

YOGA

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

Yoga is a mind-body exercise that has been practised for centuries.(1) As a multicomponent type of exercise, yoga, 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, strength, flexibility and even benefits cognitive health, sleep quality and immune function.(1, 6-9)

There are a number of different forms of Yoga with Hatha Yoga practices more commonly in the older populations studied to establish the evidence-based benefits of yoga.(8) Improvements in psychological components of health noted in studies on yoga include improved health-related quality of life, increased sense of well-being and self-efficacy, and reduced anger, anxiety, depression and fear of falling.(8, 10-12)

Cognitive benefits of yoga include a positive impact on attention, executive function, memory and processing speed.(6, 9, 11, 13, 14)

GOLDSTER Points and Evidence Levels for this Activity

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Cognitive	Medium	2	In adults, yoga has been shown to be associated with a medium impact on global cognitive function including attention, executive function, memory and processing speed.(6, 9, 11, 13, 14)	Systematic reviews	Moderate, Low
Physical	Medium	2	In healthy older people, yoga has been shown to have a medium beneficial impact on strength and flexibility.(1, 7) Varied multicomponent exercise has been shown to have a medium impact on improving functional capacity and preventing falls.(3, 4)	Review, Guideline	Moderate
Emotional	Medium	2	In healthy older people, yoga has been shown to have a medium impact on health-related quality of life, sleep quality, vitality and mental wellbeing including reducing depression, anxiety, anger and fear of falling.(1, 7, 8, 10, 11, 15)	Review, Systematic review	Moderate

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.

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