Abstract

Objective: This study sought to correlate the anthropometric and functional variables, and exercise habits in a group of elderly adults who regularly attend exercise programs. Method: participation of 217 subjects between 60 and 85 years of age, from 13 regions of Colombia. Anthropometric and functional assessment was conducted as a questionnaire on exercise habits. Results: negative correlations were shown between exercise habits and body fat and positive correlations between hand strength and VO2 max. (r = 0.4), age was negatively associated to functional variables. Conclusions: The functional capacity is influenced by increased age and body fat. With higher frequencies of physical exercise, VO2 max. and strength improved, but less body fat was observed.

Keywords

Exercise, Elderly, Correlation, Anthropometry, Functionality.