

WV Wellness

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Mind, Body and Spirit

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Exercise Lifts Spirits

Exercise, whether in the form of strength training, stretching or walking, can provide a much-needed emotional boost to frail, elderly men and women, say researchers from the Washington University School of Medicine in St. Louis, Mo. And this benefit comes without the cost of additional pain or discomfort.

More than 1,700 elderly adults, all of whom were frail and at risk of fall-related injuries, took part in exercise programs at four sites across the United States.

Activities focused on balance training, muscular strength and endurance exercises, and stretching. Researchers discovered that participants experienced a marked improvement in emotional health overall and, specifically, in how they felt about themselves.

Lead researcher Dr. Kenneth B. Schectman was particularly encouraged by the fact that study subjects did not experience an increase in pain or discomfort as a result of participating in these activities.

This is significant given that many older adults live with painful conditions such as arthritis, which may make them wary of exercise. Even so, he cautions all older adults to consult with their physicians before beginning an exercise program.



Willamette View

Balance Classes

Better Balance

Level I

Tue-Fri @ 11am

Level II

Tue/Thu @ 8:30am
& 1:30pm

Level II

Wed/Fri @ 9am

Level III

Wed @ 11am

Phrase Puzzles

THING US
US

Exit Lunch
Lunch