Exercise Decreases Insulin Resistance in Elderly

**BY MARY ANN MOON**

**Contributing Writer**

The combination of aerobic and resistance exercise markedly reduced insulin resistance in older patients who had abdominal obesity, according to research published in the Archives of Internal Medicine.

Doing 90 minutes of aerobic exercise of moderate-intensity resistance exercise combined with 60 minutes of moderate-intensity aerobic exercise and 60 minutes of resistance exercise 3 days per week also improved functional limitations, decreased abdominal and visceral fat, increased skeletal muscle mass, and improved cardiovascular fitness in these patients, staying off both disease and disability.

"It is difficult to imagine a more effective strategy for improving overall health in the elderly," said Lance E. Davidson, Ph.D., of Queen’s University, Kingston, Ont., and his associates.

The researchers conducted what they described as the first randomized controlled trial to assess the effects of aerobic and resistance exercise, alone and in combination, on insulin resistance in older nondiabetic subjects. The 6-month trial involved 117 sedentary, abdominally obese men and women aged 60-80 years.

The study subjects were assigned to do 90 minutes of resistance exercise 3 days per week also improved functional limitations, decreased abdominal and visceral fat, increased skeletal muscle mass, and improved cardiovascular fitness in these patients, staying off both disease and disability.

**CONTRIBUTION:** How does aerobic exercise help decrease abdominal fat and improve insulin sensitivity in older adults?

**Weight Loss:** How does resistance exercise contribute to weight loss in older adults?

**Muscle Strength and Function:** How does resistance exercise improve muscle strength and function in older adults?

**Bone Health:** How does resistance exercise affect bone health in older adults?

**Cardiovascular Health:** How does aerobic exercise improve cardiovascular health in older adults?

**Mood and Psychological Health:** How does resistance exercise improve mood and psychological health in older adults?

**Quality of Life:** How does resistance exercise improve quality of life in older adults?

**Safe and Effective:** How can we ensure that older adults can safely and effectively participate in resistance and aerobic exercises?

**Adherence:** How can we improve adherence to resistance and aerobic exercise programs in older adults?

**Cost and Accessibility:** How can we make resistance and aerobic exercise programs more affordable and accessible for older adults?

**Summary:** Aerobic exercise and resistance exercise can be effective strategies for improving overall health in the elderly, particularly by reducing insulin resistance, improving functional limitations, and enhancing quality of life. Older adults should be encouraged to participate in regimens that include both aerobic and resistance exercises to achieve optimal health benefits.

**References:**


