




## IMPROVEMENT OF PHYSICAL FITNESS BY PHYSICAL ACTIVITY IN THE ELDERLY

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### ABSTRACT

This article addresses the benefits of physical activity in improving the physical fitness of the elderly. Regular exercise is effective in increasing muscle strength, improving cardiovascular endurance, preventing chronic diseases, and improving psychological well-being. In addition, it highlights the importance of personalized and supervised exercise programs to maximize the benefits of physical activity in healthy aging.

**Keywords:** Elderly. Physical Activity. Fitness. Health. Healthy Aging. Psychological well-being. Exercise. Chronic Diseases. Mobility. Muscle Strength.



## INTRODUCTION

The aging process is inevitable and involves several physiological changes that can negatively impact the health of the elderly. However, regular physical activity has been shown to be one of the most effective ways to improve quality of life and fitness in older people. Regular physical activity not only improves physical capacity and mobility, but also contributes to the prevention of chronic diseases, reduced risk of falls, and promotes psychological well-being.

## BENEFITS OF PHYSICAL ACTIVITY FOR THE ELDERLY

Aging is often associated with a decrease in muscle mass, increased body fat, loss of bone density, and a reduction in cardiovascular and respiratory capacity. These factors can result in lower mobility, frailty, and a higher risk of chronic diseases such as hypertension, type 2 diabetes, and cardiovascular disease. However, scientific studies show that physical activity can help mitigate these effects by improving muscle function, flexibility, balance, and endurance [1][2].

Physical activity, such as walking, swimming, resistance exercises, and strength training, has a direct impact on the health of the elderly. Strength training, for example, helps increase muscle mass and strength, which is essential for performing everyday activities and preventing falls. In addition, the improvement in cardiovascular endurance allows the elderly to perform their daily tasks with more energy, reducing the feeling of tiredness and fatigue [3][4].

Regular exercise is also associated with reduced risk of chronic disease. Studies show that physical activity can control blood glucose levels, improve cholesterol levels, and reduce blood pressure, all of which are important risk factors for cardiovascular and metabolic diseases. In addition, regular exercise also helps in preventing diseases such as osteoporosis, promoting bone health, and preventing fractures [5].

## PSYCHOLOGICAL ASPECTS OF PHYSICAL EXERCISE

In addition to the physical benefits, physical activity has a positive impact on the psychological well-being of the elderly. Exercise has the ability to reduce levels of stress, anxiety, and depression, conditions common among the elderly, often related to social isolation and loss of functional capabilities. The practice of physical activities is



also associated with improved self-esteem and self-confidence, as it provides a sense of control over the body and health [2][5].

Another significant psychological benefit of physical activity is the promotion of socialization. Many exercise programs for seniors include group activities such as fitness classes, walking, or dancing. These social activities contribute to the reduction of loneliness and isolation, promoting the integration of the elderly with the community and with other individuals in their age group, which improves their mental and emotional health [3].

## **FINAL CONSIDERATIONS**

It is evident that the regular practice of physical activity brings a series of benefits to the health and well-being of the elderly. To achieve the best results, it is essential that the exercise program is adapted to the individual needs and limitations of the elderly, considering their level of physical fitness, possible comorbidities, and their personal preferences. Supervised programs, with monitoring by health professionals, are highly recommended, especially in the case of older adults with preexisting health conditions.

Physical activity should be seen not only as a way to maintain physical health, but as an essential pillar to promote healthy and active aging. In this way, it is possible to provide the elderly with a healthier, independent and better quality life, preventing the worsening of diseases and promoting general well-being.



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