

YOGA'T THIS

Get your yoga, tai chi, dancing, gardening or sports at least 3 times a week, especially if you are aged 65 or older.

Yoga

Yoga is a mind-body exercise that has been practiced for centuries.(1) Yoga is a multicomponent type of exercise in that it incorporates movements and postures for balance, strength, resistance and flexibility, as well as stretches and breathing routines.(2-5) In people over the age of 60, yoga has been shown to improve health-related quality of life, mental wellbeing, balance and flexibility.(1)

Guidelines

The UK Chief Medical Officers' and the World Health Organization guidelines:(3, 4)

- If you are aged 65 or older, as part of your weekly physical activity, you should do varied multicomponent physical activity that:
 - Focuses on functional balance and strength training
 - At moderate or greater intensity
 - On 3 or more days a week.
- New to exercise? Start by doing small amounts and gradually, over time, increase how often, how intensely and for how long you exercise.
- For those age 65 years and over, be as physically active as your abilities allow and adjust how much effort you put into physical activity based on your fitness and strength levels.

GOLDSTER★ **Points and Evidence Levels for this Activity**

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Physical	Medium	2	In healthy older people, yoga has been shown to have a medium beneficial impact on health-related quality of life, flexibility. (1) Varied multicomponent exercise has been shown to have a medium impact on improving functional capacity and preventing falls.(3, 4)	Review, Guideline	Moderate
Cognitive	Medium	2	In adults, yoga has been shown to be associated with a medium impact on cognitive function. (6)	Systematic review	Moderate
Emotional	Medium	2	In healthy older people, yoga has been shown to have a medium impact on mental wellbeing.(1, 7)	Review, Systematic review	Moderate

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References

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2. US Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition.2018. Available from: https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf.
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4. Department of Health and Social Care LCWG, Department of Health Northern Ireland, and the Scottish Government,. UK Chief Medical Officers' Physical Activity Guidelines. 2019. Available from: <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>.
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6. Gothe NP, McAuley E. Yoga and Cognition: A Meta-Analysis of Chronic and Acute Effects. Psychosomatic Medicine. 2015;77(7):784-97.
7. Tulloch A, Bombell H, Dean C, Tiedemann A. Yoga-based exercise improves health-related quality of life and mental well-being in older people: a systematic review of randomised controlled trials. Age and Ageing. 2018;47(4):537-44.