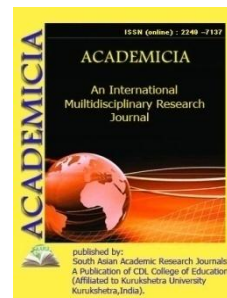




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**IMPACT OF LIFESTYLE ON THE PHYSICAL DEVELOPMENT AND  
HEALTH OF ELDERLY AND OLD AGE PEOPLE (REVIEW)**

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**ABSTRACT**

*Taking into account the peculiarities of age-related changes in the body, which determine the relevance of medical and social activities, the main tasks of geriatrics are the preservation of the physical and mental health and social well-being of the elderly and old people. The basis for maintaining the health of older age groups is not only qualified treatment, but also competent prevention, which implies a solid foundation of knowledge and capabilities of medicine. A sedentary lifestyle, which prevails in old age, leads to premature deterioration in health, illness and weakness. The physiological rationale for physical activity, risks of adverse events, social and psychological factors are discussed to inform public health initiatives for relatively healthy older people as well as those with disabilities. The most common sign of premature aging is an energy imbalance, accompanied by obesity, decreased mobility, a decrease in the rate of neurohumoral regulation of metabolism and a number of other physiological functions of the body. Meanwhile, in connection with the increase in the average life expectancy of the population, knowledge in the field of geriatrics should be constantly replenished and improved.*

**KEYWORDS:** *Peculiarities, Capabilities, Well-Being, Preservation*

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