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## Exercise and Older Adults

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The topics discussed below include physical activity, exercise adherence, the effectiveness of exercise, exercise interventions, resistance exercise, functional capacities, home-based exercise programs, barriers and motivators of physical activity, prevention of frailty, successful aging, healthy aging, and the quality of life among older adults.

### **Effect of a Home-Based Exercise Program on Subsequent Falls Among Community-Dwelling High-Risk Older Adults After a Fall: A Randomized Clinical Trial**

<https://pubmed.ncbi.nlm.nih.gov/31162569/>

This study assessed the effect of a home-based exercise program as a fall prevention strategy in older adults who were referred to a fall prevention clinic after an index fall. (OPEN ACCESS)

### **Multicomponent Exercise Program Reduces Frailty and Inflammatory Biomarkers and Improves Physical Performance in Community-Dwelling Older Adults: A Randomized Controlled Trial**

<https://pubmed.ncbi.nlm.nih.gov/32466446/>

The effectiveness of exercise in reversing frailty in the aging population has not been extensively investigated. This study aimed to examine the efficacy of multicomponent exercise programs for frailty and physical performance in frail older adults. (OPEN ACCESS)

### **Home-based exercise programmes improve physical fitness of healthy older adults: A PRISMA-compliant systematic review and meta-analysis with relevance for COVID-19**

<https://pubmed.ncbi.nlm.nih.gov/33571702/>

This systematic review and meta-analysis aimed to examine the effects of home-based exercise programs on measures of physical fitness in healthy older adults. (OPEN ACCESS)

### **A qualitative study of older adults' perspectives on initiating exercise and mindfulness practice**

<https://pubmed.ncbi.nlm.nih.gov/31865906/>

Mindfulness practice and exercise are how older adults can improve and maintain their physical, emotional, and cognitive health. This qualitative study gathered insights into older adults' perceptions about initiating and maintaining mindfulness and exercise practices. (OPEN ACCESS)

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### **Effects of three home-based exercise programmes regarding falls, quality of life and exercise-adherence in older adults at risk of falling: protocol for a randomized controlled trial**

<https://pubmed.ncbi.nlm.nih.gov/30642252/>

The objective of this study was to compare a new home-based exercise program with the Otago Exercise program to assess the severity of falls, functional capacities, quality of life, and exercise-adherence. (OPEN ACCESS)

### **Effects of physical exercise on cognitive function of older adults with mild cognitive impairment: A systematic review and meta-analysis**

<https://pubmed.ncbi.nlm.nih.gov/32460123/>

This meta-analysis study aimed to identify the effect of physical exercise on older people's cognition with mild cognitive impairment (MCI) and explore sources of heterogeneity. (OPEN ACCESS)

### **Physical activity programs for balance and fall prevention in elderly: A systematic review**

<https://pubmed.ncbi.nlm.nih.gov/31277132/>

This study aimed to systematically review the scientific literature to identify physical activity programs to increase balance in the elderly. (OPEN ACCESS)

### **A multicomponent exercise intervention to improve physical functioning, cognition and psychosocial well-being in elderly nursing home residents: a study protocol of a randomized controlled trial in the PROCARE (prevention and occupational health in long-term care) project**

<https://pubmed.ncbi.nlm.nih.gov/31870314/>

This study sought to determine the feasibility and efficacy of a multicomponent exercise intervention for long-term care residents that aimed to improve physical and cognitive functioning and quality of life. (OPEN ACCESS)

### **Effects of aquatic exercise on mental health, functional autonomy, and oxidative stress in depressed elderly individuals: A randomized clinical trial**

<https://pubmed.ncbi.nlm.nih.gov/31271585/>

The purpose of this study was to examine the effects of aquatic exercise on mental health, functional autonomy, and stress parameters in depressed elderly individuals. (OPEN ACCESS)

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### **The effect of exercise on anxiety in the elderly worldwide: a systematic review and meta-analysis**

<https://pubmed.ncbi.nlm.nih.gov/33176811/>

Physical activity and exercise have been found to be an effective approach to anxiety treatment for older adults. This systematic review and meta-analysis study was conducted to determine the effect of exercise on reducing anxiety in older adults. (OPEN ACCESS)

