



Physical Activity and Exercise Programs in Older Adults

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Message from the Guest Editors

Clinical guidelines recommend that adults of all ages undertake at least 150 minutes of moderate to vigorous activity per week, and also strength and balance exercises on two occasions per week. However, the amount that people are active reduces with age.

Scope: Studies of interventions or public health approaches to promote the uptake and/or maintenance of physical activity in older adults and analyses of the impact on physical activity levels, physical and mental health, and care outcomes are in scope. Studies can be in any setting (e.g., community, care homes, etc.), be of the general population or specific health populations (e.g., people with dementia), and any type of physical activity (e.g., structured exercise, activities of daily living such as gardening, strength and balance exercise, or sport).

Aims: To inform public health approaches to increasing physical activity in older adults and report on the impact that increasing physical activity has on health and wellbeing.





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Message from the Editor-in-Chief

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