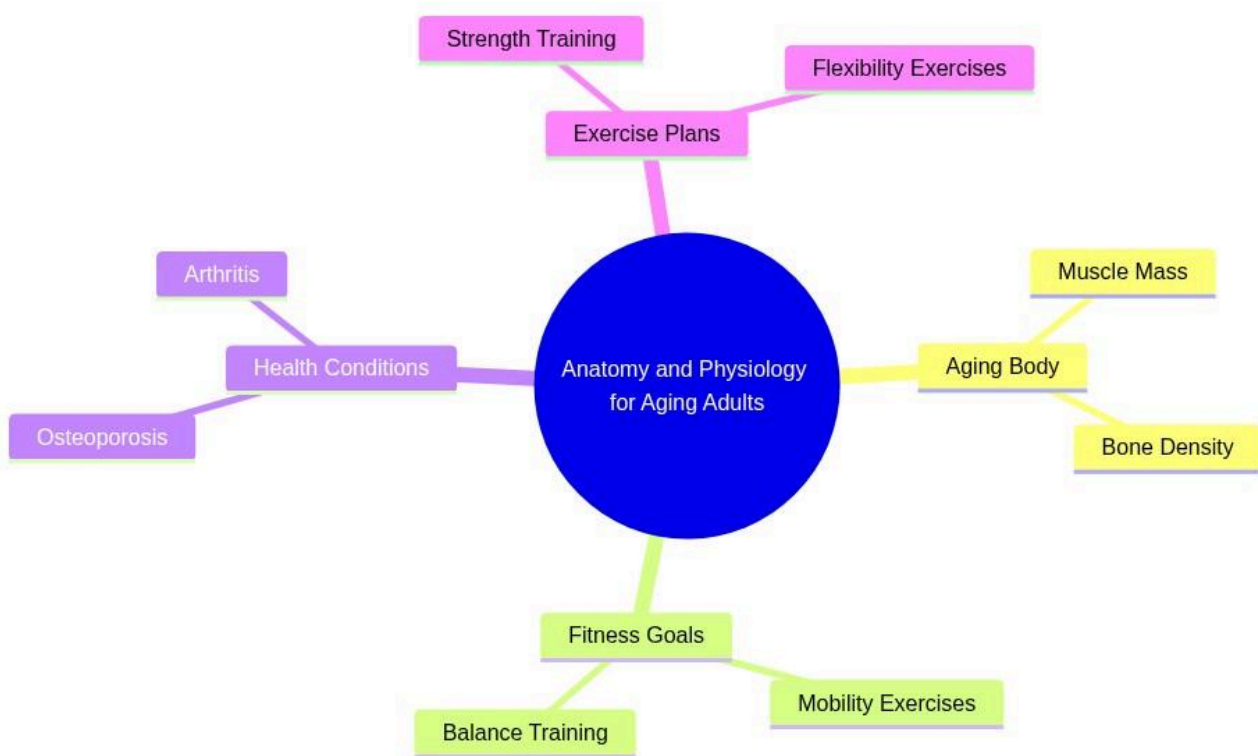


Professional Certificate in Mobility Exercises for Aging Adults

Anatomy and Physiology for Aging Adults



mindmap

root((Anatomy and Physiology for Aging Adults))

Aging Body

Muscle Mass

Bone Density

Fitness Goals

Mobility Exercises

Balance Training

Health Conditions

Osteoporosis

Arthritis

Exercise Plans

Strength Training

Flexibility Exercises