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**Title:** Evaluation of Health Promotion by exercise in older and With Disabilities people

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**Abstract:**
Introduction: Today, Health Promotion in Older People and those with disabilities is one of the important health issues in societies. Physical inactivity in these people is a main risk factor for increasing coronary artery disease and stroke. It also contributes to further risk factors, including high blood pressure, obesity, a low level of HDL or appropriate cholesterol level and diabetes. Older adults and people with disabilities can get significant health benefits with a modest quantity of physical activity, if possible daily.

**Materials & Methods:** A systematic review was conducted by searching relevant educational databases, journal articles, written in English, from 2005 to June 2010. Studies related to exercise and health promotion, which have been published in Pubmed, identified by a systematic search and were studied. Lots of articles in this field of study in the case of types, methods and subjects and their results were compared.

**Results:** For older adults, moderate amount of activity including longer sessions of moderately intense activities such as walking or swimming or shorter sessions of more vigorous activities such as fast walking or stair-climbing. Larger amounts of physical activity can bring more profits. But it shouldn't be done excessively because the risk of injury will increase. People with disabilities are less likely to engage in regular moderate physical activity. Still, they can benefit from reasonably strong activities, for instance 30–40 minutes of with a wheelchair as well as shorter sessions of more intense movement such as 20 minutes of wheelchair basketball. Physical activity doesn't need to be exhausting to bring health benefits. What's important is to include physical activity as part of a usual habit. Scientific evidence supports the idea that even moderate-intensity activities, like walking for pleasure, housework, yard work, farming, dancing and prescribed home exercise, when performed daily, can have long-term health benefits. They help lower the risk of cardiovascular diseases.

**Discussion & Conclusions:** For the elderly, walking, gardening and yard work are the most popular moderate-intensity free time activities. Muscle-strengthening activities are also significant for older people. These activities decrease the danger of falling and improve the skill to perform daily tasks. The loss of strength and energy attributed to aging is due, in part, to reduced physical activity.

**Presentation:** Poster

| health promotion, exercise, older and with disabilities people |  |