### **Exercise for preventing falls in older people living in the community**

<https://pubmed.ncbi.nlm.nih.gov/30703272/>

Exercises that target balance, gait, and muscle strength have been found to prevent falls. This study assesses the effects, benefits, and harms of exercise interventions for preventing falls in older people living in the community. (OPEN ACCESS)

### **Physical activity, quality of life and successful ageing among community-dwelling older adults**

<https://pubmed.ncbi.nlm.nih.gov/28837231/>

This study sought to identify the relationships between physical activity, quality of life, and successful aging among community-dwelling older adults in South Korea. (OPEN ACCESS)

### **Effect of team sports and resistance training on physical function, quality of life, and motivation in older adults**

<https://pubmed.ncbi.nlm.nih.gov/28144978/>

This study aimed to investigate the effect of team sports and resistance training on physical function, physiological health, quality of life, and motivation in older untrained adults. (OPEN ACCESS)

### **Perceived Facilitators and Barriers to Exercise Among Older Adults with Mild Cognitive Impairment and Early Dementia**

<https://pubmed.ncbi.nlm.nih.gov/31621645/>

Persons with mild cognitive impairments (MCI) and early dementia are often physically inactive. This study explored the barriers, facilitators, and preferences for exercise among persons living with MCI and early dementia. (OPEN ACCESS)

### **Wishes and perceptions about exercise programs in exercising institutionalized older adults living in long-term care institutions: A qualitative study**

<https://www.sciencedirect.com/science/article/pii/S0197457221003657>

With the level of exercise among older adults being low among those living in health-care institutions, this study aimed to gain insight into the perceptions of institutionalized older adults towards the exercise programs developed in long-term care institutions and identify their wishes and needs regarding these programs. (OPEN ACCESS)

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### Effects of Xbox Kinect exercise training on sleep quality, anxiety, and functional capacity in older adults

<https://www.sciencedirect.com/science/article/abs/pii/S1360859221001856>

The purpose of this study was to examine the effects of an Xbox Kinect exercise program on sleep quality, anxiety, and functional capacity in older adults. (OPEN ACCESS)

### Effect of the COVID-19 pandemic on the physical and psychoaffective health of older adults in a physical exercise program

<https://www.sciencedirect.com/science/article/pii/S0531556521003624>

With COVID-19 lockdowns restricting physical activity levels for individuals around the world, this study sought to analyze changes in older adults' physical and mental health enrolled in a group-based multicomponent physical exercise (MPE) program that was interrupted due to the pandemic. (OPEN ACCESS)

### Effects of yoga and aerobic exercise on well-being in physically inactive older adults: Randomized controlled trial (FitForAge)

<https://www.sciencedirect.com/science/article/pii/S0965229922000176>

This study compared the effects of yoga and aerobic exercise on well-being in physically inactive but otherwise healthy older adults. (OPEN ACCESS)

### Testing the feasibility of a primary-care exercise intervention to prevent and reverse early frailty and build resilience in community-dwelling older adults

<https://www.sciencedirect.com/science/article/pii/S2589537022000852>

Resistance exercises have been shown to prevent and reverse frailty, but their application in clinical practice is low. This randomized-control study tested the feasibility of an optimized exercise intervention for mild or pre-frailty in a primary-care setting. (OPEN ACCESS)

### Physical activity and healthy ageing: A systematic review and meta-analysis of longitudinal cohort studies

<https://pubmed.ncbi.nlm.nih.gov/28648951/>

This systematic review and meta-analysis of longitudinal studies examined the associations between physical activity and healthy aging. (OPEN ACCESS)

### Evidence on Physical Activity and the Prevention of Frailty and Sarcopenia Among Older People: A Systematic Review to Inform the World Health Organization Physical Activity Guidelines

<https://pubmed.ncbi.nlm.nih.gov/32781432/>

Physical activity has been identified as a potential preventative strategy for frailty and sarcopenia. This study aimed to investigate the association between physical activity and the prevention of frailty and sarcopenia in people aged 65 and older. (OPEN ACCESS)

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### Physical Activity during the Retirement Transition of Men and Women: A Qualitative Longitudinal Study

<https://pubmed.ncbi.nlm.nih.gov/34504896/>

The retirement transition is a significant life change affecting people's lifestyles and behaviours, including those in relation to physical activity. This study focused on assessing physical activity experiences during retirement transitions to distinguish the main drivers and barriers to practicing physical activities. **(OPEN ACCESS)**