PHYSICAL FITNESS AND HEALTHY AGING

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Regular physical activity has the potential to reduce the negative effects of aging and slow the development and progression of chronic diseases in older adults. The potential depends on the kind, intensity, frequency, and duration of exercise [1]. For instance, resistance exercise at 16% of 1 repetition maximum can increase skeletal muscle fractional synthetic rate regardless of nutrition type or pattern in untrained healthy older men. This finding highlights the anabolic impact of light-load resistance exercise in older adults [2]. Resistance training appears to have favorable effects on cellular senescence and may improve impaired mitochondrial protein and enzymatic malfunctioning [3].

The protective effects of diverse exercise programs in elderly men have been much studied in the literature. The benefits are partly related to the decrease in oxidative stress parameters and inflammatory and neurotropic mediators. Varying in a type-dependent manner, exercises can reduce...
lipid oxidative damage, while increasing the activity of glutathione peroxidase and thioredoxin reductase and the level of total glutathione. Regular physical activity can also reduce the level of interleukin (IL)-6 and IL-8 [1]. Endurance exercises may decrease the seasonal decline in serum 25-hydroxyvitamin D concentrations in elderly men [4]. Regular physical activity has preventative effects on cellular aging. In addition to physical fitness, not smoking and maintaining normal waist girth can reduce the risk of coronary heart disease and all-cause mortality in men [5].

REFERENCES


