

## Cardiovascular Health

A [recent study](#) found;

- Male Senior Athletes have a **34-38%** lower prevalence of cardiovascular disease.
- Female Senior Athletes have a **41-57%** lower prevalence of cardiovascular disease.
- Senior athletes have **73-77%** lower prevalence of diabetes.

Senior Athletes are significantly more active than typical older adults.

- Exercise days/week = 4.64
- Cardio minutes/week = 335
- Strength minutes/week = 66

The Senior Athlete Fitness Exam (SAFE) helps to [identify health and risk factors](#) to keep Senior Athletes in the game!

## Strength

- Grip strength of Senior Athletes is more similar to adults [at least two decades younger](#).
- Senior Athletes also function as if they were [two decades younger](#) on timed chair stands.
- Senior Track and field athletes have the greatest [leg power](#).

- Senior archers demonstrate unexpected physical skills such as the [highest typical walking](#) speed of all athletes.
- Senior athlete [swimmers](#) and [cyclists](#) appear more at risk for low bone density than other senior athletes.

# SAFE

SENIOR ATHLETE FITNESS EXAM

- Senior Athletes show lower levels of [depression, anxiety and stress](#) than typical older adults.
- The SAFE has determined variables that predict success in [cyclists](#) and [swimmers](#).

## Balance

- Senior Athletes have a significantly [lower rate of falls](#) at just over 10%.
- More challenging tests are used to accurately predict falls in this population.
- Balance training is an important aspect of sport performance and safety!

## Flexibility

- Flexibility in Senior Athletes varies [by sport](#):
- Triathletes had the best shoulder flexibility,
- Race walkers had superior hip flexibility, and
- Volleyball players demonstrated the most calf flexibility.

## Mobility

- Usual walking speed in senior athletes is more similar to that of adults in their 30's.
- Walking speeds help to identify senior athletes who have [two or more](#) chronic health conditions.
- Fast and typical walking speeds [vary](#) by sport and training approach.