

# 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

n/a

Not measured



Heart health



Daily function



Balance



Falls prevention



Muscle strength

Strength training



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Aerobic exercise



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Strength + aerobic



Mind-body



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Supplements + strength (NOT healthy eating)



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n/a

n/a

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Dance



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General physical activity



n/a

