



Actividad física como terapia postcovid en personas de la tercera edad [

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text (article)

Analítica

Objective: To analyze the benefits of PostCOVID physical activity in the elderly at a physical and emotional level, in order to provide the necessary tools for an early recovery and health improvement. **Method:** Quasi-experimental. **Results:** After applying the program and performing the post-test, it is evident that the results in relation to the mood of the participants are improved, resulting in a 20% decrease in the emotional state of tension, 33.33% in the state of fatigue, and 13.33% in confusion. **Conclusion:** Physical activity in elderly people and even more those who suffered from COVID-19, plays a very important role as it helps to improve to have a functional independence, vitality, improves their self-esteem, mental health and a better relationship and social integration

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