



## **After the intervention, it pays to keep exercising**

In the introduction to a new study, the authors explained that a research review found few studies examining the long-term maintenance of people who participated in an exercise intervention. Their goal was to place an intervention in the community (rather than a research center) and track long-term results.

**INTERVENTION:** A group of 41 inactive adults in Australia, ages 60–75 years, was randomly assigned to 16 weeks of resistance training followed by 16 weeks of flexibility training, 16 weeks of flexibility training followed by 16 weeks of resistance training, or a control group. The groups met in a community gym. They were assessed before and during the intervention as well as one year later.

**FINDINGS:** Both exercise groups improved significantly in the sit-to-stand, timed up-and-go and sway assessments compared to the control group. More than half of the participants continued strength training after the intervention ended. At assessment 12 months later, people who continued strength training had significantly improved results on the step test and believed the program aided their physical activity more than the people who stopped exercising.

**COMMENT:** The authors concluded that “benefits to balance and mobility persist one year after participation in a multi-component exercise program, due in part to some continuing participation in resistance training. Motivation to continue resistance training may be related to real and perceived benefits attained from the intervention as well as the environmental context of the intervention.”

**SOURCE:** Archives of Gerontology and Geriatrics, 52(2): 211-216 (March-April 2011)