

Synchronous group-based online exercise programs for older adults living in the community: a scoping review.

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Abstract

Older adults are the least physically active group with specific barriers to regular exercise, and online exercise programs could overcome some of those barriers. This scoping review aimed to describe the characteristics of supervised group-based synchronous online exercise programs for older adults living in the community, their feasibility, acceptability, and potential benefits.

MEDLINE (Ovid), Embase, SPORTDiscus, and the Cumulative Index to Nursing and Allied Health Literature (CINAHL) were searched until November 2022. The included studies met the following criteria: participants aged 50 years and above, a minimum of a six-week group-based supervised and synchronous intervention, and original articles available in English. Eighteen articles were included, with a total of 1178 participants [67% female, average age of 71 (57-93)]. Findings suggest that delivering supervised, synchronous online exercise programs for older adults living in the community is feasible, well-accepted, and can lead to physical function, muscular strength, balance, and flexibility improvements.