

## Women over 65 years old are more sporty than men



A STUDY PUBLISHED IN THE INTERNATIONAL JOURNAL OF SPORTS SCIENCE

A study carried out by investigators from the Universidad Politecnica of Madrid and the Universidad Alcala de Henares concluded that Spanish women over 65 carry out more physical activity than men their age.

According to the study, 19% of women interviewed admitted they carried out one or more physical activities against 14.8% of men. These results don't include the traditional walk which is more practiced by men.

The study was conducted on 933 people (53.9% women, 46.1% men). Directed by Jesus Martinez de Castillo, the study shows women are used to carrying out physical activity in covered spaces, mainly in sports installations. The complete studies have been published in the International Journal of Sports Science.

Forum GanaSalud acknowledges the importance of actions destined to promote the practice of physical activity and sports amongst our elders, such as the **Enforma Progam** from the autonomous community of Madrid, in which 18 municipalities participate along with 29 centers to offer counseling and free activities by certified instructors to more than 2,000 people every week.