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Sommario/riassunto	Physical inactivity is not only an individual's personal problem but is identified as a serious public health issue. Prolonged inactivity that occurs among many elderly persons tends to lead into a gradual decrease in all components of physical fitness, thus compromising their quality of life. Scientific research has shown that physical exercise can slow down both the psychological and physical aging clock. Engagement in health promoting behavior in the domains of physical activity, healthy dietary practice and stress management are considered useful strategies to enhance functional capacity a