

# La actividad física en las personas mayores. Motivos, características y estrategias.





GOBIERNO VASCO



MUGIMENTS



upna

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Universidad Pública de Navarra  
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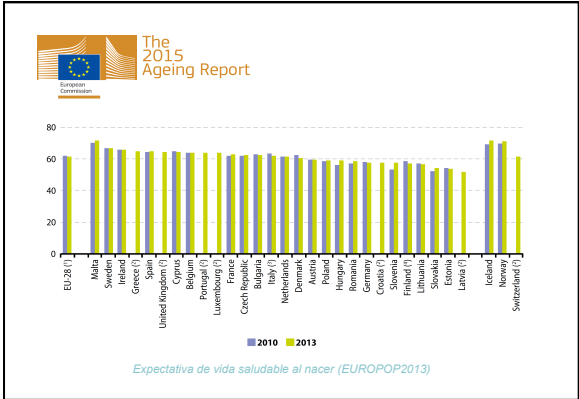
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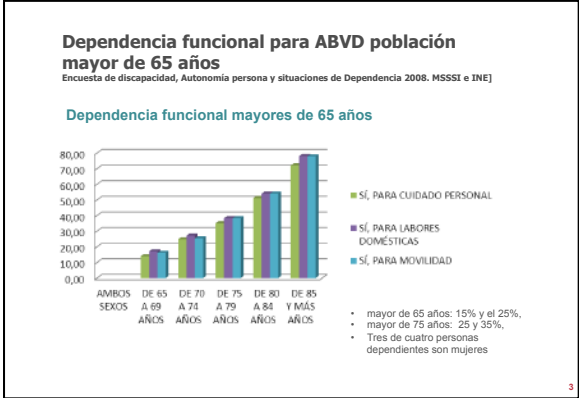
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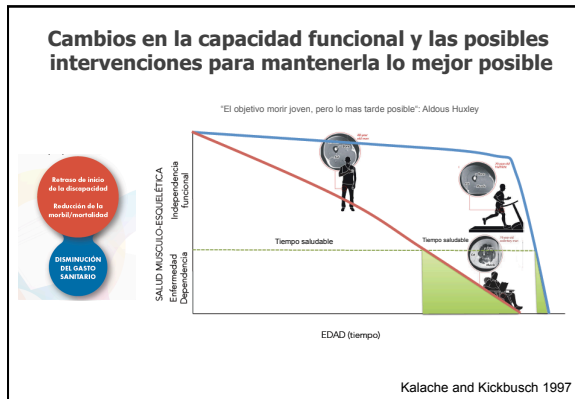
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- **Motivos y Beneficios del Ejercicios y Salud. ¿Es Etico su No prescripción?**
- **El reto del Envejecimiento vulnerable y capacidad funcional**
- **Entrenamiento de fuerza , capacidad funcional y dominios de la fragilidad ¿A qué estamos esperando?**
- **Algunas Estrategias y propuestas**

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### Beneficios del ejercicio físico

The slide features the viviFrail logo at the top, followed by the title 'Beneficios del ejercicio físico'. Below the title is a colorful illustration of various people (men, women, children) engaged in different outdoor activities like walking, running, and playing sports in a park setting.

