

Anthropometric indexes and physical fitness in physically active older males: Preliminary study [Índices antropométricos y condición física en varones mayores físicamente activos: Estudio preliminar]

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Introduction: The aging of the population has attracted great interest from the scientific world, which has allowed the study of variables related to healthy aging. **Objective:** Relate the anthropometric indexes with the physical fitness in elderly of male sex who participate in physical activity workshops of the National Sports Institute, La Araucanía region, Chile. **Material and methods:** Cross-sectional study evaluating 40 physically active males over 60 years of age. The variables analyzed were body mass index (BMI), waist circumference (WC), waist-to-height ratio (WHR) and physical fitness measured through the Senior Fitness Test. Correlations were made using the Pearson's coefficient, considering a $p < 0.05$. **Results:** The elderly showed a BMI, WC and WHR of 29.2 kg/m², 98.2 cm and 0.62, respectively. His physical fitness presented an equal performance (52.5%) or higher (41.7%) than his age and sex. Statistically significant correlations ($p < 0.05$) direct were found between the PC with the agility and dynamic balance score, and inversely, between the BMI and WHR with the upper train flexibility. **Conclusion:** Excess body weight in physically active older males would not affect their physical-functional performance, limiting them only in upper train flexibility, agility, and dynamic balance. © 2018 Sociedad española de dietética. All rights reserved.

Active aging

Anthropometry

Elderly

Physical activity

Physical fitness

aged

agility

anthropometry

article

body mass

body weight

clinical article

controlled study

cross-sectional study

female

fitness

healthy aging

human

male

physical activity

waist circumference

waist to height ratio