TAI CHI OR ZUMBA GOLD
WHICH ONE IS BETTER?
THE EFFECT OF TAI CHI AND ZUMBA GOLD ON OXIDATIVE STRESS AND INFLAMMATION IN AN AGEING POPULATION

INTRODUCTION

RELATIONSHIP BETWEEN AGEING, OXIDATIVE STRESS AND INFLAMMATION

1. Inflammation and oxidative stress in older age are associated with endothelial dysfunction and arterial stiffness.
2. Increase in endothelial dysfunction and arterial stiffness can cause cardiovascular diseases.
3. Exercise can help to prevent these effects of ageing, however, not all exercise is perceived as suitable for older age adults (intensity, mobility etc.)

AIMS & OBJECTIVES

1. To investigate the ability of Zumba Gold and Tai Chi to promote an increased in antioxidant capacity, anti-inflammatory cytokines and improved cardiovascular function in older age adults.
2. To compare the effectiveness of Zumba Gold and Tai Chi in improving cardiovascular health and psychological well being in older age adults.

METHOD

PARTICIPANT:
male/female
age 65 to 75 years old
no history of cardiovascular and respiratory disease

PRE AND POST MEASUREMENT:
Flow mediated dilation (FMD) is a non-invasive technique to measure endothelial function
Analysis of Pulse wave using tonometry to determine arterial stiffness
Blood analysis will be used to detect markers of inflammation and oxidative stress
Quality of Life, sleep quality, blood pressure, and body mass profile will be measured

ACKNOWLEDGEMENT

I would like to thank Sultan Idris Education University and Ministry of Education Malaysia for the scholarship and funding toward this PhD project.

REFERENCE