

PHYSICAL ACTIVITY AND MORTALITY AMONG AGED PERSONS

By

**Prof. Edwin K. Wamukoya, Ph.D, Andanje Mwisukha, M.ED. & Muita J. Thwagi
Kenyatta University,**

Department of Physical Education, Leisure and Sports Science

ABSTRACT

Aging is unavoidable for every human being. It is a process that brings about physiological, physical and mental decline, which in turn leads to health and related life-threatening problems for the aged people. The decrease and eventual loss of functional capacity associated with aging is a factor of concern that must be adequately addressed if the lives of the people are to be enhanced and prolonged. Aged persons need to be guided against leading reckless and inactive lifestyles that enhance their degeneration processes and thereby shorten their lives. They require information on how to improve their chances of living long and healthy lives. It is important for them to know that they can prevent, delay, lessen and even reverse the effects of the degeneration through suitable health habits, and especially by involving themselves in suitable physical activity.