

Physical activity in older adults

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STELLINGEN

Behorende bij het proefschrift:

PHYSICAL ACTIVITY IN OLDER ADULTS WALKING ECONOMY AND CIRCADIAN PATTERN

1. Walking activities are a major contributor to daily physical activity in older adults (*This thesis*).
2. In older adults, walking is a relatively high intensity type of physical activity (*This thesis*).
3. Regularity of body acceleration during walking is an indicator of walking economy (*This thesis*).
4. Multicomponent fitness training improves walking economy in older adults (*This thesis*).
5. Gait is a complex activity that is as much a cognitive as a motor task (*Bridenbaugh et al., Z Gerontol Geriat 2015*).
6. Modern western population would benefit more from increased physical activity than from increased exercise.
7. Falls are a leading cause of morbidity and mortality among older adults (*Ambrose et al., Maturitas 2015*).
8. Freezing of gait is a crucial incapacitating symptoms of Parkinson's disease.
9. Démarche est la physionomie du corps. (*La théorie de la démarche, Balzac*)
10. Egli (l'universo, ndr) è scritto in lingua matematica, e i caratteri son triangoli, cerchi, ed altre figure geometriche, senza i quali mezzi è impossibile a intenderne umanamente parola; senza questi è un aggirarsi vanamente per un oscuro labirinto (*Il Saggiatore, Galileo Galilei*).

Giulio Valenti
Maastricht, 10 juni 2016