

# AMA – Abstracts Page

## TITLE:

AMA does not prescribe formatting, but try to use headlines and subheads consistently.

## Abstract

**Purpose:** Unnecessary pain, suffering, and premature death from falls affecting our elderly population is a global epidemic. A safe, efficient, and effective exercise program that reduces the risk of falls is needed to improve the quality of life for the most vulnerable.

**Methods:** A systematic review and randomized clinical trial, found in PubMed, were used to evaluate the literature. I tried variations in word combinations to determine the benefits of high-intensity interval training (HIIT) and whether or not it reduced the risk of falls in older patients compared to regular exercise.

**Results:** The systematic review showed that there was not enough information to conclude that HIIT training can lower the risk of falling in those over the age of 65. It did, however, improve one's quality of life, reduce their sense of falling, improve their lower extremity strength, and help them be more independent. The randomized controlled trial showed that HIIT improved the ability to walk further with more confidence and stability when compared to the control group.

**Conclusion:** The evidence reviewed shows promise that HIIT can reduce falls in the elderly when compared to conventional exercise programs. This information is important because a safe, efficient exercise program that lowers the risk of falls would help reduce the risk of premature death, disability, and financial burden for those who fall. However, more research is needed to determine the optimal HIIT exercise program, as well as to take a closer look at participants before its effectiveness can be determined.

## MARGINS:

Margins should be 1" all around.

1"



## SPACING:

Everything is double-spaced.

2

## PAGE

### NUMBER:

Put page numbers in the upper right corner.

11"

## TYPEFACE:

Use a legible font, like Times New Roman 12 pt, for the main text. You can use a different font for the headlines, if you wish.

8 1/2"