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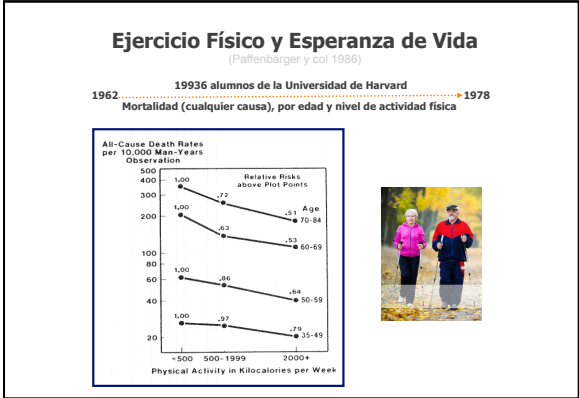
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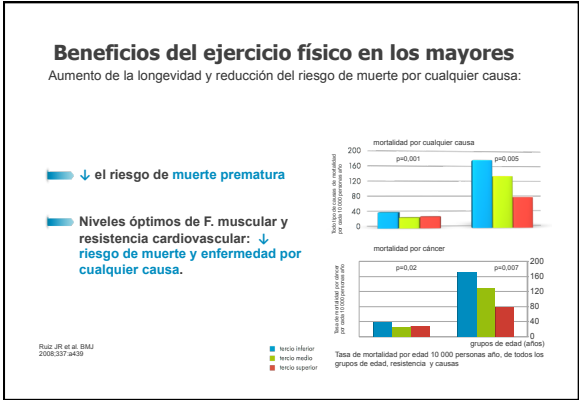
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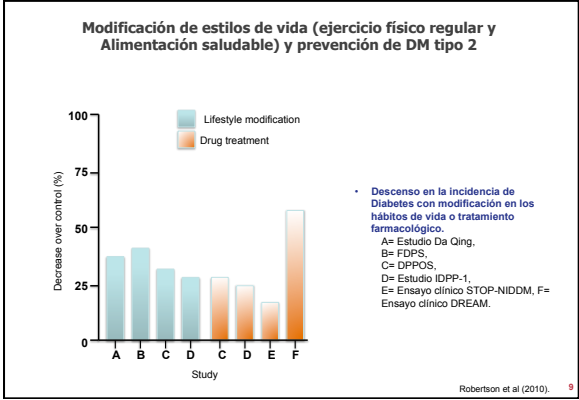
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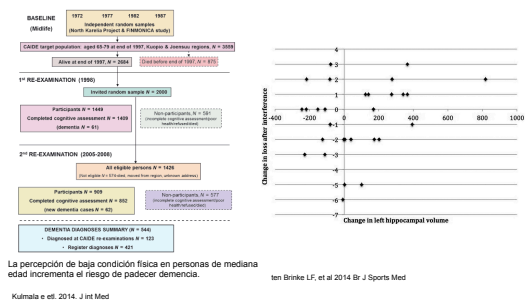
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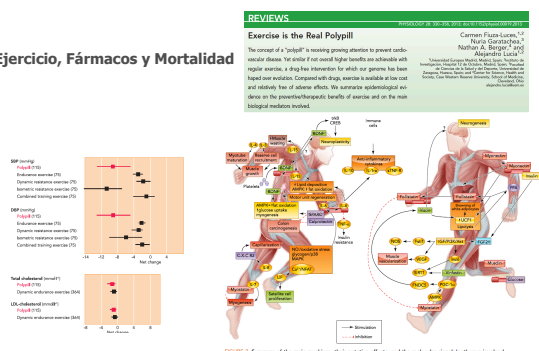
## Condición física, Ejercicio Físico y demencia



La percepción de baja condición física en personas de mediana edad incrementa el riesgo de padecer demencia

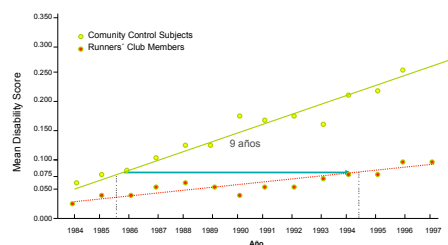
Kulmala et al. 2014, J Int Med

### Ejercicio, Fármacos y Mortalidad



**FIGURE 2** Summary of the main reactions, their rotation effects, and the molecular structure of the monomer.

### Ejercicio y capacidad funcional y mortalidad



- 9 años más para alcanzar una determinada incapacidad

- Mortalidad a los 13 años:

