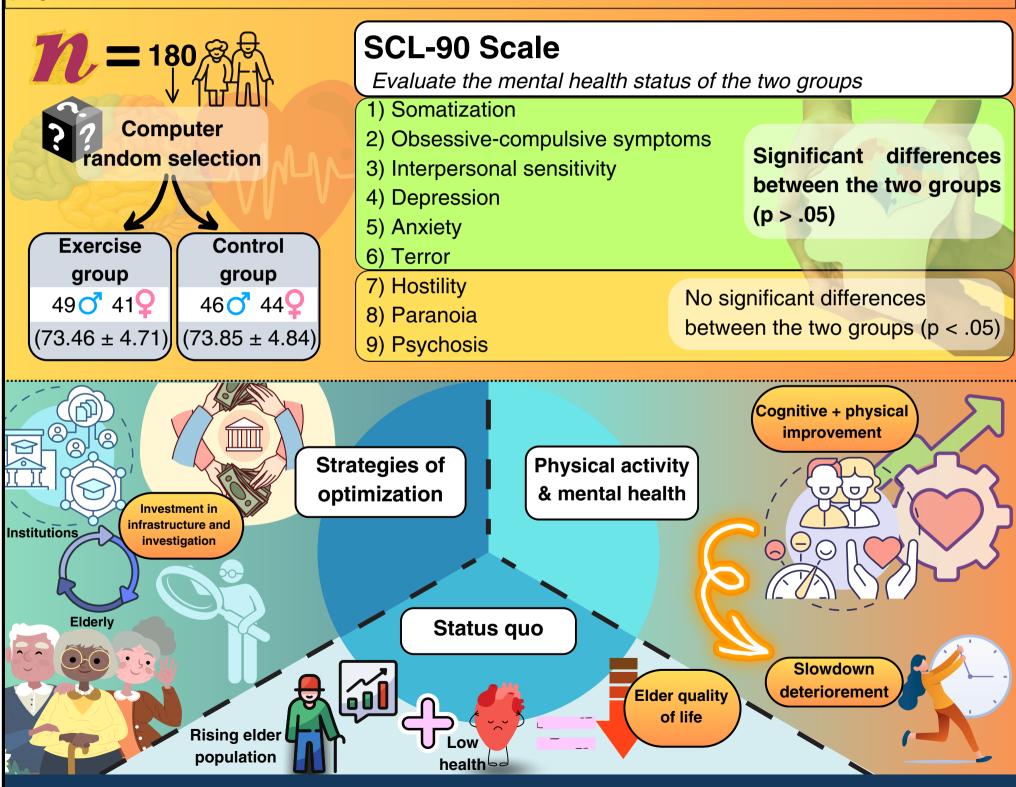
The impact of physical exercise on the mental health of the elderly

The objective of this study was to study the impact of physical exercise on the mental health of the elderly and to formulate corresponding management strategies for physical exercise.



Ajmiri, M. Y., & Bahir, H. (2023). The impact of physical exercise on the mental health of the elderly. Sustainability and Sports Science Journal, 1(2), 46-52.