

## Physical Activity: Ageing

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### Abstract

The proposed research work is to highlight the importance of Physical activity during the ageing process. Ageing is a phase of life & all have to go through the life cycle. All human beings want to live with dignity & enjoy life benefits to the fullest. With the human lifespan getting longer, the importance of recreational & physical activity cannot be ignored. The researcher studied the literature and the research conducted on ageing / longevity of life. The combination of increased physical activity and modification in lifestyle enables older adults to enjoy better quality of life.

This research paper highlights the importance of healthy aging. It discusses several physical & physiological parameters which influence ageing process & helps in delaying the aging process.

**KEYWORDS:** Ageing, Physical Activity & lifestyle

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Ageing is a phase of life; it is the pattern of life changes that occurs in all species, as they grow older. We all have to go through different phases of life & the life cycle. At the biological level, ageing results from the impact of the accumulation of a wide variety of molecular and cellular damage as a result of the passage of time. This leads to a gradual decrease in physical and mental capacity, a growing risk of disease, and ultimately, death. But these changes are neither linear nor consistent, and they are only loosely associated with a person's age in years. While some 70-year-olds enjoy extremely good health and functioning, other 70-year-olds are frail and require significant help from others. Ageing is also associated with other life transitions such as retirement, relocation to more appropriate housing, and the death of friends and partners.

**Many factors influence ageing** from people's physical and social environments, including their homes, neighbourhoods, and communities, as well as their personal characteristics such as their sex, culture, or socioeconomic status.

Environments also have an important influence on the development and maintenance of healthy behaviours. Maintaining healthy behaviours/ lifestyle throughout life, particularly eating a balanced diet, engaging in regular physical activity, and refraining from tobacco, alcohol etc. use all contribute to reducing the risk of non-communicable diseases and improving physical and mental capacity. Strength training to maintain muscle mass and good nutrition can both help to preserve cognitive function, delay care dependency, and reverse weakness.

The Physical and Physiological limitations associated with ageing:

- Speed and coordinative abilities
- Strength

- Skill
- Flexibility
- Respiratory Changes
- Neural Function
- Body Composition
- Musculo skeletal Changes
- Cardiovascular functions
- Renal Function

An abundance of epidemiological research confirms the benefits of physical activity in reducing risk of various age-related morbidities and all-cause mortality.

Physical activity should emphasize activities of the specificity and type to improve components related to the maintenance of functional capacity and independence; these will also delay morbidity and mortality. An appropriate recommendation for older adults includes moderately vigorous cardiorespiratory activities (e.g., brisk walking), strength and (or) power training for maintenance of muscle mass and specific muscle-group performance, as well as "balance-mobility practice" and flexibility (stretching) exercise as needed.

### **Conclusion**

One can conclude by saying that, the combination of increased physical activity and modification in lifestyle enables older adults to enjoy better quality of life. The benefits associated with regular exercise and physical activity contributes to a healthier, independent lifestyle, greatly improving the functional capacity and quality of life in elderly population.

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