CENTRAL – Cochrane Controlled Register of Trials – no filter is necessary when searching CENTRAL as this is part of Cochrane and only contains controlled trials

#1 MeSH descriptor Motor Activity explode all trees
#2 MeSH descriptor Exercise explode all trees
#3 MeSH descriptor Sports explode all trees
#4 MeSH descriptor Dancing explode all trees
#5 MeSH descriptor Gardening explode all trees
#6 MeSH descriptor Yoga explode all trees
#7 MeSH descriptor Physical Fitness explode all trees
#8 MeSH descriptor Physical Exertion explode all trees
#9 (physical*: activ*):ti,ab,kw
#10 (walk*):ti,ab,kw
#11 "pilates":ti,ab,kw
#12 (#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11)
#13 (old*):ti,ab,kw
#14 (elder*):ti,ab,kw
#15 (senior*):ti,ab,kw
#16 (retir*):ti,ab,kw
#17 "aging":ti,ab,kw
#18 "ageing":ti,ab,kw
#19 MeSH descriptor Retirement explode all trees
#20 MeSH descriptor Aged explode all trees
#21 MeSH descriptor Middle Aged explode all trees
#22 (#13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21)
#23 (#12 AND #22), from 2000 to 2010

Carried out 17 December 2010

After de-duplication = 848