

Aerobic Activity In Over 50 In Relation To The Resulting Benefits And Raising Of The Quality Of Life

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Abstract—Aerobic sports that provides graded and targeted exercises, which go to act specifically on some muscles: the goal is to train the body to sport without excessive stress. Then, they are performed in series: stretching, stretching, stretching and abdominals of various kinds that act on the flexibility of muscle tone and joints. There are also specific movements aimed at distension of the spine and neck muscles that often cause stiffness and back pain.

Keywords—Aerobic, Eldery, Psychal; Fitness exercise, preventive;

PURPOSE OF STUDY :

Even if what is said about Age and training, in this case, rather than indicating the typical errors (which is always better to avoid!), We will indicate what must be done. As you will see, many tips are in contrast with what is done by most over 50 aerobic exercise.

RECENT FINDINGS :

In gentle exercise for over 50'(2)(3) benefits are multiple:

- General toning of the body.
- Correction of incorrect postures, often caused by hours in the office in front of the computer.
- More muscular and bones (1) flexibility.
- Benefits for the cardio-circulatory and respiratory system.(5)
- Psychal Benefits

It is a versatile discipline since soft gymnastics can have various forms and various approaches depending on the type of exercises performed. squats, raised seated or abdominal legs are very useful if the goal is to regain physical fitness. Just as it is possible to concentrate specifically on certain parts of the body, such as the legs and buttocks, to strengthen the muscles and obtain an expression of muscular tone, thus increasing the mitochondrial density and consequently breathing and cellular consumption, so as to increase slightly organic metabolism.(4)

The gentle exercise is not to be carried out exclusively in the gym since the swimming pool and the rehabilitation gym classes in the water also have the characteristic of acting in the round on the body.

The main advantage, in this case, is linked to the fact that the weight load of the body does not go to stress the joints, thus facilitating some muscular movements that, otherwise, could be particularly heavy for a person not used to sports.(13)(8)

The preventive(11)(17) approach to the gentle exercise is simple: keeping fit is possible, and this applies to everyone. It is an activity without limitations: suitable for those who practice aerobic sports, it is particularly suitable for those with posture problems, for those who do not perform regular physical activity for a long time and for the elderly, as well as being recommended for pregnant women and sedentary people.

Generally, they plan to perform exercises that do not require to lie down or get up from the ground several times, movements that with age can become more risky. Furthermore, there is the possibility to perform some series of movements in water or with the support of a chair, reducing the risk of falls. No artificial loads or professional equipment are required either.(6)(7)(9)(10) The relationship between effort and benefit, in short, is clearly unbalanced in favor of the latter, even if, it should be remembered, gentle exercise(26)does not have an immediate impact on the body: those who practice it constantly and carefully will observe a slow and gradual change of their body , and a general improvement of one's physical well- being.

The psychological benefits that the regular practice of gentle gymnastics can introduce into the life of those who practice it should not be overlooked. In general, the type of exercises proposed also promotes relaxation and the pleasant sensation of "emptying the mind" after training soon becomes a welcome habit.

Contraindications: Being free-body exercises tendentially static, the gymnastics is not recommended for those who aim to act quickly on their physical fitness and those who have the goal of significantly strengthening their muscles. (12)(14)(15)(16)

Among the advantages of the practice of gentle exercise there is the possibility of repeating the exercises, often very simple, even independently. To avoid risks and incorrect movements, it is good to start attending a course in a gym or in a qualified center. Only later, once learned, some exercises can be replicated independently at home using their own

mat, or outdoors, during the summer. For the most demanding exercises you can use balls or soft rollers easily available, with the aim of facilitating the correct performance of some of the required movements.

The fact that many exercises that characterize the gentle exercise can be replicated independently must not suggest that this is a physical activity without risk. In fact even the simple and slow movements, if performed incorrectly or not calibrated to their condition can lead to stiffness, muscle strain or effects opposite to those hoped for, especially if the aim is to improve one's posture.(24)(25)

The gentle exercise is a "soft" sporting activity, but it is preferable to periodically consult an expert, both before and during the course, in order to monitor improvements and possible damages related to the practice, especially for those who choose to dedicate themselves to the exercises in autonomy. Nevertheless it is essential to keep the instructor constantly up-to-date on his / her health condition, in particular in the cardio-circulatory and postural field. The assistance can come to the stipulation of a physiotherapy insurance policy that includes free treatment in case we get injured while doing sports and improving the health behaviours (18)(26)

AEROBIC SESSIONS

In the activity. aerobics are worth more than the warnings for the beginner if you are not trained.

The experienced aerobic man is more efficient, the 50 year old beginner man may be in progression for several years, the drop is due to age and with the aerobic sessions an optimization of all the factors contributing to the performance is sought.

strength, elasticity and flexibility drop much more than resistance; recovery gets worse;

the anaerobic part gets worse than the aerobic one;

as a general principle, it is necessary to train the weak points, not those of force.

Since recovery worsens with age and for those who have been running for more than ten years and is over 50 the risk of injury increases due to the presence of chronic degenerative situations, those who make 5 or 6 weekly sessions should reduce them to 4 or 5. any session that was previously dedicated to running should be dedicated to a less traumatic activity (Gentle exercise) or gym.

Heart and muscles efficient, but also does not make the running style that keeps you efficient.

PSYCHAL BENEFITS

physical activity involves psychological improvements in the short and long term and produces psychological well-being. The personal benefits deriving from physical activity have been identified among others in: • an increase in confidence and awareness, • an improvement in mood with a

reduction in depression and anxiety, • a positive change in the perception of Self • an increase in energy and ability to cope with everyday activities, • an increase in the pleasure of exercise and social contacts, a greater state of readiness and mental clarity. Physical activity has a positive effect on

self-esteem that can reverberate on hypertension, osteoporosis, diabetes with onset of adults and some mood disorders. From leisure time activities, the physical one, provides the best antidepressive effect

. Psychological factors have been taken into consideration as antecedents, concomitants and consequent physical activity. With regard to the previous research the focus has been on the reasons that facilitate or hinder physical activity. Among these, the lack of time, is often the most cited barrier. Concerning psychological concomitants, studies(19)(20) have shown an improvement in well-being for medium-intensity and short-lived exercises, such as taking a fifteen-minute walk without stopping. With reference to the consequent or psychological effects, particular importance took on the feelings, positive or negative, that sport provokes in those who practice it, also in order to consider the impact that the exercise can have on strengthening the wellbeing of the population. Particular evidence has taken on the effects of aerobic exercise in the regulation of emotional states (21)(22)(23).

CONCLUSION:

Mean increase in VO₂max was significant for both the intervention for aerobic sports; however, there was no difference between groups. Women in the intervention group improved their fitness significantly more than women in the control group did. The intervention group had a reduction in systolic blood pressure. The mean energy expended significantly increased and was higher in the intervention demonstrates an increase in vigor and a decrease in negative mood states, such as tension, anger, depression, fatigue and confusion.

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