

EFFECTS OF PHYSICAL ACTIVITY IN OLDER ADULTS

BONE HEALTH

Both resistance and aerobic exercise may have positive effects on the density of bone in men and women at various ages.

WELL-BEING

The psychological well-being of older adults can be positively affected by participation in moderately intense exercise.

QUALITY OF LIFE

There is a positive effect for older adults who exercise in both emotional functioning and social functioning.

DEPRESSION AND MOOD

Research as a whole suggests that physical activity plays an antidepressant role in older adults.

COGNITIVE PERFORMANCE

Physical activity can reduce the risk of age-related cognitive decline.

BODY COMPOSITION

Regularly participating in moderately intense aerobic activity has been shown to reduce the amount of fat on bodies of older adults.

