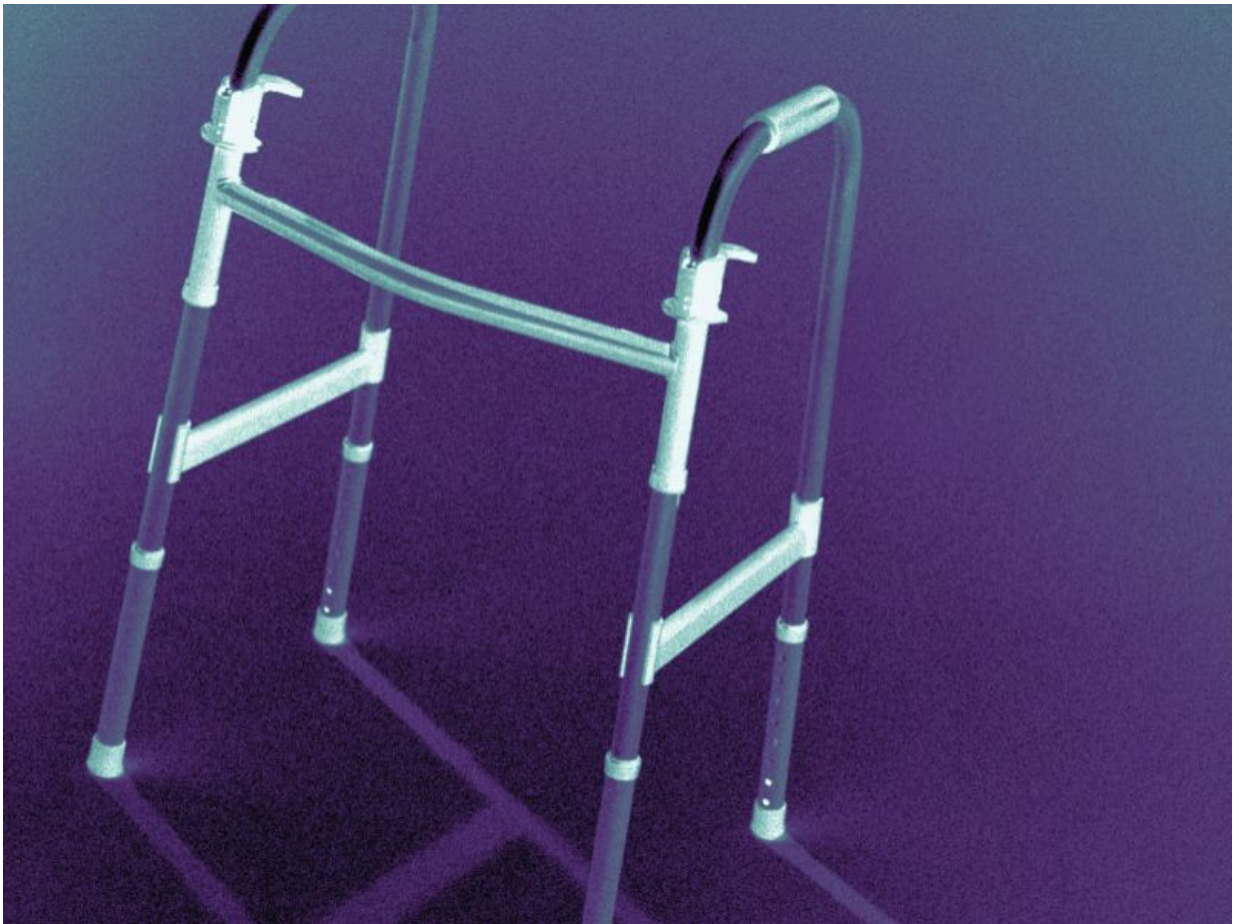


Physical activity predicts disability in older adults

August 21 2017



(HealthDay)—Accelerometer-measured physical activity (PA) levels are

strongly associated with major mobility disability (MMD) and persistent MMD (PMMD) events in older adults with limited mobility, according to a study published online Aug. 11 in the *Journal of the American Geriatrics Society*.

Using data from hip-worn seven-day accelerometers, Robert T. Mankowski, Ph.D., from the University of Florida in Gainesville, and colleagues examined associations between physical activity (PA) and incidence of MMD and PMMD in [older adults](#) participating in the Lifestyle Interventions and Independence for Elders Study. Participants (1,590) were randomized to either structured PA or [health education](#).

The researchers found that at baseline, every 30 minutes spent being sedentary (

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