

Bibliografía

1. AMERICAN COLLEGE OF SPORTS MEDICINE POSITION STAND, *Exercise and physical activity for older adults*, Med. Sci. Sports Exerc. 1998 Jun; 30(6):992-1008.
2. Andreyeva, T., Michaud, P.C. y Soest, A. (2007). Obesity and health in Europeans aged 50 years and older. *Public Health*, 121, 497-509.
3. Aparicio García-Molina, V.A.; Carbonell Baeza, A. y Delgado Fernández, M. (2010). Beneficios de la actividad física en personas mayores. *Revista Internacional de Medicina y Ciencias de la Actividad Física y el Deporte* vol. 10 (40) pp. 556-576.
4. Ara Royo I, Vicente Rodríguez G, Pérez Gómez J, Dorado García C, Calbet J. Leptin and bodycomposition. *Archivos de medicina del deporte: revista de la Federación Española de Medicina del Deporte y de la Confederación Iberoamericana de Medicina del Deporte* 2003; 20: 42-51.
5. Araújo CGE. Exercício físico no tratamento do paciente diabético. In: Oliveira JEP (ed.) *Diabetes melito tipo 2: terapêutica clínica prática*. Rio da Janeiro: Diagraphic. 2003, p. 73-113.
6. Araújo, L. M. B., Britto, M. M., da Cruz, P., & Thomaz, R. (2000). Tratamento do diabetes mellitus do tipo 2: novas opções. *Arquivos Brasileiros de Endocrinologia & Metabologia*, 44(6), 509-518.
7. Astrup A. Healthy lifestyles in Europe: prevention of obesity and type 2 diabetes by diet and physical activity. *Public Health Nutr* 2001;4:499-515.
8. Audelin, M.C., Savage, P.D. y Ades, P.A. (2008). Exercise-Based Cardiac Rehabilitation for Very Old Patients (>75 Years) Focus on physical function. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 28:163-173.
9. Baldini, M., Pino, A. B., Jiménez, R. J., & Vallejo, N. G. (2006). Valoración de la condición física funcional en ancianos. *Lecturas: Educación física y deportes*, (103), 53.
10. Blain, H., Vuillemin, A., Blain, A. y Jeandel, C. (2000). The preventive effects of physical activity in the elderly. *Presse Med.* 24,29(22):1240-1248.
11. Bruce, B., Fries, J.F. y Lubeck, D.P. (2007). Aerobic exercise and its impact on musculoskeletal pain in older adults: a 14 year prospective, longitudinal study. *Arthritis Research and Therapy*, 7(6):263-270.
12. Burton, C. L., Strauss, E., Hultsch, D. F., y Hunter, M. A. (2009). The relationship between everyday problem solving and inconsistency in reaction time in older adults. *Aging, Neuropsychology and Cognition*, 16 (5), 607- 632. doi:10.1080/13825580903167283.
13. Cade R. Effect of aerobic exercise training on patient with systemic arterial hypertension. *Am J Med.* 1994;77:785-90.
14. Christensen, C. L., Layne, V. G., Wughalter, E. H., Yan, J. H., Heneban, M., y Jones, R. (2003). Physical activity, physiological and psychomotor performance: a study of variously active older adult men. *Research Quarterly for exercise and Sport*, 74 (2), 136- 142.
15. Cid-Ruzafa J y Damián Moreno J (1997). «Valoración de la capacidad física: El índice de Barthel». *Rev. Española de Sanidad Pública*, 2, (71), 127-137.
16. Danion F, Varraine E, Bonnard M, Pailhous J. Stride variability in human gait: the effect of stride frequency and stride length. *GaitPosture* 2003;18:69-77.
17. De Alba C, Gorroño Goitia A, Litago C, Martín I, Luque A.: Actividades preventivas en los ancianos. *Aten Primaria* 2001; 28 (supl. 2): 161-80 Medline.
18. DeVita, P., Hortobagyi, T., 2000. Age causes a redistribution of joint torques and powers during gait. *Journal of Applied Physiology* 88 (5), 1804-1811.
19. Dionigi, R. (2007). Resistance training and older adults' beliefs about psychological benefits: the importance of self-efficacy and social interaction. *J Sport Exerc Psychol*, 29(6):723-746.
20. Estabrooks, P.A. y Carron, A.V. (1999). Group cohesion in older adult exercisers: prediction and intervention effects. *J Behav Med*: 22(6):575-588.
21. Fiatarone MA et al. High intensity strength training in nonagenarians. Effects on skeletal muscle. *JAMA.* 1998, 263-

- 3029-3034.
22. Gabell, A., & Nayak, U. S. L. (1984). The effect of age on variability in gait. *Journal of Gerontology*, 39(6), 662-666.
