



STUDIES/REPORTS ON HEALTHY AGEING

BENEFITS OF SWIMMING FOR HEALTHY AGING.

Article by Sergio de la Calle Gamazo.

General conclusions (seven studies):

- Gain freedom of movement against dryland exercise, resulting in a safe sport.
- Less weight on bone structure, decrease in blood and muscle tension, and increased motor skills and balance.
- Decreased body mass index: weight loss in subjects undergoing examination after the completion of sessions at low intensity aerobic nature is demonstrated.
- Positive psychological effects: It is shown that water is an attractive medium for seniors.



FULL ARTICLE

STUDIES/REPORTS ON HEALTHY AGEING

"PHYSICAL ACTIVITY IN ADULTS IMPROVES MENTAL HEALTH"

By Faculty of Sciences of the physical activity and Sport (INEF), Technical University of Madrid (UPM), in collaboration with researchers at the European University (EMU).

Considering only the physical activity carried out in the free time, the risk of suffering diseases of mental health in individuals "sufficiently active" (i.e., in those who held high or moderate levels of physical activity) was reduced to 56% or 54% on individuals "insufficiently active", as it was the level of physical activity, moderate or high, respectively.

