

High-Intensity Interval (HIIT) Training for Healthy Older People

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The number of people aged 60 and up is increasing faster than any other age group in the world [3]. Reduced physical performance in elderly persons has been associated with a higher risk of death [1,2]. Neuromuscular deterioration, gait and balance difficulties, loss of mobility, and an increased risk of falls and fractures are all classic symptoms of ageing [1,3]. High-intensity interval training (HIIT) has been described as a promoted and encouraged for increasing indices of performance and various health markers in older persons [3].

It's a challenging task to establish whether or not HIIT is a safe and well-tolerated training approach for healthy older people. It is needed to examine the effectiveness of HIIT on body composition, upper and lower body muscle strength, mobility and balance, mechanical efficiency as well as aerobic fitness, fear of falling, and functional capacity [1-5]. After considering these key aspects, it might be considered to assume that HIIT is the most effective training strategy for a healthy older adult.

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