

## PHYSICAL ACTIVITIES MIGHT IMPROVE QUALITY OF LIFE AND FRAILTY DOMAINS

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**Introduction:** Multiple factors are associated with the aging process that reduces the ability to maintain homeostasis. One of these factors is the physical frailty that can corroborate in losses and decrease of physiological functions. **Aim:** To investigate and compare frailty aspects and quality of life (QOL) in older women according to the physical frailty (frail and robust). **Methods:** A total of 132 Brazilian community-dwelling elderly women were allocated into frail ( $n = 27$ ; mean age  $70.89 \pm 6.66$ ) and robust ( $n = 105$ ; mean age  $67.87 \pm 5.87$ ) groups established by on Kihon Checklist (KCL). Other frailty aspects were also investigated through KCL. QOL was assessed using the Short Form-8 questionnaire. Variables of frailty were statistical analyzed using *t*-test and QOL was compared using the Mann–Whitney *U*-test. **Results:** The physical frailty group had more frailty on domains of instrumental activities of daily living - IADL ( $P = 0.001$ ), eating ( $P = 0.001$ ), socialization ( $P = 0.041$ ), memory-cognition ( $P = 0.034$ ). Additionally, they also had poorer QOL scores on general health ( $P = 0.001$ ), physical health ( $P < 0.001$ ), role-physical ( $P = 0.001$ ), bodily pain ( $P = 0.012$ ) and vitality ( $P = 0.005$ ). **Conclusions:** Frail older women presented higher frailty and worst QOL. Physical strength is determinant for advances in IADL, eating, socialization and cognitive function on elderly. Furthermore, physical activities can work as an ally in improvements of general health, pain relief, vitality, and finally, to have a better QOL. In daily practices it is important to improve interventions with assertive strategies considering the elderly in all aspects.

**Keywords:** Aging, Physical Frailty, Quality of Life.