 23. Gálvez, J. (2008). Efectos de un programa de actividad física perceptivo motor sobre habilidades visuales en mujeres mayores. Departamento de Deporte e Informática. Universidad Pablo Olavide, Sevilla.
 24. Gallagher D, Heymsfield SB, Heo M, Jebb SA, Murgatroyd PR, Sakamoto Y. Healthy percentage body fat ranges: an approach for developing guidelines based on body mass index. *Am J Clin Nutr* 2000; 72: 694-701.
 25. Garatachea, N., Molinero, O., Martínez- García, R., Jiménez- Jiménez, R., González- Gallego, J., y Márquez, S. (2009). Feelings of well being in elderly people: Relationship to physical activity and physical function. *Archives of Gerontology and Geriatrics*, 48 (3), 306- 312. doi:10.1016/j.archger.2008.02.010
 26. García Delgado, J. A., Pérez Coronel, P. L., ChíArcia, J., Martínez Torrez, J., & Pedroso Morales, I. (2008). Efectos terapéuticos del ejercicio físico en la hipertensión arterial. *Revista Cubana de Medicina*, 47(3), 0-0.
 27. Gavras FH, Gravass. Angiotensin II as a cardiovascular risk factor. *J Hum Hypertens*. 2000 May;16 Suppl. 2:52-6.
 28. González, J. M., y Vaquero, M. (2000). Indicaciones y sugerencias sobre el entrenamiento de fuerza y resistencia en ancianos. *Revista Internacional de Medicina y Ciencias de la Actividad Física y el Deporte*, 1 (1), 10- 26.
 29. Hagberg JM, Park JJ, Brown MD. The role of exercise training in the treatment of hypertension. An update. *Sports Med*. 2000;30:193-206.
 30. Hansen RD, Allen BJ. Fat-free mass components in active vs sedentary females aged 55-75 yr. *Appl Radiat Isot* 1998; 49: 735-6.
 31. Hamer M, Ingle L, Carroll S, Stamatakis E. Physical Activity and Cardiovascular Mortality Risk: Possible Protective Mechanisms? *Med Sci Sports Exerc* 2011.
 32. Hardy S, Perera S, Roumani Y, Chandler J, Studensky S. Improvement in usual gait speed predicts better survival in older adults. *J Am Geriatr Soc* 2007; 55: 1727- 34.
 33. Heber D, Ingles S, Ashley JM, Maxwell MH, Lyons RF, Elashoff RM. Clinical detection of sarcopenic obesity by bioelectrical impedance analysis. *Am J Clin Nutr* 1996; 64: 472S-77S.
 34. Instituto de Mayores y Servicios Sociales [IMSERSO] (2009). *Informe 2008. Las personas mayores en España: Datos estadísticos estatales y por comunidades autónomas*. Madrid: Ministerio de Sanidad y Política Social. Obtenido el 18 de octubre de 2010 en: <http://www.imsersomayores.csic.es/estadisticas/informemayores/informe2008/index.html>.
 35. <https://sites.google.com/site/umbresp/test-ade cuados-a-la-tercera-edad/senior-fitness-test-sft>.
 36. Janssen I, Heymsfield SB, Ross R. Low relative skeletal muscle mass (sarcopenia) in older persons is associated with functional impairment and physical disability. *J Am Geriatr Soc* 2002; 50: 889-96.
 37. Kamijo, K., Hayashi, Y., Sakai, T., Yahiro, T., Tanaka, K., y Nishihira, Y. (2009). Acute effects of aerobic exercise on cognitive function in older adults. *Journal of Gerontology: Psychological Sciences*, 64 (3), 356- 363. doi:10.1093/geronb/gbp030.
 38. Kang, H. G., & Dingwell, J. B. (2008). Effects of walking speed, strength and range of motion on gait stability in healthy older adults. *Journal of biomechanics*, 41(14), 2899-2905.
 39. Kerrigan, D.C., Lee, L.W., Collins, J.J., Riley, P.O., Lipsitz, L.A., 2001. Reduced hip extension during walking: healthy elderly and fallers versus young adults. *Archives of Physical Medicine and Rehabilitation* 82 (1), 26-30.
 40. KoenAPLemink, Han Kemper, Mathieu HG de Greef, y PietRispens P, M Stevens, Fiabilidad de la prueba de condición física Groningen para la Tercera Edad, *Diario de Envejecimiento y Actividad Física*, 2001, 9, 194-212.
 41. Kohrt WM, Malley MT, Dalsky GP, Holloszy JO. Body composition of healthy sedentary and trained, young and older men and women. *Med Sci Sports Exerc* 1992; 24: 832-7.
 42. Lafortune, G., & Balestat, G. (2007). Trends in severe disability among elderly people: assessing the evidence in 12 OECD countries and the future implications (No. 26). OECD Publishing.
