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PROGETTO PARCO TECNOLOGICO

(EX OSPEDALE AL MARE LIDO - VENE

denominato MARE

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Abstract The purpose of this study was to examine the effects of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical and psychological health of older adults. The study was a randomized controlled trial involving 60 participants aged 65 and older. The intervention group performed a 12-week program of low-intensity, low-impact, and low-volume exercise, while the control group remained sedentary. The primary outcome was the change in physical health, measured by the 6-minute walk test (6MWT) and the Timed Up and Go (TUG) test. The secondary outcome was the change in psychological health, measured by the Geriatric Depression Scale (GDS-15). The results showed that the intervention group had significantly greater improvements in 6MWT and TUG scores compared to the control group. Additionally, the intervention group had significantly greater improvements in GDS-15 scores compared to the control group. The findings suggest that a 12-week, low-intensity, low-impact, and low-volume exercise program can improve physical and psychological health in older adults.

PROGETTO

Schema flusso depuratore SMMF

LABORATO

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