

Editorial

Michael Sagiv

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This is the second issue to be published by Springer and the fourth by EGREPA dealing with the biomedical and behavioral sciences of aging. EGREPA was formed with the objectives of furthering knowledge of muscular exercise to better understand the basic biological mechanisms and behavioral trends involved, and to provide information of practical value to clinicians, scientists, and educators interested in the role of exercise in healthy aging.

As coeditor of the *European Review of Ageing and Physical Activity*, it is my position that the journal should reflect the interests of EGREPA members and it will therefore deal with biomedical and behavioral aspects of aging.

In recent years, a new field of research has been introduced to the research of aging: exercise and genetics. Our knowledge of the importance of genes to elderly health outcomes is still growing. Specific genes have been linked to cardiovascular disease, atherosclerosis, Alzheimer disease, and other disorders (1–6). Finally, putative genes may also play a role in longevity. Although not all of the data have been accumulated to assure us of longer life through exercise, it does appear that this may be the case.

The origin of the complex interplay between exercise, different physiological responses, and genetic polymorphism is skeletal mass. This exciting new involvement of genetics, combined with the benefits of regular exercise for the aged population, far outweighs the possible dangers associated with exercise. The multiple benefits of regular aerobic exercise include: increased physiological capacity, lower heart rate, blood pressure and depth of breathing at a specific task, better heat and cold adaptation and tolerance, enhanced feelings of energy, enthusiasm and well being—more stamina, decreased depression, enhanced self-image, less “strain” resulting from psychic “stress,” more optimism, enthusiasm, creativity and less illness and absenteeism.

I expect the content and focus of the journal to reflect European and international involvement and interest in aging and physical activity. It is my expectation that scientists from Europe and the rest of the world will contribute their knowledge in this journal, which maintains scientific peer-review acceptance. I also hope that our member scientists will view this journal as a one in which they feel honored to publish their research.

M. Sagiv (✉)
The Zinman College, Wingate Institute,
Wingate 42902, Israel
e-mail: sagiv@wincol.ac.il