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Active Ageing and Physical Activity

Guidelines, Functional Exercises
and Recommendations

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Foreword

“Active Ageing and Physical Activity: Guidelines, Functional Exercises and Recommendations”

Globally, the 65+ segment of the population is rapidly increasing. Medical and technological advances over the past century have had a significant and positive impact on the health and overall well-being of our nations’ citizens and longer life expectancies.

Regular participation in physical activity (PA) is essential for maintaining good health, particularly as we age. Considerable research evidence has demonstrated that individuals who are active in their older adult years exhibit lower rates of disease (e.g. cardiovascular disease, diabetes, colon and breast cancer) and disability. In contrast to their physically inactive counterparts, physically active older adults maintain healthier body weights, higher cognitive function and better overall functional health.

Despite the wealth of research evidence that has identified physical inactivity as a key risk factor for a number of chronic medical conditions that result in premature disability and/or mortality in the older adult years, a large proportion of older adults (≥ 65 years) do not currently meet global physical activity recommendations. Older adults ageing with a disability are even less likely to engage in any type of leisure time activity when compared to older adults without disability. This is a particularly troublesome finding given that individuals with disability who regularly engage in physical activity derive similar health benefits. A reduction in the level of functional impairment and improvements in perceived quality of life have also been demonstrated to individuals with disability who participate in physical activity, even at lower levels of intensity.

“*Active Ageing and Physical Activity: Guidelines, Functional Exercises and Recommendations*” promises to be an exceptional resource for any professional working with the older adult population. Drs. Dias and Couceiro address the role of physical activity in promoting active ageing from a multidisciplinary perspective,

combining essential theoretical knowledge of the ageing process and common age-associated diseases with practical information needed to design age-appropriate physical activity programmes that can be safely and effectively implemented by trained professionals.

I look forward to adding this contemporary resource to my professional library and sharing the theoretical and practical knowledge presented in this book with undergraduate and graduate students currently preparing for professional careers working with older adults in rehabilitation and physical activity settings.

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Contents

1 Introduction: New Paradigms of Active Ageing	1
Gonçalo Nuno Figueiredo Dias, Micael Santos Couceiro, Polybio Serra e Silva, Maria António Castro, Maria Aurora Branquinho, Rui Mendes and Inês Cláudia Rijo de Carvalho	
1.1 Population Ageing	2
1.2 Active Ageing: Retrospective and Future Trends	7
1.3 Physical Activity in the Active Ageing Process	10
1.4 Disorders and Psychomotor Rehabilitation	11
1.4.1 Cerebrovascular Accidents	12
1.4.2 Heart Disease	13
1.4.3 Pulmonary Disease	14
1.4.4 Osteoporosis	14
1.4.5 Metabolic Disorders (Diabetes)	15
1.5 Conclusions and Practical Implications	15
References	16
2 Physical Activity Benefits in Active Ageing	21
Gonçalo Nuno Figueiredo Dias, Micael Santos Couceiro, Pedro Mendes and Maria de Lurdes Almeida	
2.1 Background	21
2.2 Morphological and Functional Changes of the Elderly	22
2.3 Body Composition	23
2.4 Cardio-respiratory Capacity	23
2.5 Musculoskeletal System	24
2.6 Central Nervous System	24
2.7 Sensory and Perceptive System	25
2.8 Movement Duration and Motor Reaction	26

2.9	Health Benefits of Physical Activity	27
2.9.1	Aerobic Capacity	27
2.9.2	Muscular Strength	28
2.9.3	Flexibility	29
2.9.4	Balance	29
2.9.5	Biopsychosocial Model	30
2.10	Conclusions and Practical Implications	31
	References	31
3	Activity Programmes for the Elderly	35
	Gonçalo Nuno Figueiredo Dias, Micael Santos Couceiro and Rui Mendes	
3.1	Regular Physical Activity and Healthy Ageing	35
3.2	Physical Fitness Evaluation	38
3.3	Physical Activity Prescription	39
3.3.1	Structure	39
3.3.2	Frequency	39
3.3.3	Duration	40
3.3.4	Intensity	40
3.3.5	Repetitions per Exercise	40
3.3.6	Technical Indications	40
3.4	General Exercises	40
3.4.1	Stick	41
3.4.2	Ball	45
3.4.3	Hoop	50
3.4.4	Resistance Band (Part 1)	56
3.4.5	Resistance Band (Part 2)	61
3.5	Strength Exercises	74
3.5.1	Dumb-bells	75
3.5.2	Neoprene Ankle Weights	81
3.6	Partner Exercises	86
3.6.1	Body Strengthening	86
3.6.2	Body Language	93
3.7	Return to Resting State	98
3.8	Conclusions and Practical Implications	102
	References	102
4	Technology for the Active Senior	105
	Micael Santos Couceiro and Gonçalo Nuno Figueiredo Dias	
4.1	Mixed Reality Serious Games and Robotics	105
4.2	Mixed Reality Serious Games	107
4.2.1	Serious Games	109
4.2.2	Mixed Reality	109
4.2.3	Wearable Technology	110

- 4.3 Robotics 111
 - 4.3.1 Appearance and Physical Characteristics. 112
 - 4.3.2 Real-Time Assistance and Monitoring
Over the Internet. 113
 - 4.3.3 Autonomous Navigation and Operation Under
Dynamic Environments. 114
- 4.4 Conclusions and Practical Implications. 115
- References. 116
- 5 Conclusions 119**
Gonçalo Nuno Figueiredo Dias and Micael Santos Couceiro
 - 5.1 Conclusions 119
 - 5.2 Practical Implications 120
 - 5.3 Recommendations. 120

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