



Análisis de la actividad y condición física en personas mayores participantes en centros para población de edad avanzada en Puerto Rico [

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text (article)

Analítica

Physical activity (PA) and physical fitness (PFit) positively influence health and quality of life in older adults (OA). HOPE centers in Puerto Rico (PR) provide daily services for OA; thus, representing an ideal place for PA and PFit promotion in this population. However, only one of the 11 centers integrate a regular exercise program, and its effects have not been well documented. Purpose: Compare PA and PFit among OA in two HOPE centers, one with a regular exercise program (San Germán = SG) and another without such program (Mayaguez = MAY). Methods: A total of 57 OA (29 in SG, and 28 in MAY) wore an accelerometer for seven days, and completed PFit evaluations (muscle strength and resistance, flexibility, and cardiorespiratory fitness, and agility). T-test for independent groups and Chi-Square analyses were conducted to detect differences in means and proportions between the two HOPE centers, respectively; and correlations and regressions to evaluate associations between PA and PFit. Results: The number of steps/day among OA in the two HOPE centers: SG and MAY, were not different (3626"1831 vs. 3441"1989, $P=0.72$), nor differences were observed in their moderate to vigorous PA (MVPA) (36.0"53.8 vs. 93.8"161.6 min/week, $P=0.07$). OA in both centers did not reach current PA recommendations; however, those in SG had better results in most PFit components compared to MAY: muscle strength ($P= 0.05, 0.01$), muscle resistance ($P< 0.01, 0.01$), flexibility ($P= 0.03$), cardiorespiratory fitness ($P< 0.01$), and agility ($P< 0.01$). Number of steps/day correlated with cardiorespiratory fitness ($r= 0.31, P=0.01$). Conclusion: Superior PFit among OA in SG's HOPE center could be explained by their regular exercise program as compared with OA in MAY. While OA in both centers did not comply with current PA recommendations, they engaged in more light activities than moderate to vigorous, and their steps /day correlated with PFit. These results suggest that daily PA and exercise sess

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