 43. Leonard BE, Wilson RH, Gohdes D, et al. Community-based exercise intervention- The Zuni Diabetes Project. *MMWR* 1987; 36: 661 664.
 44. Lienhard, K., Schneider, D., & Maffiuletti, N. A. (2012). Validity of the Optogait photoelectric system for the assessment of spatiotemporal gait parameters. *Medical Engineering & Physics*.
 45. Lindemann, U., Najafi, B., Zijlstra, W., Hauer, K., Muche, R., Becker, C., & Aminian, K. (2008). Distance to achieve steady state walking speed in frail elderly persons. *Gait & posture*, 27(1), 91-96.
 46. Lloveras G, Castell C, Lloveras A, Salvador G, Goday A. Diabetis. *Monografies Mèdiques*. Barcelona: Doyma, 1992.

47. Maruyama H, Nagasaki H. Temporal variability in the phase durations during treadmill walking. *Human Movement Science* 1992;11:1_14.
48. Mazzeo, R.S., Cavanagh, P., William, J., Fiatarone, M., Hagberg, J., McAuley, E. y Startzell, J. (1998). ACSM Position Stand: Exercise and Physical Activity for Older Adults. *Medicine y Science in Sports y Exercise*, 30(6):992-1008.
49. Menz, H. B., Lord, S. R., & Fitzpatrick, R. C. (2003). Age-related differences in walking stability. *Age and Ageing*, 32(2), 137-142.
50. Moreno, A. (2005). Incidencia de la actividad física en el adulto mayor. *Revista Internacional de Medicina y Ciencias de la Actividad Física y el Deporte*, 5 (19), 222- 237. <http://cdeporte.rediris.es/revista/revista20/artvejez16.htm>.
51. Organización Mundial de la Salud. (2008). Informe sobre la salud en el mundo 2008: La atención primaria de salud, más necesaria que nunca.
52. Patla AE, Winter DA, Frank JS, Prasad S, Walt SE. Identification of age-related changes in the balance control system. In: Duncan PW, editor. *Balance*. Alexandria: American Physical Therapy Association; 1989. p 43-55.
53. Rikli, R. y Jones, C. (2001). *Seniorfitness test manual*. Estados Unidos de América. HumanKinetics.
54. RL, Newton RA, Carlton LG. Horizontal plane head stabilization during locomotor tasks. *J Mot Behav*. 2001;33:49-58.
55. Sekiya N, Nagasaki H, Ito H, Furuna T. Optimal walking in terms of variability in step length. *Journal of Orthopaedic & Sports Physical Therapy* 1997;26:26/72.
56. Santin- Medeiros, F., Álvarez, M., García, A., Armentia, A. y Garatachea, N. (2010). Influencia del nivel de dependencia de las personas mayores sobre la condición física y la calidad de vida. *Scientia*, 15 (1), 1- 18. <http://www.revistascientia.es/documentos/20102010/julio%20/Articulo%201.pdf>.
57. Scarborough, D. M., McGibbon, C. A., & Krebs, D. E. (2007). Chair rise strategies in older adults with functional limitations. *Journal of rehabilitation research and development*, 44(1), 33.
58. Shimada, H.; Obuchi, S.; Furuna, T., y Suzuki, T. (2004). New intervention program for preventing falls among frail elderly people: The effects of perturbed walking exercise using a bilateral separated treadmill. *American Journal of Physical Medicine & Rehabilitation*, 83, 493- 499. doi: 10.1097/01.PHM.0000130025.54168.91.
59. Van Uden, C. J., & Besser, M. P. (2004). Test-retest reliability of temporal and spatial gait characteristics measured with an instrumented walkway system (GAITRite®). *BMC Musculoskeletal Disorders*, 5(1), 13.
60. Vancea, D. M. M., Vancea, J. N., Pires, M. I. F., Reis, M. A., Moura, R. B., & Dib, S. A. (2009). Effect of frequency of physical exercise on glycemic control and body composition in type 2 diabetic patients. *Arquivos Brasileiros de Cardiologia*, 92(1), 23-30.
61. Varela Pinedo, L. F., Ortiz Saavedra, P. J., & Chávez Jimeno, H. A. (2009). Velocidad de la marcha en adultos mayores de la comunidad en Lima, Perú. *Rev Med Hered*, 20(3), 133-138.
62. Wilmore JH, Costill DL. *Fisiología do exercício e do esporte*. São Paulo: Manole, 2001.
63. Winter DA, Frank JS, Patla AE, Walt SE. Biomechanical walking pattern changes in the fit and healthy elderly. *PhysTher* 1990;70: 340-6.
64. Yack HJ, Berger RC. Dynamic stability in the elderly: identifying a possible measure. *J Gerontol Med Sci*. 1993;48:M225-M230.