



SUCCESSFUL AGING THROUGH EXERCISE

-Normal age-related changes result in a decline in exercise capacity compared with when the individual was younger.



-Optimization of exercise capacity in elderly populations through physical activity has far-reaching benefits for **independence** and **overall quality of life**.

-It also serves as a highly effective means of reducing morbidity



-Exercise **protects** against the age related **arterial stiffening** and produces **structural changes in the heart** that are beneficial.

-The initiation of an exercise program produces modest but clinically significant **reductions in BP** among older adults.



-Exercise improves the overall **lung function**. Its also improves quality of life both in healthy and diseased lungs.



-Exercise tend to **improve brain function** and decreases symptoms of depression.



-Warm-up and cool-down exercises are important to reduce injury and encourage flexibility

So Exercise and age successfully !

