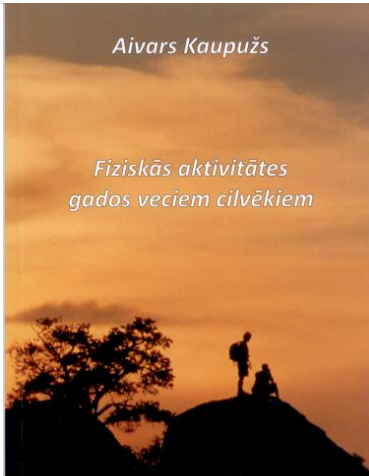


## SHORT COMMUNICATION

Review of Aivars Kaupužs book  
**“PHYSICAL ACTIVITIES FOR OLDER ADULTS”**



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 [In Latvian. P. 88]

Throughout the world, and especially in Europe, as well as in Latvia in recent decades are observed significant demographic changes. Major changes in population structure are associated with a strong aging of the country's population. With improved health care and socio-economic conditions, increases the predicted life expectancy. The increased proportion of older people, in today's economic conditions they create additional difficulties for the national social security and health care systems. Such demographic changes cause also social problems, because reduces the working population.

Therefore securing older people health, work capacity and social welfare are not only theoretical, but also practical, nationally important issues.

The book by Aivars Kaupužs, the student of doctoral studies at the LASE, based on extensive literature analysis, is systematized gerontological knowledge about the body's aging process and its causes. As one of the main factors influencing this process is analyzed the role of physical activity, its effect on major organ systems and the maintenance of work capacity. The benefits of physical activities in keeping healthy are shown vividly. The collected material provides multilateral information on the methods of evaluating the physical preparedness, as well as the minimum physical activity required for older people. Practically important are recommendations for the promotion of physical activity for older people, summarized in the book. The developed study aid "Physical activity for elder persons" can be recommended as a study aid for students, sports specialists, organizers of the classes of physical activities, physical therapists, social care workers, as well as a wide range of readers.

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