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Impact of physical activity and sedentary lifestyle on hydration status and liquid intake in Spanish older adults

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Introduction: Data on hydration status in older adults are scarce and there are very few studies focused on the impact of physical activity on drinking behaviour.

Objective: To determine the impact of physical activity and sedentary lifestyle on fluid intake in Spanish older adults.

Method: 430 non-institutionalized Spanish older adults (58% females), aged 55-80 years were divided into four groups: ILS (inactive and low sedentary), HIS (inactive and high sedentary), ALS (active and low sedentary) and AHS (active and high sedentary). Experimental data were collected by questionnaires, physical fitness tests, and osmolality was measured in serum. Data was analyzed using one-way ANOVA.

Results: Serum osmolality values were within references values in all subjects, independently of the physical activity and sedentary level. Liquid intake increased in parallel with physical activity. There were significant differences between ILS/ALS (p=0.002) and IHS/ALS (p=0.001), and no differences were found between AHS/IHS (p=0.066).

Conclusions: Spanish elderly seem to be well hydrated independently of the physical activity and sedentary level. Physical activity has a higher impact on fluid intake than sedentary lifestyle.

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Key words: beverages, physical activity, elderly, sedentary.

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