



# Importance of activity in geriatrics

Elderly people often see their independence reduced or compromised in everyday life. Typical everyday activities such as eating, walking, dressing or washing suddenly become challenging due to age or illness.

In order to maintain independence and thus quality of life for these people, regular physical exercise is essential. A safe and easy way to integrate exercise into everyday life is regularly using a movement exerciser. This exercise is joint-friendly, which is particularly important for elderly people. Even physically impaired people can carry out this type of exercise on their own, even if they have lost some degree of postural control or their ability to balance.

It has been scientifically proven that therapy with a movement exerciser works at different levels. On the one hand, there are improvements to cardiovascular functions: blood pressure can be lowered while increasing endurance. Furthermore, training with a movement exerciser has a positive impact on the patient's metabolism. This in turn can have a positive impact on metabolic diseases such as diabetes

mellitus. On the other hand, the patient's physical condition is improved: the muscles in the lower limbs are strengthened, improving the ability to walk. As a result, mobility is maintained or increased, while at the same time the person's risk of falling decreases.

In summary, training with a movement exerciser is an effective and efficient supplementary treatment that offers great added value for both the elderly and their environment. Regular exercise can actively help to maintain independence in everyday life, and thus influence a person's quality of life.

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## Bibliography

1. See Runge, M./Rehfeld G. (2001): Geriatrische Rehabilitation im Therapeutischen Team. [Geriatric rehabilitation in the therapeutic team.]
2. See Bouaziz, W. et al (2015): Health benefits of cycle ergometer training for older adults over 70: a review.
3. See Diehl, W./Schüle, K./Kaiser, T. (2008): Apparativ-assistives Bewegungstraining der unteren Extremität in der geriatrischen Rehabilitation. [Apparative-assistive physical exercise of the lower extremities in geriatric rehabilitation.]