

Long-term Walking Exercise May Affect Some Physical Functions in the Elderly

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ABSTRACT The aim of this study was to investigate the effects of six months of regular walking exercise on lung capacity, muscle strength, flexibility, body percent fat, balance and physical activity levels of older people aged over 65 years old. Subjects were recruited from 30 women volunteers aged over 65 years old in a Nursing Home. Participants were invited to join a 6-month walking exercise by meeting three times a week. The Forced Vital Capacity (FVC), sit and reach, Body Fat Percentage (BFP), handgrip strength, get up go and number of steps were measured before exercise, and after 3 and 6 months of exercise. There were significant differences in FVC, sit and reach, BFP, get up go, and number of steps ($p < 0.05$) in exercise group between time trials. There were no significant differences between pretest and posttest in the control group except for the sit and reach test measurement. Long-term walking exercises can be helpful for older people as they increase their physical functions.