

Respiratory response induced by exercise in elderly people

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Abstract

Aging is normally associated with a general decline in function of organs and specific structural and functional alterations of lung that restraint physical performance. Aging can produce several modifications in ventilatory mechanics, lung volumes and capacities, minute ventilation, diffusion of respiratory gases. The decline of respiratory functions in the elderly and their exercise endurance are important aspects for his life. The benefits of specific physical exercise for the elderly are highlighted within the paper.

Keywords: aging, exercise endurance, pulmonary ventilation, gas exchange, benefits of specific sports.