EXERCISING IS ESSENTIAL FOR HEALTHY AGING

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Physical activity involves any movement of the body requiring energy consumption [1]. For older adults, recreational/leisure-time physical activity, walking/cycling, household chores, and sports are some types of physical activity [2]. Exercising requires proper planning [1]. Exercising includes, but not limited to, aerobic movements, isometric/isotonic/isokinetic activities, and flexibility/range of motion exercises. Older adults with sedentary lifestyle suffer because of poor physical fitness and inability of performing most daily activities. More active lifestyle may offer several benefits to them in terms of muscular and aerobic capacity [3].

Regular exercising has immunomodulatory effects thereby inducing immune competence and reducing the risk of infection [4]. Strengthening exercises may also enhance anti-inflammatory pathways. Repetitive mechanical loading during exercising alters cell differentiation [5]. Exercising, with its certain benefits, may have complementary effect to pharmacotherapies and help avoid polypharmacy [3]. Therefore, implementing exercising programs in geriatric practice is essential for healthy aging [6]. The World Health Organization (WHO) 2020 guidelines on physical activity and sedentary behavior stated that people aged ≥65 years should perform ≥150-300 minutes of moderate-intensity (or ≥75-150 minutes of vigorous-intensity) aerobic physical activity or an equivalent combination...
of moderate- and vigorous-intensity activity per week [7]. Moderate or greater intensity muscle strengthening exercises at least twice a week were also recommended for older adults [7]. Izquierdo et al. recommended that the physical activity/exercise regimen should be individualized and projected to intended outcomes [3]. Health status, medical condition, musculoskeletal limitations, and functional ability of the elderly should be taken into consideration when prescribing exercises. Although a multi-modal exercise has been recommended for older adults, it would be more appropriate to begin with a single exercise modality to improve adherence and minimize attrition.

The elderly subject should be introduced to the new exercise routine gradually. In this regard, 2-3 days of resistance training, 3-7 days of aerobic training, and 1-7 days of balance training have certain benefits for optimal aging and maintenance of functional capacities [3].

CONFLICTS OF INTEREST
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REFERENCES