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| **Student Name: Andrew Foster**  |
| **Effects of exercise on independence and functional performance.** | **Searches: Cochrane, Pedro, PubMed, CINAHL** |
| **Author/Year** | **Purpose** | **Design**  | **Subjects** | **Intervention** | **Outcomes** | **Results** |
| **Effects of Pilates and Tai Chi on function** |
| Elsawy and Higgins et al. 2010 | To provide clinical guidelines and recommendations on the benefits of being physically active throughout the life span. . | Systematic review  | Older adults aged ≥60 years.  | Programs included: aerobic, muscle strengthening, balance and flexibility, mind and body.  |  | The guidelines recommend that for greatest health benefits older adults should participate in in at least 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or a combination of each per week. Older adults should work to strengthen all major muscle groups two days a week and work to improve balance to prevent falls.  |
| Centers for Disease Control and Prevention (CDC). 2005 | To review differences in adult participation from 2001-2003 for the minimum recommended level of physical activity and inactivity among adults in U.S. and state- and territories.  | Systematic review  | US adults  | Analysis of participation in the minimum recommended level of physical activity guidelines.  | Behavioral Risk Factor Surveillance System (BRFSS) surveys for 2001 and 2003 | A significant variable of more than half of US adults fail to continuously participate in the recommended level of physical activity that is beneficial to health.  |