Abstract
As the number of elderly persons in Spain increases, the promotion of regular exercise is one of the main non-pharmaceutical measures proposed to older subjects by institutions. Moderate but regular adapted physical activity is related to a reduction of mortality among older people, with regard to the positive effect on primary prevention of coronary heart disease and the type 2 diabetes. Furthermore, the regular adapted physical activity appeared relevant to prevent falls and to increase bone density. Furthermore, osteoarticular pain (common in old people) is lower after decades of regular aerobic exercise. Moreover, several longitudinal studies have suggested that physical activity improved cognitive function and was linked to a reduced risk of developing senile dementia or Alzheimer’s disease. According to all these results, the role of exercise in the fight against depression and anxiety in older people is considered as similar to the effects of the traditional pharmacology treatment. For that reason, the inclusion of regular exercise programs focused and adapted to older people and developed by fitness professionals is a social needed.

Keywords
Exercise, elderly, health, quality of life.