

研究業績 英文表記

和文	
表題	青少年と高齢者の1日のステップの違いの評価
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英文	
Title	Assessment of daily step differences between youth and elders
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Abstract	<p>[Purpose] The main objective of this study was to assess daily steps differences between youth and elders. [Method] Thirty-five youth and fifteen elders participated in this study. The following variables were assessed: age, body mass index, frequency of exercise, and pedometer data. The participants were asked to wear pedometer (Tanita PD-646) for their waist for 7 days and recorded daily steps. We assessed of daily steps differences between youth and elders. [Results] The daily steps average of youth was 5,267 steps, and that of elders was 6,711 steps. The result showed significantly fewer daily steps in youth than elders. There was no significant correlation between the weekly steps and age, BMI, frequency of moderate exercise in both youth and elders.</p>
keyword	Pedometer, Youth, Elder

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