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objective, evidence-based evaluations of particular facets of the aging process. Focusing on gender differences, it examines the rate of aging, loss of functional capacity, disability, and the quality of life among the elderly and ...

Gender, Physical Activity, and Aging - 1st Edition - Roy J ...

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Gender, Physical Activity, and Aging, 2001 Edition, August 29, 2001 - Gender, Physical Activity, and Aging Preface As in most areas of human biology, traditional texts examining physical activity and aging have drawn largely upon research conducted with male subjects, since almost no experimental data has compared the course of aging, in

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general, and effort tolerance, in particular, between ...

Gender, Physical Activity, and Aging

Mission. The Journal of Aging and Physical Activity (JAPA) is a multidisciplinary journal that publishes peer-reviewed original research reports, scholarly reviews, and professional-

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application articles on the relationship between physical activity and the aging process. The journal encourages the submission of articles that can contribute to an understanding of (a) the impact of physical ...

Journal of Aging and Physical Activity | Human Kinetics

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Physical activity participation and interventions have been successful in preventing disability in older adults and may be promising for maintaining function at younger ages. Changing the conversation to more relevant topics in midlife, like positive changes in body composition, sleep, and improved mood, may move the dial on participation, as

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midlife women do not meet guidelines for physical ...

Physical Activity and Physical Function: Moving and Aging

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particular facets of the aging process. Focusing on gender differences, it examines the rate of aging, loss of functional capacity, disability, and the quality of life among the elderly and ...

Gender, Physical Activity, and Aging | Roy J. Shephard ...

Regular physical activity is a key

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component of healthy aging, but few older adults meet physical activity guidelines. Poor aging expectations can contribute to this lack of activity, since negative stereotypes about the aging process can be internalized and affect physical performance.

Positive Aging Expectations Are

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Associated With Physical ...

The barriers to women's involvement in sports are numerous and complex. The physical activity gap between boys and girls begins early. A report from Sport England found that girls aged 3-11 years experienced less enjoyment from being physically active and less confidence in their sporting ability than boys as they

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got older. Children's exposure to narrow gender norms around boy's versus girl ...

Time to tackle the physical activity gender gap - The ...

Male gender increased the likelihood of vigorous physical activity but decreased the likelihood of moderate physical activity. Conclusions Smoking and

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physical inactivity have important impacts on the health of older people in India.

Smoking, physical activity and healthy aging in India

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CRC - GEND PHY ACTVTY AGING - Gender, Physical Activity ...

Despite the questionable scientific rigor behind many popular accounts of gender and sex, the role of sexual biology in physical aging, and of gender as a social organizing principle across the human lifespan, make sex and gender

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differences significant in the lives of older individuals.

Gender and Aging: What Do We Know? - Mather Institute

Objectives To examine the relationships between physical function and gender-stereotyped traits and whether these relationships are modified by sex or

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social context. Methods A total of 1995 community-dwelling older adults from the International Mobility in Aging Study (IMIAS) aged 65 to 74 years were recruited in Natal (Brazil), Manizales (Colombia), Tirana (Albania), Kingston (Ontario ...

Gender Roles and Physical Function

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in Older Adults: Cross ...

Background: A thorough understanding of gender differences in physical activity is critical to effective promotion of active living in older adults. Objectives: To examine gender and age differences in levels, types and locations of physical activity. Design: Cross-sectional observation. Setting: Car-dependent

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urban and rural neighborhoods in Worcester County, Massachusetts, USA.

Gender and Age Differences in Levels, Types and Locations ...

Background Olympic weightlifting requires strength, speed, and explosive power. Vigorous physical activity such as Olympic weightlifting, for older adults

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has many benefits from improved strength, social interactions, and a healthy and independent lifestyle. Little is known about the training habits, health, and lifestyle of Masters weightlifters that includes top level athletes as well as ...

The Masters athlete in Olympic

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weightlifting: Training ...

Physical activity status and gender differences in community-dwelling older adults with chronic diseases. ... Aging Clinical and Experimental Research, 30(9), 1079-1085.

Gender Differences in Function, Physical Activity, Falls ...

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likelihood of smoking. Male gender increased the likelihood of vigorous physical activity but decreased the likelihood of moderate physical activity. Conclusions: Smoking and physical inactivity have important impacts on the health of older people in India. Policy attention is needed to improve these modifiable health behaviors. Keywords

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RESEARCH ARTICLE Open Access Smoking, physical activity ...

Old Age, Gender and Physical Activity:
The Biomedicalization of Aging Patricia
Vertinsky* Professor of Physical
Education and Associate Dean Faculty of
Education University of British Columbia

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Vancouver, B.C. A Contemporary Paradox The biomedicalization of aging, forged over a century ago by socially

Old Age, Gender and Physical Activity: The ...

The relationship between obesity, physical activity, and physical function in older adults. J Aging Health. 21(8):

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1159-78, 2009. 13. McCreary DR. Gender and age differences in the relationship between body mass index and perceived weight: Exploring the paradox. International Journal of Men's Health. 1(1): 31-42, 2002. 14.

Gender and Physical Activity: Are they Associated with ...

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Why do women live longer than men? Does ownership of paired X chromosomes confer more prolonged survival on females, or is the gender difference in life-expectancy a cumulative consequence of differing life experiences for women and men? The areas of gender differences in aging, functional capacity, and the response to

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physical activity have often

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