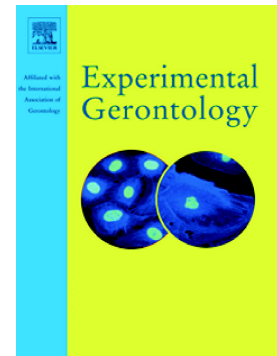


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Physical activity and dietary habits related to cardiovascular risk in independent community-living older women

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Highlights

- Objectively measured physical activity, diet, and cardiovascular risk was examined
- Physical activity and diet were better predictors of cardiovascular risk than age
- Moderate physical activity is one of the best predictors of cardiovascular risk
- A diet including protein-rich foods as nuts, dairy and eggs was of vital importance

Abstract

A side effect of increased life expectancy is a surge in sequelae of diseases and injuries, which in turn increase the duration of life with disability among the elderly. The aim of this study was to ascertain the physical activity and nutritional parameters that better predict

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