

Elderly and Physical Activity

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ABSTRACT

Introduction : Physical activity (PA) is indicated at all stages concerning children as well as elderly. World Health Organization recommends at least 150 minutes of moderate activity per week for those aged over 65 years.

Patients And Methods : The aim of this prospective and descriptive study is to evaluate the degree of daily mobility practice for older persons. It concerns every 65-year-old person attending CSB Sayada 3 during May 2018. The questionnaire was answered by 72 people.

Results : The average age of patients was 73.27 years with female predominance (61,1%). The medical history shows :hypertension (48.6%), diabetes (36.1%), dyslipidemia (23.6%), rheumatism-problems (53.4%) and overweight (26.4%).

PA is practiced rarely (19.4%), moderately (50%) and often (30.6%). Average duration of daily moderate activity is less or equal to 1 hour 30 minutes in 76.4% of cases. In our population, enduring activity is rarely practiced 27.8%, 2-3 times a week 34.8% and regularly 37.5%. A sitting or lying position exceeds 4 hours per day is equal to 2 hours continuously 55.4%. In this situation we are talking about a sedentary life-style.

The PA is divided into: walking to practice sports 30.6%, walking or cycling to move 25%, housework 29.2%, DIY and gardening 11% and just autonomy 4.2%.

The reasons for not practicing PA is gonalgia 44,4%, aging or overweight 15.2% and other health problems 40.4%. On the other hand the reasons to practice PA is self motivation 44.4% and doctors' advice 34.2%.

Conclusion : The family doctor has an important role in promoting activity in all ages and all stages. Our message for all :

- it's never too late to begin a program of moderate activity.
- move more for better health.