

# Antioxidant and anti-inflammatory modulation of exercise during aging [Modulación antioxidante y antiinflamatoria del ejercicio físico durante el envejecimiento]

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Aging is characterised by a gradual loss of the functional reserve. This, along with the fostering of sedentary habits and the increase in risk factors, causes a deterioration of antioxidant defences and an increase of the circulatory levels of inflammatory and oxidative markers, boosting a low-rate chronic inflammation, defined as inflamm-aging. This phenomenon is present in the aetiopathology of chronic diseases, as well as in cognitive deterioration cases associated with aging. The objective of this review is to describe the modulation of antioxidant and anti-inflammatory effects of physical exercise of moderate intensity and volume in the elderly. Evidence of its effectiveness as a non-pharmacological resource is presented, which decreases some deleterious effects of aging. This is mainly due to its neuroprotective action, the increase in circulating anti-inflammatory markers, and the improvement of antioxidant defence derived from its practice. © 2018 SEGG

Aging

Cognitive impairments

Exercise

Inflammation

Oxidative stress

aging

chronic disease

disease association

exercise

exercise intensity

inflammation

mental deterioration

neuroprotection

oxidative stress

Short Survey

aged

aging

exercise

human

immunology

inflammation

metabolism

physiology

antioxidant

Aged

Aging

Antioxidants

Exercise

Humans

Inflammation