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## **A Manual to Improve the Health-Related Quality of Life and Self-Efficacy for Older Adult Females Engaged in Physical Activity**

Kimberly Berry

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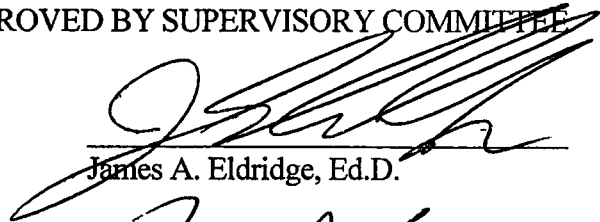


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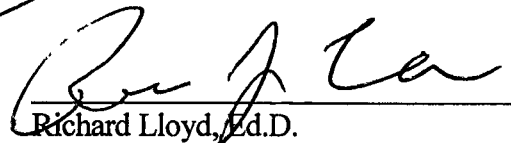
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A MANUAL TO IMPROVE THE HEALTH-RELATED QUALITY  
OF LIFE AND SELF-EFFICACY FOR OLDER  
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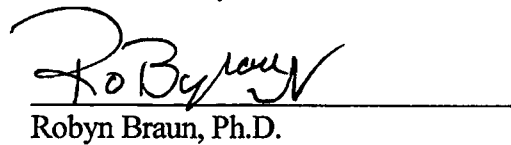
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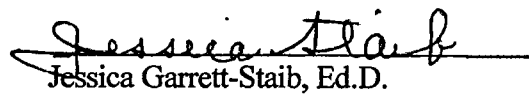
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A MANUAL TO IMPROVE THE HEALTH-RELATED QUALITY  
OF LIFE AND SELF-EFFICACY FOR OLDER  
ADULT FEMALES ENGAGED IN  
PHYSICAL ACTIVITY

by

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PROJECT

Presented to the Faculty of the Graduate School of  
The University of Texas of the Permian Basin in Partial Fulfillment  
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for the Degree of

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THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

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## ABSTRACT

Health related quality of life and self-efficacy are two areas that decrease in older adulthood. Females experience numerous physical and mental changes through later adulthood and exercise can help ease this transition. This manual focuses on the positive effects of exercise on women's health related quality of life and self-efficacy. Older adult women can experience benefits from a regular exercise routine that incorporates cardio, strength training, flexibility and balance training.