

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Physiological Benefits to Exercise for the Elderly Population

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|--|----------------------------------|
| 1. Examples of moderate-intensity aerobic activities include               | A. Diaphragm muscles get weaker  |
| 2. What physical diseases can regular physical activity prevent?           | B. With 10 hours or more sitting |
| 3. Recent evidence suggests that regular exercise can reduce the risk of   | C. 1 in 4 people.                |
| 4. 65 + are the most sedentary age group                                   | D. Slow the loss of bone density |
| 5. Examples of muscle-strengthening activities                             | E. Working with resistance bands |
| 6. Plyometric training can   | F. Diabetes + Stroke             |
| 7. A major feature of physiological degenerative process in the elderly is | G. Falling + Fracture            |
| 8. What can cause a decline in lung capacity                               | H. Walking fast + water aerobics |
| 9. At what age does physical abilities begin to decline?                   | I. Accelerated after age 45      |
| 10. How many between the ages of 65 and 74 exercise regularly              | J. The loss of power             |