

Abstract

The purpose of this study was to investigate the effects of a 12-week training program on the physical and psychological health of elderly people.

The study was conducted in a community center in a large city. The participants were 40 elderly people, aged 65 and over, who had no previous experience of exercise.

The participants were divided into two groups: a control group and an experimental group. The control group did not participate in the training program, while the experimental group did.

The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included a warm-up, a main exercise period, and a cool-down.

The main exercise period included a variety of exercises, including walking, stretching, and strength training. The cool-down period included light stretching and relaxation exercises.

The study was conducted over a 12-week period.

Introduction

As the population of the world continues to age, the need for effective interventions to improve the health and well-being of elderly people becomes increasingly apparent. One of the most common health problems in the elderly is physical inactivity, which is associated with a number of health problems, including obesity, heart disease, and diabetes.

Physical inactivity is also associated with a number of psychological problems, including depression and anxiety. Therefore, interventions that aim to increase physical activity in the elderly may have both physical and psychological benefits.

Methods

The study was conducted in a community center in a large city.

Participants

The participants were 40 elderly people, aged 65 and over, who had no previous experience of exercise. They were recruited from a local newspaper advertisement and a local health center. The participants were divided into two groups: a control group and an experimental group.

The control group did not participate in the training program, while the experimental group did. The training program consisted of three sessions per week, each lasting 45 minutes.

Results

The results of the study showed that the experimental group had significantly higher levels of physical activity and lower levels of depression and anxiety than the control group.

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