

**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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3. World Health Organization. WHO guidelines on physical activity and sedentary behaviour.2020. Available from: <https://www.who.int/publications/i/item/9789240015128>.
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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.
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**GET GROOVING**

*Dancing gives you aerobic and multicomponent exercise and can benefit fitness, physical function, balance and cognition.*

**Dancing**

Dancing is considered a varied multicomponent exercise as well as cardiovascular exercise as it combines aerobic physical activity with balance. (1, 2) Dancing can be an accessible way of getting exercise and can be adapted to different abilities, fitness levels and cultures.(3) Different dance styles include ballet, jazz, tap, ballroom, cultural, contemporary, pop and line dancing, to name a few.(3)

**Guidelines**

The UK Chief Medical Officers’ and the World Health Organization guidelines:(4, 5)

- 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.
- All adults should aim to get 150 to 300 minutes of moderate-intensity physical activity per week; or 75 to 150 minutes of vigorous-intensity physical activity per 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 older people, varied multicomponent exercise has been shown to have a medium impact on improved functional capacity and falls prevention.(4, 5) Dancing has been shown to have a medium impact on improving flexibility, muscular strength, mobility, endurance and balance.(3, 6, 7)	Guideline  Systematic Review	Moderate  Moderate
Cognitive	Medium	2	Evidence on dancing in older people has also shown a medium impact on cognitive ability.(3, 8)	Systematic Review	Moderate
Emotional	Medium	2	Evidence for the benefits of regular physical activity shows medium impact on reducing symptoms of anxiety and depression and improving sleep in older people.(4) Further research is needed on dancing in maintaining general mental health in older people.	Guideline	Moderate

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## References

1. World Health Organization. WHO Guidelines on Physical Activity and Sedentary Behaviour: Web Annex Evidence Profiles.2020. Available from: <https://apps.who.int/iris/bitstream/handle/10665/336657/9789240015111-eng.pdf>.
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7. Liu X, Shen PL, Tsai YS. Dance intervention effects on physical function in healthy older adults: a systematic review and meta-analysis. Aging Clin Exp Res. 2021;33(2):253-63.
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