•Corredores: 5% : Sedentarios: 17%



|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                   |                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------|
| AGE (2015) 37:64<br>DOI 10.1007/s12575-015-0866-2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                             |
| <b>Exercise interventions in poly pathological aging patients that coexist with diabetes mellitus: improving functional status and quality of life</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                   |                             |
| <p><b>■ Junto con la intervención farmacológica y la dieta, el ejercicio físico (fuerza y cardiovascular) es el pilar fundamental en el manejo del paciente diabético.</b></p> <p><b>■ Efectos positivos no sólo en el control glucémico y en los factores de riesgo cardiovascular asociado con la diabetes, sino también, en la capacidad funcional y calidad de vida.</b></p> <p><b>■ La combinación del entrenamiento de fuerza y cardiovascular es el tratamiento más ventajoso en el paciente mayor con diabetes.</b></p> <p><b>■ Administración de Ejercicio Físico libre de potenciales efectos colaterales adversos en paciente poli patológico</b></p> |                                                                                   |                             |
| <b>Keywords</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Diabetes mellitus</b>                                                          | <b>Exercise</b>             |
| <b>Abbreviations</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Abbreviations</b>                                                              | <b>Abbreviations</b>        |
| 1. Diabetes mellitus (DM)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 2. Diabetes mellitus (DM)                                                         | 3. Diabetes mellitus (DM)   |
| 4. Diabetes mellitus (DM)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 5. Diabetes mellitus (DM)                                                         | 6. Diabetes mellitus (DM)   |
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| 235. Diabetes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                   |                             |

## Enfermedad crónica y mortalidad

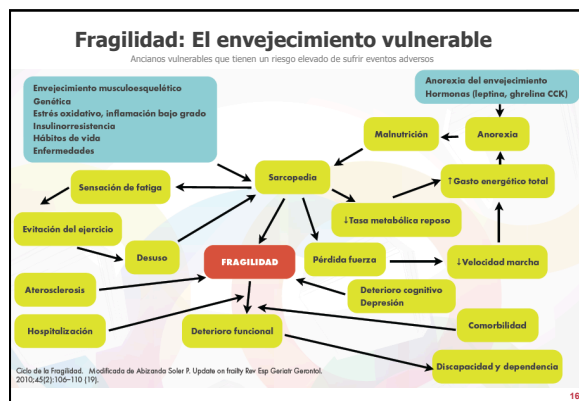


Las 5 enfermedades crónicas que provocan más muertes/año en el mundo:

- Hipertensión arterial (7.5 millones/año)
- Tabaquismo (5.1 millones/año)
- Hiperglucemia (3.4 millones)
- Inactividad física (3.2 millones – 5.3 millones)
- Sobrepeso y obesidad (2.8 millones)

(WHO. Global health risks: mortality and burden of disease attributable to selected major risks, 2009)(Lee et al. Lancet 2012)

• **Fragilidad: El envejecimiento vulnerable**




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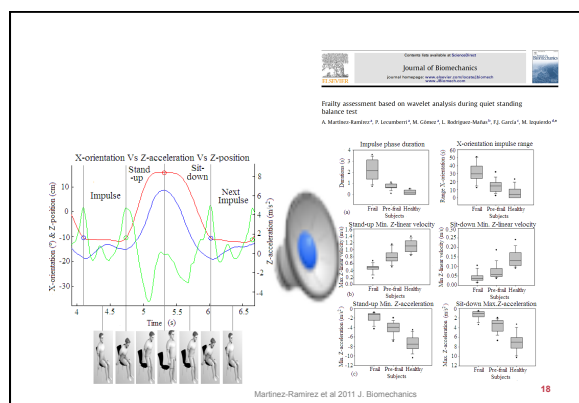
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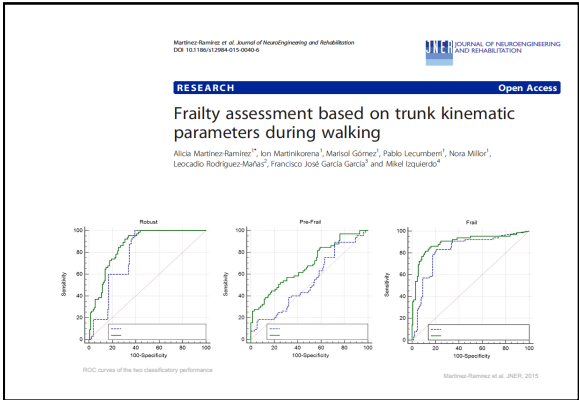
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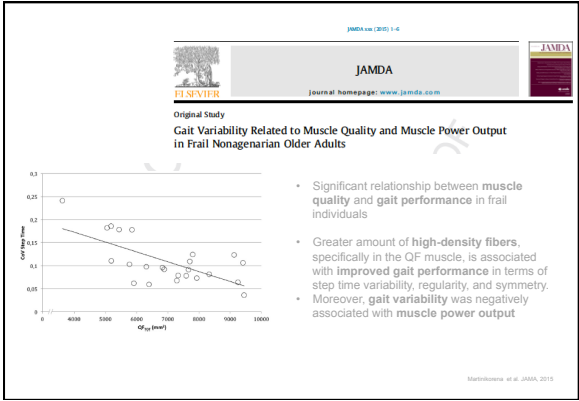
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## Entrenamiento de fuerza capacidad funcional y dominios de la fragilidad: Caídas, Deterioro cognitivo y Rendimiento funcional

