

EXERCISE AND PHYSICAL ACTIVITY AMONG HEALTHY ELDERLY IRANIANS

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Abstract. The aim of this qualitative study was to explore the experiences of elderly Iranians regarding exercise. Sixteen healthy elderly people participated in semi-structured interviews conducted in 2009 in Tehran, Iran. A qualitative content analysis was used to analyze the participants' experiences and perceptions regarding physical activity. Five main categories were studied: 1). kinds of exercise activities, 2). common activities, 3). engaging in reasonable activities, 4). barriers to physical activity, and 5). effects of exercising on life. Distinctive themes within each of the categories were identified. The findings of this study show the current perceptions regarding physical activity and exercise in elderly Iranians.

Keywords: elderly people, physical activity, exercise, qualitative content analysis

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