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Light-Intensity, Community-Based Group Exercise: A Pre–Post Study

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Description

We investigated the motor and psychological effects of 15-week participation in a light-intensity, group-based, multicomponent program designed to older adults. Motor variables included: Two-Minute Step Test (twom), Timed Up and Go (tug), 30-Second Arm Curl (arm), Hand Grip Strength (hand) and Short Physical Performance Battery (sppb), while psychological variables included Frontal Assessment Battery (fab), WAIS Digit Span Test (wais), Geriatric Depression Scale (gds) and World Health Organization Quality of Life Brief Version questionarie (who). A total of 143 older adults were included in the final analysis, the data shows dependent variables results for each participant before (t0) and after 15 weeks of participation in the program (t1), besides their sex (0: male; 1: female) and age. This data set can be used to draw conclusions about group-based interventions in older adults.

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