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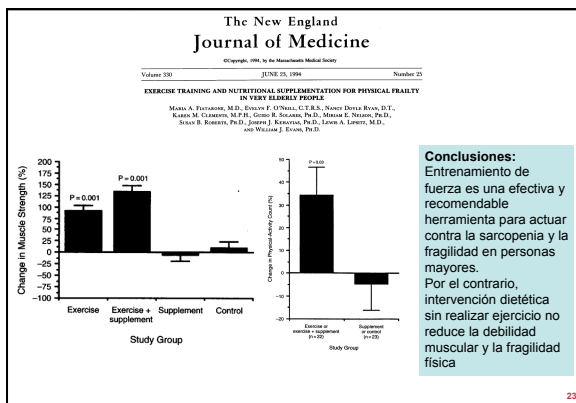
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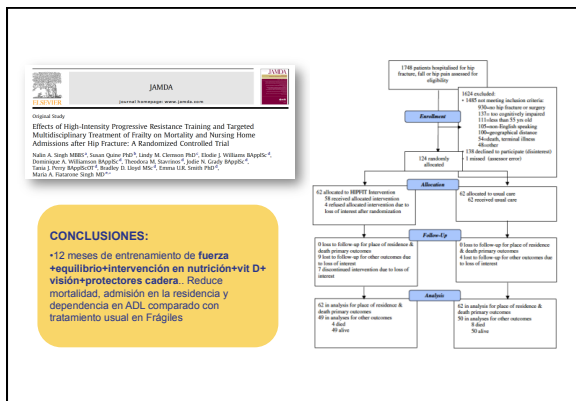
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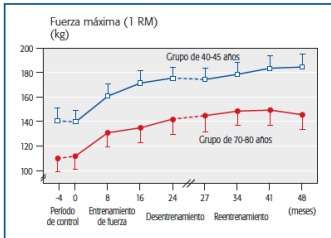
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Desarrollo de la fuerza muscular



ENTRENAMIENTO DE LA FUERZA

- Prevención de la pérdida de fuerza
- Aumento de la masa muscular
- Mejoría de los síntomas de fragilidad (velocidad de marcha y el tiempo de levantarse de la silla)

(Häkkinen et al 2000, J Appl Physiol) 25

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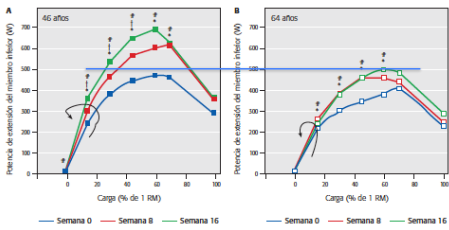
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Potencia muscular



