

- Stringer, W., Berezovskaya, M., Obrien, A., Beck, K., & Casaburi, R. (1998). The effects of exercise training on aerobic fitness, immune indices and quality of life in HIV+patients. *Medicine and Science in Sports and Exercise*, 30, 11-16.
- Terry, L., Sprinz, E., & Ribeiro, J. P. (1999). Moderate and high intensity exercise training in HIV-1 seropositive individuals: a randomized trial. *International Journal of Sports Medicine*, 20, 142-146.
- Terry, L., Sprinz, E., Stein, R., Medeiros, N. B., Oliveira, J., & Ribeiro, J. P. (2006). Exercise training in HIV-1-infected individuals with dyslipidemia and lipodystrophy. *Medicine and Science in Sports and Exercise*, 38, 411-417.
- Wheeler, D. A., Gibert, C. L., Launer, C. A., Muurahainen, N., Elion, R. A., Abrams, D. I., & Bartsch, G. E. (1998). Weight loss as a predictor of survival and disease progression in HIV infection. Journal of acquired immune deficiency syndromes and human retrovirology: Official Publication of the International Retrovirology Association, 18, 80-85.



E.F.B.E.
1954

THE INFLUENCE OF EXERCISE IN PHYSICAL AND PSYCHOSOCIAL WELL BEING IN HIV INFECTED PATIENTS: EVALUATION OF SCIENTIFIC RESULTS

ZOURLADANI ATHANASIA, KORAKIDI GEORGIA, TSALOGDISOU
ARETI KADOGLOU NIKOLAOS, & MATZIARI GRYSOULA

ARISTOTLE UNIVERSITY OF THESSALONIKI, LABORATORY OF
PHYSIOLOGY. DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SCIENCES

ABSTRACT The HIV infection leads to impairment in a number of key elements of immune function, most obviously a progressive decline in many psychophysical parameters. The objective of this partial review is to examine the effectiveness of exercise interventions on physical and psychosocial outcomes in persons living with HIV/AIDS. Main results indicated that moderate aerobic exercise, resistance exercise or alternative exercise as yoga or tai chi in HIV infected patients improves the immune, neuromuscular and cardiovascular function, the body composition and also attenuates psychological stress. In conclusion, in addition to medication, exercise seems to lead to a better quality of life in HIV infected patients. These findings are limited by the small number of studies. So, future studies with larger sample sizes, a greater proportion of participants, especially with patients of the last two stages of HIV infection, are necessary to increase the generalizability of results.

Key words: HIV/AIDS, Immune function, Physical-psychological outcomes, Exercise.

Address for correspondence: Zourladani Athanasia, Grabias 5, 54645, Thessaloniki, Email: siazeduc@yahoo.gr