



Efecto agudo del yoga en la memoria a corto plazo de personas de 60 años y más, físicamente activas [

2023

text (article)

Analítica

Introduction: It has been demonstrated that physical activity improves cognitive processes in older adults. **Purpose:** Evaluate acute effects of a Hatha Yoga class on short-term memory for physically active adults 60 years and older. **Methodology:** Nineteen elderly individuals (69.16 " 6.82 years old) completed two 30-min sessions following a repeated measures design: one control session and one Hatha Yoga session. Short-term memory was assessed in both sessions pre and posttest (5-minutesafter intervention). A Two-Way Repeated Measures ANOVA and simple effect analysis were computed. **Results:** A significant interaction between experimental condition and assessment was obtained ($F=9.00$; $p=0.008$). The simple effect analysis yielded a significant reduction in short-term memory in control condition between pre-test and post-test ($F=6.02$; $p<0.05$). **Conclusion:** A Hatha Yoga class lasting 30 min did not cause an acute effect on short-term memory in physically active adults 60 years and older. In addition, short-term memory seems affected after 30 min of rest, specifically, lying down.

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Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es