•El entrenamiento de fuerza puede suponer recuperar 20 años de edad funcional

(Izquierdo et al 2001 J Appl Physiol)

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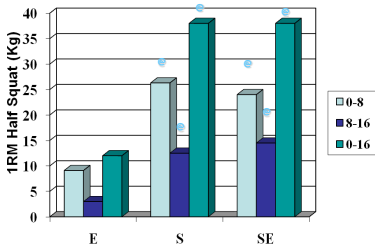
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Entrenamiento combinado de fuerza y resistencia



(Izquierdo et al. J Appl Physiol 2001) 27

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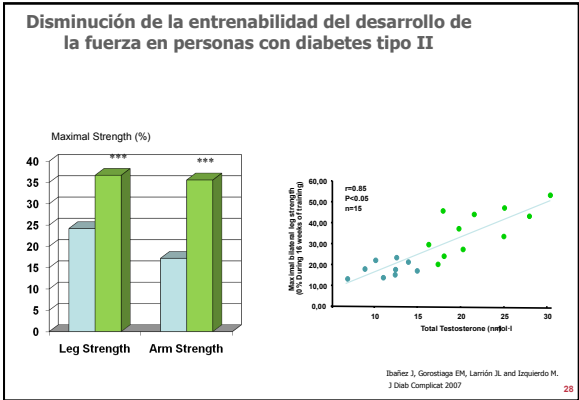
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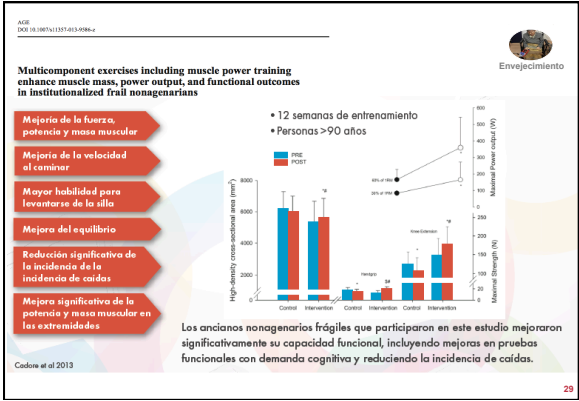
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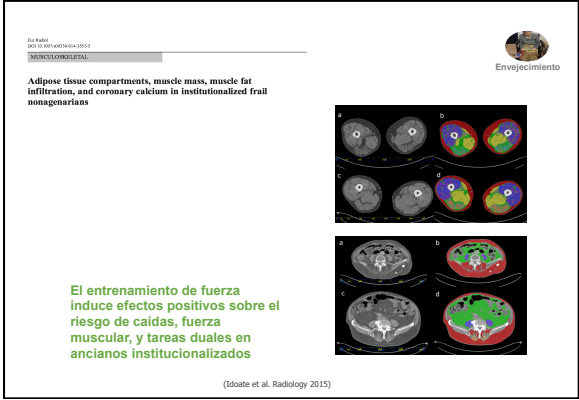
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Aumentar la  
ACTIVIDAD FISICA

  
  
Reducir el  
SEDENTARISMO



Mikel Izquierdo  
Universidad Pública de Navarra  
Departamento de Ciencias de la Salud

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### 3. Recomendaciones para aumentar la actividad física



Objetivos

- Impulsar la práctica de ejercicio físico de las personas adultas para prevenir y tratar enfermedades, prolongando su independencia y calidad de vida:
  - En el domicilio y en el entorno,
  - Entidades Locales, Clubs, Asociaciones y otros grupos de actividad,
  - entre los profesionales sanitarios de los Centros de Atención Primaria, Centros de Asistencia Secundaria y de Atención Terciaria,
  - en las Residencias de Tercera Edad

Estrategias

- o Estudiar los factores individuales y ambientales que inciden en el nivel de sedentarismo de la población mayor considerando la heterogeneidad del colectivo.
- o Animar a las personas mayores a participar, en función de sus necesidades particulares.
- o Impulsar mejoras y adaptaciones en el entorno físico y social que faciliten la práctica de actividad física en personas con dificultades de movilidad.

