

EVIDENCE REVIEW: Impacts of physical activity and/or nutrition interventions in older adults

Types of interventions reviewed

Strength training



Increases muscle strength by making your muscles work against a weight, force or your own body weight.

Aerobic exercise



Also known as “cardio.” Your breathing and heart rate will increase during aerobic activities. Examples: walking, cycling

Mind-body exercise



Combines body movement, mental focus, and controlled breathing. Examples: Tai Chi, Pilates, yoga.

Supplements plus strength



Nutritional supplements (**NOT healthy eating**) combined with strength training.

Dance



The movement of the body in a rhythmic way, usually to music.

General physical activity



Any combination of aerobic, strength, mind-body and balance exercises.

Impacts of interventions



Heart health

Blood pressure, cardiovascular fitness



Daily function

Getting out of chair, walking speed, flexibility



Balance

Reaching for items, standing on one foot



Falls prevention

Injuries from falls, fear of falling



Muscle strength

Upper body, lower body and handgrip



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CITATION: Moore C, Teggart K, Coletta, G, Neil-Sztramko S, Ganann R. On behalf of the EMBOLDEN research team. (2020). Infographic: EVIDENCE REVIEW: Impacts of physical activity and/or nutrition interventions in older adults.



<https://achru.mcmaster.ca/research-studies/embolden-trial-partnering-older-adults-and-communities-develop-and-test-community>



LABARGE CENTRE FOR MOBILITY IN AGING



EMBOLDEN

Getting Out for Health

EVIDENCE REVIEW RESULTS: Type of physical activity and/or nutrition intervention and impacts on outcomes

	 Benefit	 No change	 Not measured	 Heart health	 Daily function	 Balance	 Falls prevention	 Muscle strength
Strength training 	—	↑	—	—	—	—	—	↑
Aerobic exercise 	↑	—	—	—	—	—	—	↑
Strength + aerobic 	↑	↑	↑	↑	↑	↑	↑	↑
Mind-body 	—	—	↑	—	—	↑	—	↑
Supplements + strength (NOT healthy eating) 	—	—	n/a	—	—	n/a	n/a	—
Dance 	—	↑	↑	↑	↑	—	—	—
General physical activity 	n/a	↑	↑	↑	↑	↑	↑	↑