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affaritaliani.it

Il primo quotidiano digitale, dal 1996



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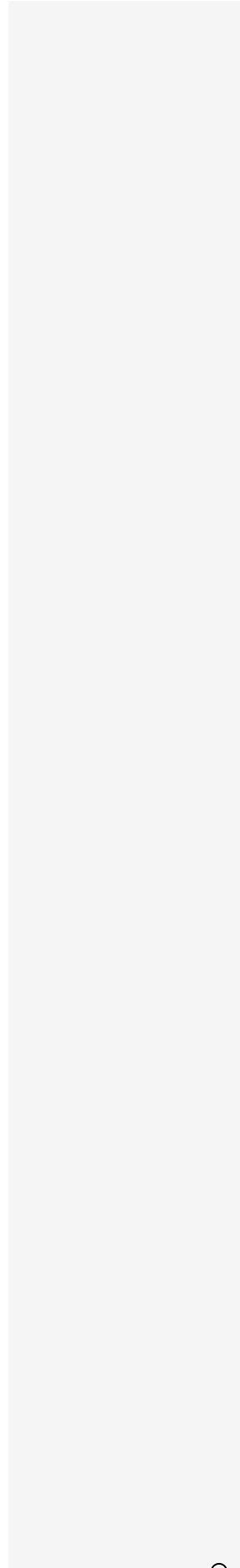
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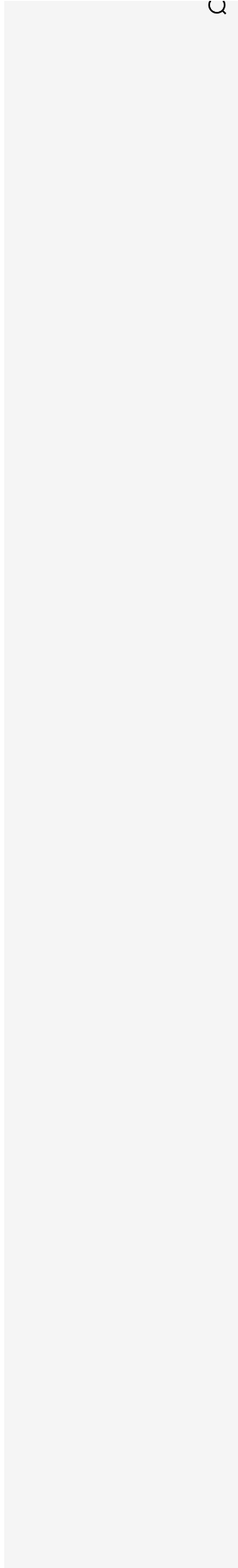
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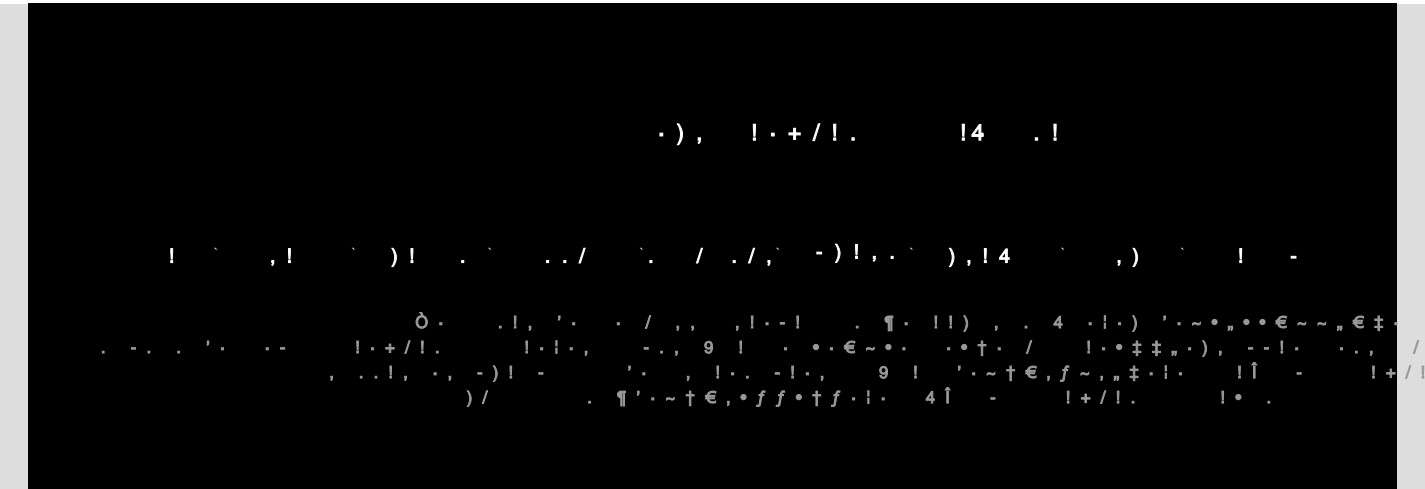
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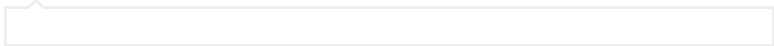
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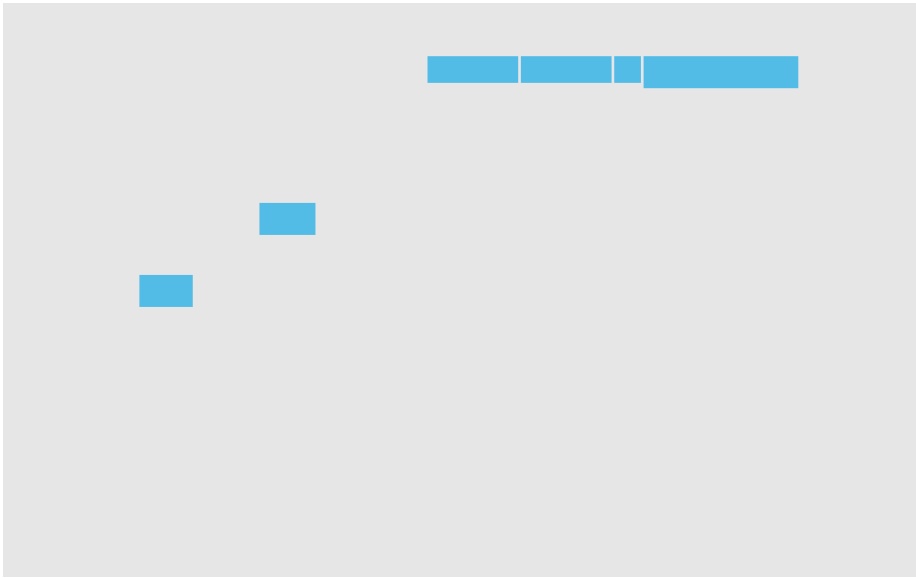
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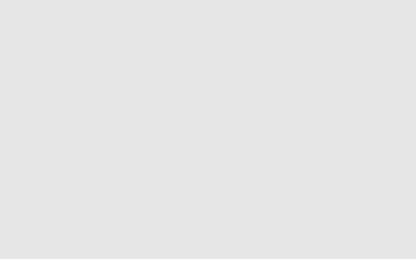
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QXRWDUH R FRUHHUH GL ROWUH 6L WUDWWD GL RSWDUH SHU O DWWLYL
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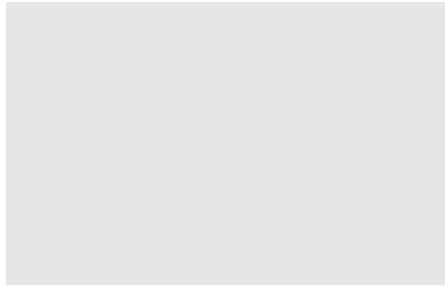
