

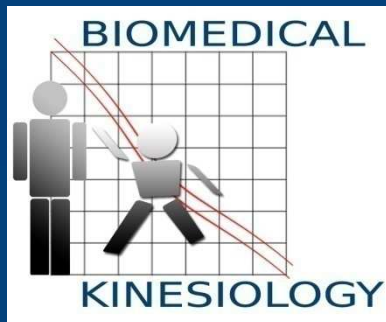


KATHOLIEKE UNIVERSITEIT
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Exercise Training
versus
Lifestyle Physical Activity Coaching

in the elderly

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Prevention by Exercise & Physical Activity

Target population: 55-75 yrs

– still healthy but...

- Low fitness level
- Not meeting minimal PA recommendations
- Not involved in physical activity programs

– still no big problems with functionality

- Increasing life expectancy
- preserving quality of life
- Maintaining independent living



Exercise Training in the Elderly

- The importance of physical fitness
- The trainability of the elderly
- Preserve quality of life



Objectives of an exercise training intervention for older adults

- Increase physical fitness
 - Cardiorespiratory fitness
 - Muscular fitness
 - Functional performance
- Reduce risk factors for chronic disease
 - Body composition
 - Blood pressure
 - Glucose, insulin and blood lipids
 -
- Psychological benefits
 - Improved mood
 - Psychological well being
 - Reduction of depressive symptoms

Implementation of exercise training programs in sedentary older adults (1)

- **Recruitment:**
 - Information sessions for sedentary people on healthy aging
 - Between 70-90 percent agrees to participate in an exercise program
- **Participation** (20 wk program):
 - Very low drop out - high adherence & compliance
- **Outcome: Positive effects on fitness levels**
 - Cardiovascular fitness
 - Muscular fitness (+ 10 % in 12 weeks)
 - Functional performance
 - Mental health - well being

Implementation of exercise training programs in sedentary older adults (2)

- Outcome:
limited impact on other cardiovascular risk factors
 - body composition
 - blood pressure
 - blood lipids
 - oral glucose tolerance test (OGTT)

Short intervention (20 wks) versus epidemiological data

Implementation of exercise training programs in sedentary older adults (3)

Limitations:

Profile of the participants

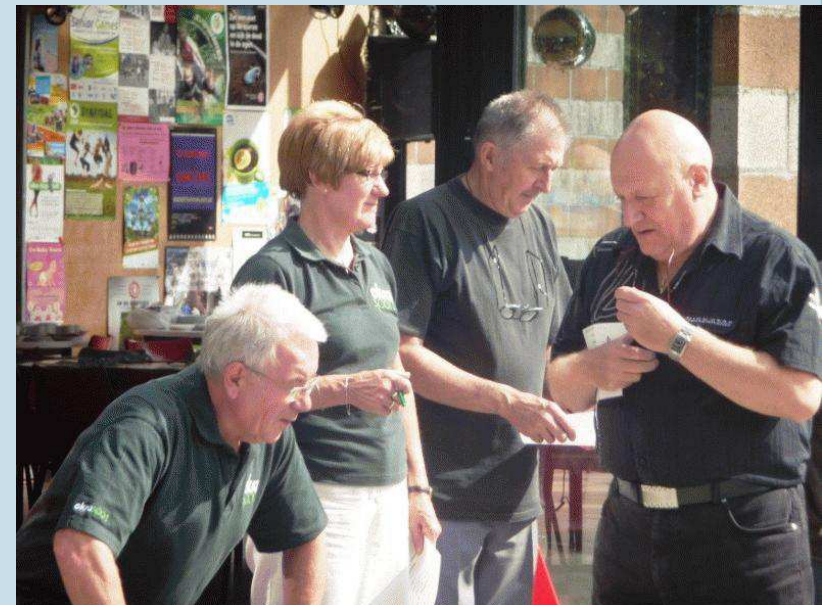
- sedentary ?- target population?

medical screening related to study design



Exercise and Physical Activity behaviour after the intervention

- No long term impact:
 - dramatic 'drop out' figures immediately after the project
- Main barriers:
 - Financial cost
 - Subculture of sports and fitness centre
 - No physical activity plan



Alternative: Lifestyle Physical Activity coaching

- Low cost – large scale implementation
- Long term effects
- Easier to recruit sedentary persons



Objective of study

Intervention of 11 months in 3 groups (target population) :

- Structured, centre-based EXERCISE training intervention (n=60)
- Home-based LIFESTYLE physical activity intervention (n=60)
- Control group (n=66)

Analysis of effects on:

- Physical Fitness (pre-post)
- Cardio-vascular risk factors (pre-post)
- Physical Activity behaviour (pre-post & post+1yr)

Lifestyle physical activity

- Subjects received information on:
 - healthy aging and benefits of physical activity
 - How to integrate physical activity in immediate environment during daily routines
- Individual session with a personal coach:
 - design of personal physical activity plan (home-based) & consisting of: endurance – strength – flexibility – balance
- Follow-up through phone calls / collective recall sessions

Lifestyle Physical Activity coaching

- Physical Fitness objectives?
- Impact on CV-risk factors?
- Long-term impact on Physical Activity behaviour?

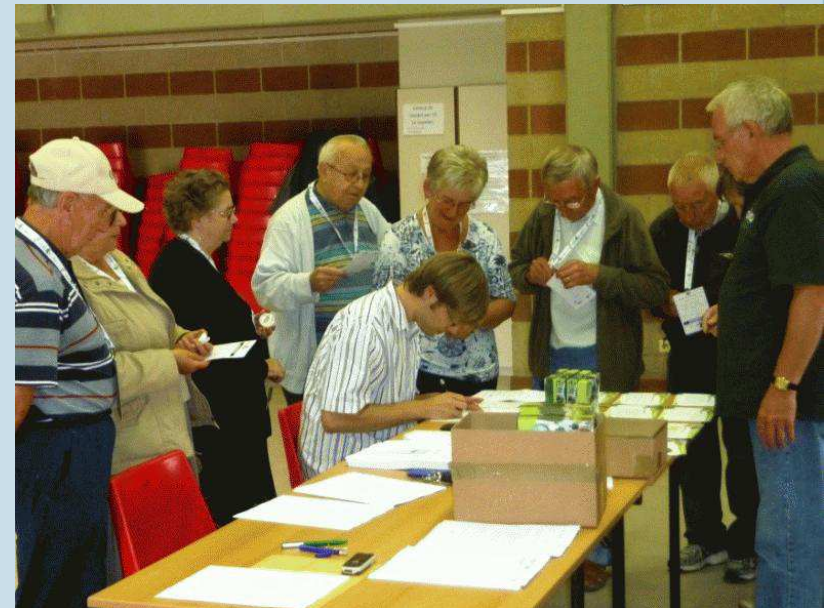


Final conclusions

- **EXERCISE** was more effective to increase cardiorespiratory & muscular fitness
- **EXERCISE & LIFESTYLE** were equally effective to increase functional performance
- Small effects on CV-risk factors in **EXERCISE & LIFESTYLE**
- **LIFESTYLE** was effective to change long term Physical Activity behaviour in daily activities

Needs of elderly in this context

- The social context (Exercise > Lifestyle)
- The financial cost (Lifestyle > Exercise)
- How to recognize professional expertise ?



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Challenge

To develop an Interdisciplinary approach

supported and implemented by all relevant sectors:

sports, health, welfare & social sector



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Thank you for your attention



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