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### 3. Recomendaciones para aumentar la actividad física



Objetivos

- Impulsar la práctica de ejercicio físico de las personas adultas para prevenir y tratar enfermedades, prolongando su independencia y calidad de vida:
  - En el domicilio y en el entorno,
  - Entidades Locales, Clubs, Asociaciones y otros grupos de actividad,
  - entre los profesionales sanitarios de los Centros de Atención Primaria, Centros de Asistencia Secundaria y de Atención Terciaria,
  - en las Residencias de Tercera Edad

Estrategias

- o Informar, formar e Implicar a profesionales del deporte y personal sanitario, a ejecutar o valorar protocolos y programas de ejercicio físico adaptados al lugar, medios disponibles y características de las personas tratadas.
  - o Personal no sanitario de atención a domicilio
  - o Monitores de los programas de ejercicio de las Entidades Locales, Clubs y Asociaciones
  - o Personal sanitario de los Centros de Atención Primaria, Secundaria y Terciaria
  - o Personal sanitario y no sanitario de las residencias de la tercera edad

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### 3. Recomendaciones para aumentar la actividad física



#### Objetivos

- Impulsar la práctica de ejercicio físico de las personas adultas para prevenir y tratar enfermedades, prolongando su independencia y calidad de vida:
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#### Estrategias

- o Elaborar un protocolo de actuación específico para la prescripción de actividad física y la derivación al orientador desde el centro de salud
- o Crear, evaluar y poner en marcha protocolos sencillos de ejercicio físico
- o Promover la investigación en e impulsar iniciativas innovadores en AF y S

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A randomized clinical trial to evaluate the effectiveness of a multi-modal intervention in older people with type 2 diabetes on frailty and quality of life: The MID-FRAIL study

#### Key objectives:

\*Effectiveness of multimodal intervention in subjects aged  $\geq 70$  years with T2D

\*Effectiveness of an intervention on healthcare expenditure, hypoglycaemic events, incidence of hospital admission or carer burden

\*Mechanisms underlying the effect of the intervention (e.g., changes in body composition)

\*Efficacy of new therapeutic devices and new ways to measure changes in QoL (substudies)

#### PROGRAMA DE EJERCICIO

#### PROGRAMA EDUCACIONAL Y NUTRICIONAL

#### OPTIMIZACION DEL TRATAMIENTO FARMACOLOGICO

A project led by Getafe Hospital, Madrid and IDOP, UK

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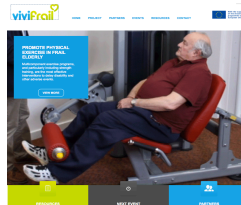
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Promote physical exercise in frail elderly



#### VIVIFY PROJECT

Active ageing is a concept that encompasses the process of developing and maintaining the ability to participate in social, economic and cultural activities. It is a process that involves the development of physical, mental and social capabilities that enable people to live a full and active life.

The VIVIFY project is a multi-modal intervention that aims to improve the quality of life of frail elderly people by promoting physical exercise, education and nutrition.

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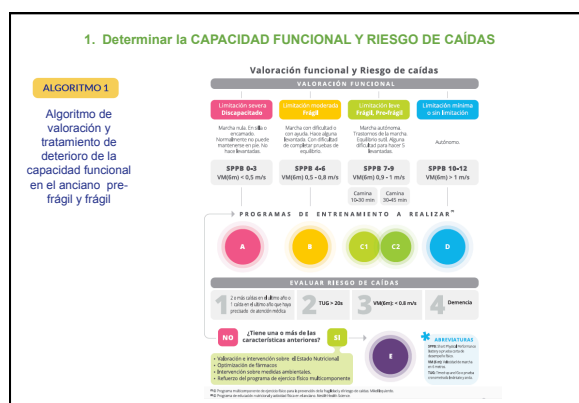
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