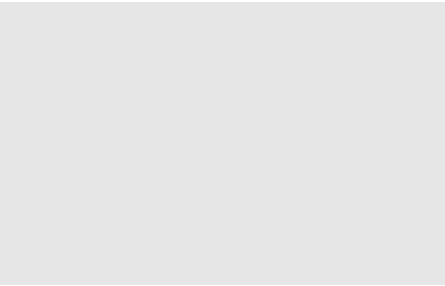
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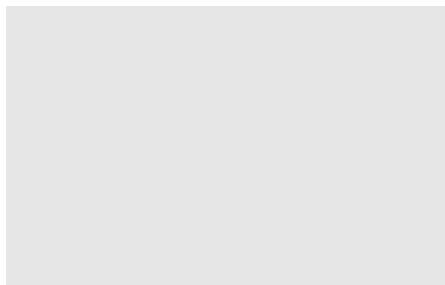
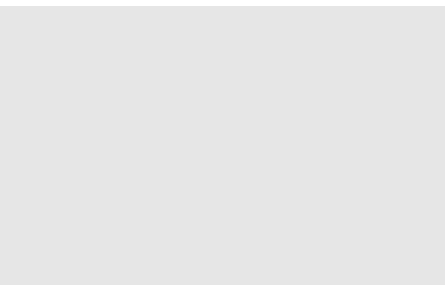
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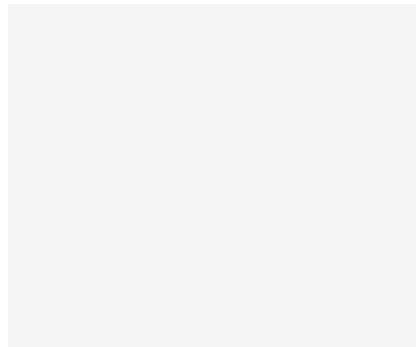
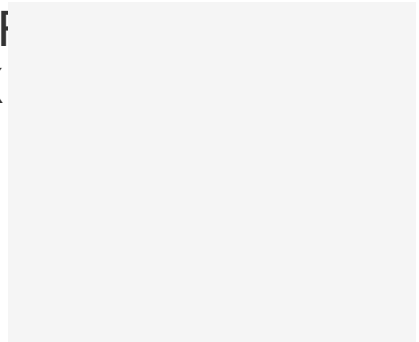
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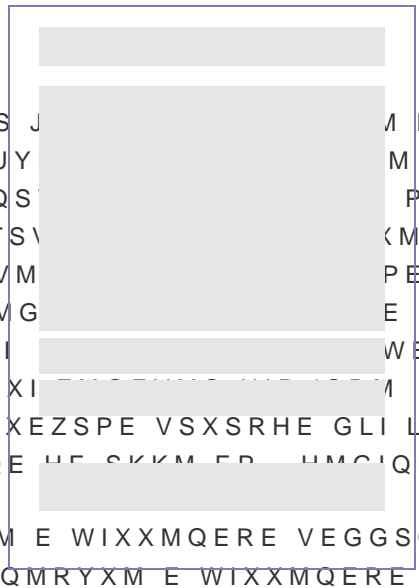
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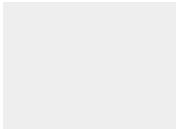
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 TSM GM WSRS ERGLI SWXEGSPM TVEXMGM QSPXI [REDACTED] HM
 JEQMPMEVM QIXP HM PSVS LE ETTIRE SVI HM XIQ [REDACTED] RE
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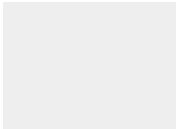
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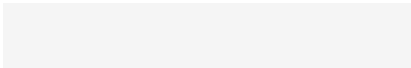


