



Food and Nutrition Information Resource Station DOST-FNRI Publication of the Month 2024

September 2024



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Energy Cost of Selected Physical Activities of Older Persons Living in Taguig City, the Philippines

This study contributed insights into the energy cost of specific activities among older adults. It emphasizes the importance of physical activity in healthy aging and provides valuable information for tailored interventions and a nuanced understanding of energy expenditure in this age group.

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