

Vulnerability, stress and senescence. Movement and physical activity - anti-aging factors

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Abstract.

Distress, vulnerability and adaptation are comparatively studied in human ontogenesis: young, adult, and old person. Analysis of negative temporal interrelationships from distress, exhaustion stage of General Adaptation Syndrome (GAS), wear and tear, and aging guides to concept defining of distress $\Leftrightarrow$ aging noxious binomial.

Simultaneously management of stress and aging is achieved by optimizing the relationship with himself - physical and psychical activation and re-building, emotional-cognitive-volitive autoassessment and autotherapy, as well as the relationship with environment - replacement of unhealthy options with healthy ones, sanogenetic nourishment, metabolic and vascular cerebral activation, anti-stress $\Leftrightarrow$ anti-aging autoassessment and autotherapy.

Movement, physical activity and sport become key sanogenetic factors within the framework of bio-psycho-social activation of old people. Therefore, physical activity for health must be implemented at aging population by correlation of national programs with individualized, personalized ones.

Key words: distress $\Leftrightarrow$ aging noxious binomial, vulnerability, adaptation, stress and senescence management, optimizing the relationship with himself and with environment, anti-stress $\Leftrightarrow$ anti-aging therapeutic binomial, movement and physical activity - anti-senescence factors.