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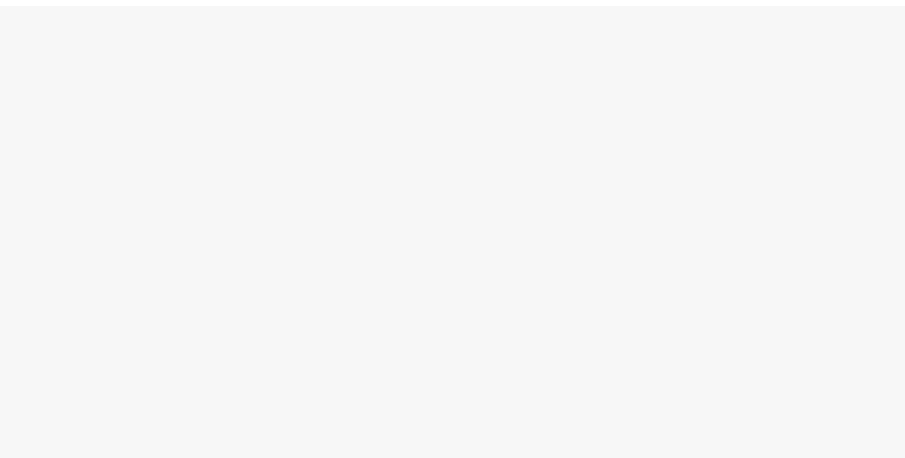
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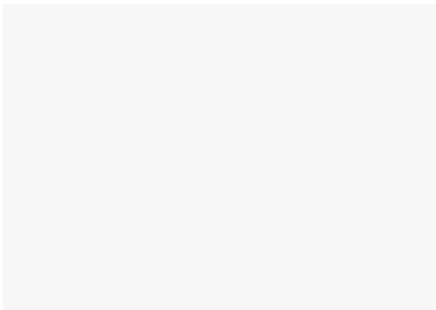


