ANNOUNCEMENT

**Master’s Oral Examination for**

Suzanne Lowe

Monday, April 19, 2021, 12:45-1:45 pm

Zoom

Benefits of Yoga for Older Adults: A Literature Review

# **Abstract**

Chair: Dr. Natsuko Wood

Adults are living longer and although aging is a natural part of life, it brings some challenging and complex age-related issues. Studies have shown that exercise can prevent many health problems that come with aging. For years healthcare providers have recommended to their older patients the importance of increasing their physical activity to improve their health, often suggesting things like walking or aerobic exercises. For many older adults, these are not feasible because of the socio-economic conditions in which they live. Yoga, which is easily modifiable to a individuals’ abilities, has become increasingly popular over these other activities as it can be employed in any environment. This paper reviews the literature regarding how yoga can benefit older adults. Currently, there are existing physical activity recommendations for older adults, as a way to improve their health, by the Center for Disease Control and Prevention (CDC) and the World Health Organization (WHO). Nevertheless, none of these specifically recommend or describe yoga as a way improve the physical well-being of older adults. Yoga is a feasible intervention that healthcare providers can recommend to older adults to help them increase their activity while improving other aspects of their mental and physical well-being. However, healthcare providers like to feel confident in making recommendations. Therefore, there is a need for further studies on the benefits of yoga for this age group as it is limited.

Keywords: Older adults, elderly, seniors, yoga, yoga therapy, pain, osteoarthritis, physical function, mobility, balance, memory, cognition, depression, psychosocial, mental well-being, and quality of life