

Nutrition and Medicine, 2006
Tufts University School of Medicine
Nutrition, Exercise, and Physical Activity:
Lecture Outline

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- II. The importance of exercise for health promotion and disease prevention
 - 1. Reduced risk for many of the chronic disease associated with aging when people are physically active.
 - 2. Physical inactivity is one of the largest “killers” of adults in our population.
 - 3. What types of physical activity work best for different diseases?
 - a) Aerobic
 - b) Strength Training
 - c) Flexibility
 - d) Specificity of Training

- III. The changes in body composition with aging
 - 1. Increases in body fat and decreases in lean tissue
 - 2. Causes of the decrease in lean tissue with age
 - 3. How exercise influences body composition

- II. The importance of strengthening exercises as people age
 - 1. Increases in **muscle strength** with these exercises
 - 2. Increases in **muscle mass** with strength training
 - 3. Decreases risk for osteoporosis
 - 4. Improves balance and reduces falls

- III. Practical advice about exercise for older adults.
 - 1. How to incorporate physical activity into your lifestyle.
 - 2. Exercise is not contraindicated for older adults who have chronic but stable medical conditions.