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 GHOO†\$JLHQGD RVSHGDOLHUR XQLYHUVLWDULD GL &DUHJLL /D FRVD SL
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IL CONVEGNO

CARE OVER 65
STOP PIGRIZIA:
IL MOVIMENTO
È SALVAVITA

geriatria - Due ore e mezza di attività fisica moderata a settimana riducono del 30% la mortalità nelle donne over 65, ma nell'attività fisica c'è un grosso gap fra i due sessi e in poche si muovono con regolarità».

Le possibilità fra cui scegliere sono molte: dallo sci alla scherma, dalla marcia all'atletica, le discipline in cui misurarsi sono tante e per tutti i gusti e le età. «Scegliere uno sport e praticarlo significa allungarsi la vita. Qualche tempo fa il Copenhagen City Heart Study, che ha seguito oltre 8.500 uomini e donne per 25 anni, ha dimostrato che giocare a tennis, per esempio, allunga la vita di poco meno di 10 anni, andare in bicicletta di quasi 4, nuotare o correre di oltre 3» conclude Landi.

A. Cap.

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Signore over 65 non abbandonate l'attività fisica. È l'appello degli specialisti della Società italiana di Gerontologia e Geriatria. La popolazione femminile, infatti, oltre una certa età, si dedica meno degli uomini a sport, passeggiate o nuotate in piscina. Da quattro grandi protagoniste dello sport italiano alleate dei geriatri - le campionesse olimpiche Manuela Di Centa, sciatrice fondista, Elisa di Francisca, schermitrice, Antonella Palmisano, marciatrice, e Silvia Salis, tiratrice del martello e vicepresidente vicario del Coni - arriva allora un invito alle anziane che hanno dimenticato i benefici del movimento.

Una over 65 su tre, infatti, si muove meno dei 150 minuti a settimana raccomandati (riducono del 30% la mortalità, una su cinque non fa esercizio neppure per 30 minuti a settimana e le over 75 hanno il 30% di probabilità in meno di essere attive rispetto ai coetanei maschi).

«Sarebbe opportuno promuovere programmi specifici e dare sostegno alle donne. Molte over 65 si occupano di nipoti o altri familiari, metà di loro non ha più di 35 minuti al giorno da dedicare a se stessa - fa sapere Francesco Landi, presidente della Società italiana di



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Y.:kkOqOk>¹LOiOC:-¹EI[gIG-¹e]ii][]¹GiiGhG¹C][iOEGh:kO¹I][¹GYOioh¹
YI[M:¹qOk:μ-¹GeelHG¹YG¹E][[G¹[G¹eh:kOC:[]¹ZG[]-¹ieGCOG¹E]e]
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