

## **The effect of regular exercise to successful aging**

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### **Abstract**

The research of aging has become more and more valuable in the aging population society. We take the kernel of the research of Rowe and Kahn: "the key elements of successful aging"- low probability of diseases and diseases-related disability, high cognitive and physical functional capacity, active engagement of life in this article, and to discuss the effect of the aged doing regular exercise to the three key elements of successful aging. According to the references analysis, regular exercise of the aged have great benefit of the three points, so we can say that the regular exercise is the key to successful aging, the government and everyone should promote the regular exercise to the aged, establishing the great policy, providing for the professional exercise guide, building the proper environment of doing exercise, to make the aged doing exercise to safely, happily, and comfortably. So that encourage the aged's habit in doing regular exercise to the healthful aging population society.

**key word: the aged, regular exercise, successful aging**