

# Role of physical activity in cardiovascular disease prevention in older adults

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According to the World Health Organization, cardiovascular diseases (CVD) will account for around 30 % of deaths worldwide by 2020 with a relative increase over time due to population aging. In addition, the lifestyles of populations today contribute to the development of risk factors for CVD, such as hypertension, diabetes and obesity, among others. Physical inactivity is also associated with increased risk of morbidity or worsening CVD. In this review, we discuss the involvement of physical activity in the prevention of CVD risk factors. We also describe the role of physical activity in CVD prevention during aging. © 2015, Springer-Verlag Italia.

Cardiovascular diseases

Older adults

Physical activity

Primary prevention