

# Willamette View Wellness

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Mind, Body and Spirit

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## Exercise Improves Balance in Older Adults with Knee Osteoarthritis

More evidence that exercise improves balance:

Researchers at Wake Forest University and the University of Tennessee tested 103 adults over age 59 to see if regular, long-term exercise improves balance in seniors with knee osteoarthritis.

Subjects were divided into three groups. The aerobic exercise group walked at 50 percent to 85 percent of heart-rate reserve for 40 minutes at a time, interspersed with short rest periods if necessary, three days a week.

The weight-training group lifted free weights three days per week. They performed two sets of 10 to 12 reps of nine different exercises to strengthen both the lower and upper body.

The control group attended health education classes.

Subjects exercised under supervision for the first three months, then continued on their own for 15 more months, with regular follow-up calls to keep them on track.

Both aerobic walking and weight training significantly improved postural stability compared to the control group, whose balance deteriorated over the year and a half.

When subjects stood with their eyes closed, weight trainers swayed the least. When standing on one leg with their eyes open, walkers were able to balance the longest.

*Source: Journal of the American Geriatrics Society, 2000; 48, 2, 131-138*

Article provided by  America's Authority on Fitness<sup>®</sup>



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### TIPS FROM THE TRAINER

Tom Irving

Wellness Specialist

NSCA-CPT



**Wii helps boost overall physical activity and improves function**

As many of you may or may not know the Wellness Center added Nintendo's gaming system, the Wii, to it's line up. These interactive games are a great way to add to your overall physical activity. Experience has taught me that overall activity trumps "just exercise" every single time when it comes to being healthy. The Wii is just another fun way to add more physical activity to your life. Thus, improving your overall health. Please contact us at the Wellness Center if you are interested in partaking in this fun and stimulating activity. Bottom line, BE ACTIVE!

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