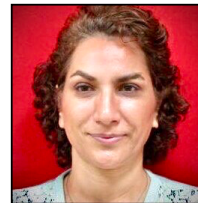


Aquatic exercise and promoting health for older adults

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Abstract

Aging causes the undesirable physiological changes and incline physical function. By 2050, the world's population aged 60 years and older is expected to total 2 billion, up from 900 million in 2015. Older adults have more limited ability for exercising while they are greatly eager to do exercise and sustain their health and fitness. The knowledge about aquatic exercise and unique properties of water will provide proper designing rehabilitation and low-impact exercise programs for people who have limitation to exercise in land. Moreover, for musculoskeletal chronic pains, therapeutic suggestion is a paradox to take rest and decrease the physical activities while resting will make the patient gain more weight and become obese and the diseases worse. Meanwhile, the physical properties of water not only can reduce the effect of body weight on the joints stress and risk of injury or fall; it also can be combined with the resistance of the water during all movements to provide the beneficial for overall body exercise. In addition, aquatic exercise is either safer than land-based exercise to reduce risk of injuries and difficulty of exercise or this type of recreational exercise is an enthusiast for older adult people. All these effective exercises are typically performed with generally more low-impact intensity than land-based exercises. In addition, water media can significantly reflect static weight bearing which resulted in upgrading the speed of movement like walking/running inside water. A summary of aquatic exercise regarding physical health and the recommendation regarding to current researches in the benefit of aquatic exercise on pain level, flexibility, cardiovascular fitness and balance abilities will be proposed. Lastly, aquatic exercise rehabilitation program can effortlessly improve quality of life and support physical health outcomes in older adults particularly in the fifth and sixth decades of life.

Biography

Fariba Hossein Abadi has completed her PhD at 2013 from National University of Malaysia (UKM). She has more than 20 publication (h-index: 4) in physical health-related, energy expenditure and aquatic exercise and rehabilitation program particularly for obese population. An innovative and knowledgeable professional having 15 years' experience as a lecturer. She educated and supervised students in a range of courses within exercise physiology and wellness discipline. She also has great practical knowledge and expertise in teaching swimming (STA level), aquatic exercises and as well teaching swimming for autism kids voluntarily. Currently she is a Senior Lecturer at the Faculty of Sports Science and Coaching, Sultan Idris Education University (UPSI) in Perak, Malaysia. She is ambitious to further explore opportunities about aging and water-based exercise.



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