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## Effects of Continuous Exercise on Physiological Indexes among Middle-aged and Elderly Chronic Patients in Northwest China

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## Effects of Continuous Exercise on Physiological Indexes among Middle-aged and Elderly Chronic Patients in Northwest China

### Abstract

With the increase of aging population, accompanied by a series of aging problems, the study showed that the probability of chronic disease in the elderly population is 92.1%, and further research shows that the probability of having two or more chronic diseases is 70.0%. Therefore, understanding of the distribution and spatial-temporal variation trend of risk factors related to chronic diseases can provide scientific basis for the formulation of policies and intervention strategies for the prevention and treatment of chronic diseases. It is of urgent practical significance to improve the quality of life of the elderly and reduce the social medical burden. Analysis of the data indicated that after 1 year of continuous exercise intervention, the experimental group's blood pressure was controlled at a normal level in nearly 2 months [90~140mmHg/100~160mmHg(SBP/DBP)]. The results showed that moderate physical activity can reduce stress and help control blood pressure in patients with high blood pressure. After 1 year of targeted exercise intervention, the experimental group significantly improved fasting blood glucose (controlled under 7.2mmol/ liter) in nearly 2 months after the second questionnaire survey. After the exercise, the blood glucose was controlled within the normal range and gradually increased. After one year of exercise intervention, the blood lipid index of the experimental group was significantly different from that of the control group, indicating that physical exercise has a positive effect on the elderly with hyperlipemia.

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### **Abstract**

With the increase of aging population, accompanied by a series of aging problems, the study showed that the probability of chronic disease in the elderly population is 92.1%, and further research shows that the probability of having two or more chronic diseases is 70.0%. Therefore, understanding of the distribution and spatial-temporal variation trend of risk factors related to chronic diseases can provide scientific basis for the formulation of policies and intervention strategies for the prevention and treatment of chronic diseases. It is of urgent practical significance to improve the quality of life of the elderly and reduce the social medical burden. Analysis of the data indicated that after 1 year of continuous exercise intervention, the experimental group's blood pressure was controlled at a normal level in nearly 2 months [90 ~ 140mmHg/100 ~ 160mmHg(SBP/DBP)]. The results showed that moderate physical activity can reduce stress and help control blood pressure in patients with high blood pressure. After 1 year of targeted exercise intervention, the experimental group significantly improved fasting blood glucose (controlled under 7.2mmol/liter) in nearly 2 months after the second questionnaire survey. After the exercise, the blood glucose was controlled within the normal range and gradually increased. After one year of exercise intervention, the blood lipid index of the experimental group was significantly different from that of the control group, indicating that physical exercise has a positive effect on the elderly with hyperlipemia.

*Keywords:* exercise, Northwest China, the middle-aged and elderly, chronic disease