



## Physical Activity and Sedentary Behavior among Older Adults

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### Message from the Guest Editor

Population aging—the inevitable increase in the share of older adults that results from the decline in fertility and improvement in survival that characterize the demographic transition—is occurring throughout the world.

The aging process is accompanied by a decline in cardiorespiratory capacity and the loss of muscle function, which affect older adults' functional performance and independence, as well as their quality of life. The ability of older adults to function independently is largely dependent on the maintenance of sufficient aerobic capacity and strength with which to perform daily activities.

Human movement behaviors, such as Physical Activity (PA) and Sedentary Behavior (SB), have a significant impact on the overall health and Quality of Life (QoL) of older adults, and more specifically improve aerobic capacity and strength. It is well-known that low levels of PA and increased SB are modifiable risk factors for many chronic conditions, including cardiovascular disease, hypertension, obesity, diabetes mellitus, osteoporosis, depression, cancer, and even mortality.





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## Message from the Editor-in-Chief

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