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Individualized feedback-based virtual reality exercise improves older women's self-perceived health: a randomized controlled trial

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Highlights

- We studied the effect of virtual reality exercise on older women's self-perceived health.
- Participants' health-related quality of life was significantly improved.
- Physical fitness was also improved.
- Therefore, it is recommendable to older women as a self-management strategy.

ABSTRACT

Objectives: Individualized feedback-based virtual reality (IFVR) exercise is gaining attention as a cost-effective self-management strategy, however little is known about whether older adults themselves perceive IFVR exercise effective in improving their health. Therefore, we studied the effect of IFVR exercise on health-related quality of life (HRQoL) in older women.

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