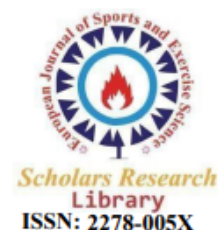




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Aging and Fitness Effects

Josephine Chtioui*

Editorial office, Sports and Exercise Science, Bangladesh

**Corresponding Author: Dr. Josephine Chtioui, Editorial office, Sports and Exercise Science, Bangladesh*

E-mail: Gianni_432@outlook.com

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ABSTRACT

Degenerative changes occur in the majority of physical, physiological, and psychological systems as we age, which is a natural and unavoidable process. Additionally, ageing affects the physical well-being of senior persons. As a result, the purpose of this study is to enlighten readers about the consequences of ageing and how changes in physical fitness are one of the main factors contributing to chronic illnesses in older people. The correlation between physical exercise and fitness in the elderly also supports the positive effects on health. As a result of a slow buildup of damage, ageing is essentially viewed as an organism's ability to operate declining over time

Keywords: Physical Exercise, Fitness, Aging, Chronic Diseases, Obesity.

INTRODUCTION

Degenerative changes occur in the majority of physical, physiological, and psychological systems as we age, which is a natural and unavoidable process. Additionally, ageing affects the physical well-being of senior persons. As a result, the purpose of this study is to enlighten readers about the consequences of ageing and how changes in physical fitness are one of the main factors contributing to chronic illnesses in older people. The correlation between physical exercise and fitness in the elderly also supports the positive effects on health. As a result of a slow buildup of damage, ageing is essentially viewed as an organism's ability to operate declining over time. Physical abilities gradually deteriorate with age and degenerative disorders, which are frequently observed in the elderly, are the main characteristics of ageing. Home stenosis, a condition usually associated with ageing, is caused by a reduction in physiological reserves. Two categories of influences—negative (speeding up the effects of ageing) and positive—affect the ageing process (delay of ageing effects). In order to ensure a better understanding of senior people and minimize their effects, knowledge of how physical fitness changes as we age is required. Common aspects of ageing that arise independently of one another include disability, somatic illnesses, and depression. It is generally accepted that ageing is the result of a slow buildup of damage, which results in any organism's functional decline. Physical activity, according to research, is a crucial part of staying physically healthy and enhances senior people's mobility, fitness, and ability to function their muscles. Regular exercise also results in a decrease in chronic diseases and inflammation. The second indicates a decline in VO₂ above the age of 60, which is caused by a drop in maximal cardiac output and a reduction in the arterial-venous oxygen difference, according to physical fitness in seniors, strength, and aerobic capacity. Additionally, at age 40, aerobic capacity starts to decline, with a loss of 30% by age 65. However, the maximal oxygen intake declines by 0.5% to 1.0% annually, which affects both healthy and ill senior people's physical fitness.

However, those over the age of 50 experience a 12%–14% decline in muscle strength every decade. Often, lower body strength is more compromised than upper body strength. In terms of balance, elderly people frequently have poor balance, which is thought to increase their risk of falling. Balance, particularly dynamic balance, which is connected to bodily posture, declines with age. Finally, flexibility does decline with age, but the decline is uneven and always higher in women than in men.

Strength, size, and mass of muscles

After 50–60 years of age, muscle strength significantly declines. The rates of deterioration are larger in lower limbs than upper limbs and range from 2% to 4% annually. It's interesting to note that the pace of muscular atrophy is around three times higher than the rate of loss of muscle strength. As a result, as people age, their specific strength—i.e., their strength per unit of muscle—

significantly declines, which may indicate a loss in the quality of their muscles. The mechanisms causing the decline in muscle strength have not been identified. The deterioration of muscular mass and strength that comes with age is most likely not entirely reversed by any therapies. These alterations have, however, been found to be significantly modulated by secondary controllable factors. Sarcopenia may manifest in this situation as sarcopenia obesity, which is characterized by an increase in body fat. Independent of the decrease of muscle mass, the increasing adiposity in older people has a detrimental impact on muscular performance. A significant secondary factor influencing muscle ageing is physical inactivity. Controlled bed rest results in physical inactivity, which causes a number of detrimental muscular adaptations, including reductions in muscle volume and power, which are more pronounced in older than younger subjects. After a 14-day recovery period that included exercise and nutritional support, these impairments were not fully recovered in older individuals. Muscle growth is encouraged by resistance training, which also increases power and stamina. This includes considerable gains in myofiber and whole-muscle growth, strength, muscle quality, and physical performance or the prevention of decreases in these areas. Exercise-induced enhancements in muscle function are not yet fully understood by the underlying mechanisms. Older people's neuronal and vascular function can be improved by exercise, which can also stop age-related intermuscular adipose tissue infiltration.