

# Physical Activity, Physical Function, and Stages of Change in Older Adults

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**Objectives:** To characterize physical activity and physical function by stage of change and age in older adults. **Methods:** One thousand two hundred thirty-four individuals completed The Yale physical activity survey (YPAS), stage of change for exercise, and the Up-and-Go physical function test. **Results:** Most subjects were in the maintenance (50.4%) or precontemplation stages (21/0%). YPAS scores were higher and Up-and-Go scores were lower as exer-

cise stage increased. Physical activity and physical function scores were lower in older age groups. **Conclusion:** Higher stages were positively associated with physical activity and physical function. Age was a significant moderator variable affecting stage, physical activity, and physical function.

**Key words:** aging, exercise, transtheoretical model, functional ability, leisure activity

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