

Re: AHA and ACSM say exercise does not cause weight loss nor prevent gain

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Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2008-01/msg00118.html>

- *From:* Bill <b2forewagner@xxxxxxx>
 - *Date:* Fri, 04 Jan 2008 18:20:34 -0500
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In article <5u7nttF1g6onkU1@xxxxxxxxxxxxxxxxxxxx>, "Juhana Harju" <nope@xxxxxxx> wrote:

Bill wrote:

In article <5u5f8fF1glao4U1@xxxxxxxxxxxxxxxxxxxx>, Susan <nevermind@xxxxxxx> wrote:

x-no-archive: yes

This stunning revelation is from the 2007 physical activity guidelines of the American Heart Association and the American College of Sports Medicine:

"It is reasonable to assume that persons with relatively high daily energy expenditures would be less likely to gain weight over time, compared with those who have lower energy expenditures. ****So far, data to support this hypothesis are not particularly compelling."

Susan

Not hazarding a guess about calories and weight relationship. Just movement we must move or we die. Think of bed sores for a brief moment. Yuk .

Then there is dance a celebration of life. So move move move.

Shake your booty.

Re: AHA and ACSM say exercise does not cause weight loss nor prevent gain

Bill

Thanks, Bill. I like your refreshing and non-formal way to look at things.
:-)

I do not know what I am talking about. Yet something says move. Feels right !

More obscure I Ching on Movement.

Bill

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1: Arch Gerontol Geriatr. 2007 Dec 7 [Epub ahead of print]

Links

A randomized controlled trial of Turkish folklore dance on the physical performance, balance, depression and quality of life in older women.

Eyigor S, Karapolat H, Durmaz B, Ibisoglu U, Cakir S.

Ege University, Faculty of Medicine, Physical Therapy and Rehabilitation Department, 35100 Bornova, Izmir, Turkey.

The present study has been carried out to investigate the effects of group-based Turkish folkloric dances on physical performance, balance, depression and quality of life (QoL) in 40 healthy adult elderly females over the age of 65 years. Subjects were randomly allocated into Group 1 (folkloric dance-based exercise) and Group 2 (control). A 8-week dance-based exercise program was performed. Outcome measures included a 20-m walk test, a 6-min walk test, stair climbing and chair rise time, Berg balance scale (BBS), the Medical Outcomes Study (MOS) 36-item short form health survey (SF-36), and geriatric depression scale (GDS) questionnaires. In Group 1 statistically significant improvements were found in most of the physical performance tests, BBS and some SF-36 subscales after the exercise ($p < 0.05$). In the Group 2 there was no clinically significant change in the variables. Comparing the groups, significant improvements in favor of Group 1 have emerged in most of the functional performance tests, in some of the SF-36 subscales and BBS score ($p < 0.05$). We achieved improvements in physical performance, balance and QoL in elderly females. Application of folkloric dance specific to countries as an exercise program for elderly people may be helpful.

PMID: 18068829 [PubMed – as supplied by publisher]

Related Links

Effects of a group-based exercise program on the physical performance, muscle strength and quality of life in older women.

[Arch Gerontol Geriatr. 2007]

The effects of multidimensional home-based exercise on functional performance in elderly people.

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[J Gerontol A Biol Sci Med Sci. 2004]

Specific effects of balance and gait exercises on physical function among the frail elderly.

[Clin Rehabil. 2003]

The effect of group aerobic exercise and t'ai chi on functional outcomes and quality of life for persons living with acquired immunodeficiency syndrome.

[J Altern Complement Med. 2005]

Does dance-based training improve balance in adult and young old subjects? A pilot randomized controlled trial.

[Aging Clin Exp Res. 2005]

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"Energy is the only life and is from the Body and Reason is the bound or outward circumference of Energy.

Energy is Eternal Delight"

William Blake

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