Abstract

The demographic aging of the population at world-wide level has caused an alert one on the importance of guaranteeing that the people majors can live better and with greater independence from the maintenance of its functional capacities. In this article we present the bio-psycho-social benefits of the physical activity for the promotion of the active and healthful aging, and the importance of Psychomotricity like a technique of corporal intervention appear that can influence of positive way in the personnel competence and efficiency motor, the cognition, the affectivity, the well-being and the socialization of the aged people, reducing the risks of deterioration and social marginalization.

Keywords

Physical activity, Psychomotricity, Active aging, Successful aging.