

Obesity & Weight Management & 17th World Fitness Expo

The impact of a structured balance training program on older adults

Graceland University, USA

Introduction:

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Methods:

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Results:

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Conclusion:

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Biography

Chris King has expertise in health and fitness with a passion for improving health, knowledge and well-being for all. His education includes his MS in Health, Physical Education and Recreation from Emporia State University, BS in Education from Northwest Missouri State University and various coursework from the University of Iowa, Southwestern Community College and Iowa Western Community College. He works as an instructor of health and movement sciences at Graceland University, adjunct-instructor at Southwestern Community College, certified personal training for Catholic Health Initiatives and a licensed emergency medical technician. His knowledge and research is based upon his expertise in this wide set of technical fields. Application of this knowledge and skill enables him to educate and empower whomever he comes into contact, with a goal of improving their overall quality of life.

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