

# The necessity of weight training for elderly

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## **Abstract**

Weight training has a large potential benefit that can be used to maintain and improve health and to prevent the loss of it.

Increasingly, many studies in recent years have shown that the benefits of weight training are many and beneficial in people over 60 years. The paper's aims, following consideration of several sources in the field, are to promote and justify that weight training can play an important role in improving health and counteracting age-related decline effects in the elderly.

Nowadays it has been proved that weight training is able to preserve for a long time the autonomy of people over 60 years by maintaining bone density, strengthening the ligaments, reordering the body's outline, and by maintaining the functional parameters of cardio-respiratory system to an optimal level.

The elderly who have lost a degree of their freedom in movement can also benefit from weight training, according to several studies in this area. Even at the age of 90 years hope can still spring eternal!

**Keywords:** fitness; weight training; health; elderly.