

Playing Football at 70 Improves your Health



Some research studies say that men who are now about 70 years old and who have played football (soccer) during their lives, are able to keep a balanced body position and muscle strength and fastness only compared to 30-year-old men with no physical training.

Now, a scientific team has studied the effects on men at 60 and more years of age with no physical preparation or experience in that sports who decide to start playing football on a regular basis

Peter Krstrup and Eva Wulff Helge, from the Copenhagen University, in Denmark, made the study on volunteers between 63 and 75 years of age, who never practiced sports or took any significant physical training.

The volunteers began to take football training and play it during one hour twice a week during four months.

After the four-month period, the study revealed that the men had considerably improved their muscular functions, their bone mineralization and their top amount of oxygen in their active muscular tissues.

These results disclosed strong evidence that football is an intense physical training activity, and very effective for men of advanced age.

It is never late to start playing football, said Krstrup. The sport boosts physical capabilities and cardiac health and of course minimizes the risk of falls and fractures out of the football field.

Playing football is also a social, enjoyable and effective periodical training open to all. Instead of looking for another entertainment activity, you should pick football because you can making part of our way of life.



Radio Habana Cuba