

How to gain energy and feel stronger by sarah kovatch, m.f.a., melinda smith, m.a...

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Method:

An experimental design method was used with 60 people experimental group and an 80 person control group. A pre-test, post-test, and a 2-month follow-up survey were conducted.

Findings:

It was found that physical exercise helps in maintaining and losing weight. It also reduces the impact of chronic disease and illness, and enhances flexibility, mobility and balance in the aging group. In addition, it was found that physical exercise improves sleep, boosts self-confidence and mood, and ultimately good for the brain.

Article Conclusion

Physical exercise is significant for aging populations. Many old people feel demoralized by fitness barriers like concerns of falls or injury and chronic health conditions. Ongoing disability and health may prevent one from getting active; however, consistent physical exercise is important to the body. It alleviates aging symptoms.

Good points of the article:

Most studies do focus on males alone especially when physical exercise is the core of the study; however, this study has used both male and female participants. This is encouraging because it gives everyone an opportunity to be active in life.

Poor points of the article:

There was a sample size which does not necessarily represent all older people and may not indicate an accurate result on impacts of physical exercise on aging.