

- ✓ Es una herramienta eficaz para controlar la fatiga subyacente en el proceso de recuperación del cáncer.⁴⁴
- ✓ Reduce el dolor musculoesquelético asociado al envejecimiento.⁴⁵
- ✓ Protege frente la osteoartritis.⁴⁶
- ✓ Incrementa y conserva la función cognitiva.⁴⁷
- ✓ Protege frente al riesgo de desarrollar demencia o Alzheimer.⁴⁸
- ✓ Produce un incremento de la funcionalidad física y como consecuencia, favorece una mejora de la autoeficacia y autoestima.⁴⁹
- ✓ Disminuye la prevalencia de depresión, ansiedad y otras enfermedades mentales.⁵⁰
- ✓ Favorece la cohesión e integración social de la persona mayor.⁵¹

VI. DISCUSIÓN/ CONCLUSIÓN

El ejercicio físico incide positivamente sobre la mayor parte de funciones físicas y psico – sociales de la persona mayor. De hecho, actualmente el ejercicio físico regular adaptado para la población mayor es la mejor terapia no farmacológica contra las principales enfermedades asociadas con el envejecimiento. Aunque, en general se considera que una actividad física vigorosa regular produce mejoras en el individuo a cualquier edad.

Por todo esto, la inclusión de programas de ejercicio físico regular, adaptado a toda la población mayor y desarrollada por profesionales del ámbito de las Ciencias de la Actividad Física, se convierte hoy por hoy en una necesidad social.

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