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	Young Adults (n=20)				Older Adults (n=20)				Group	Condition	Interaction
	Baseline	Light	Moderate	Vigorous	Baseline	Light	Moderate	Vigorous	P value	P value	P value
HR (bpm)	61 ± 9	99 ± 14 <sup>†</sup>	118 ± 19 <sup>†</sup>	138 ± 16 <sup>†</sup>	58 ± 7	86 ± 15 <sup>††</sup>	96 ± 15 <sup>††</sup>	112 ± 16 <sup>††</sup>	<b>&lt;0.001</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>
SV (mL)	62 ± 18	75 ± 22	78 ± 28	81 ± 24	62 ± 17	79 ± 24	78 ± 23	80 ± 22	0.89	<b>&lt;0.001</b>	0.47
cSBP (mmHg)	98 ± 6	112 ± 9 <sup>†</sup>	122 ± 12 <sup>†</sup>	133 ± 13 <sup>†</sup>	119 ± 12 <sup>*</sup>	126 ± 11 <sup>††</sup>	132 ± 11 <sup>††</sup>	142 ± 14 <sup>††</sup>	<b>&lt;0.001</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>
cDBP (mmHg)	71 ± 5	77 ± 6	78 ± 6	82 ± 8	76 ± 7	80 ± 9	82 ± 9	86 ± 12	<b>0.07</b>	<b>&lt;0.001</b>	0.70
cPP (mmHg)	26 ± 5	32 ± 5 <sup>†</sup>	44 ± 10 <sup>†</sup>	51 ± 11 <sup>†</sup>	42 ± 9 <sup>#</sup>	46 ± 7 <sup>*</sup>	49 ± 8 <sup>†</sup>	56 ± 12 <sup>†</sup>	<b>&lt;0.001</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>
TPR (mmHg·min·L <sup>-1</sup> )	24 ± 5	14 ± 5	12 ± 4	10 ± 3	29 ± 7	16 ± 6	16 ± 5	14 ± 4	<b>0.02</b>	<b>&lt;0.001</b>	0.34
Zc (mmHg·mL <sup>-1</sup> )	0.10 ± 0.03	0.10 ± 0.04	0.11 ± 0.03	0.11 ± 0.03	0.11 ± 0.03	0.11 ± 0.04	0.12 ± 0.04	0.13 ± 0.04	0.16	<b>&lt;0.001</b>	0.67
Pf (mmHg)	26 ± 4	35 ± 9	45 ± 11	51 ± 12	32 ± 6 <sup>*</sup>	39 ± 5	45 ± 7	52 ± 11	0.25	<b>&lt;0.001</b>	0.07
Pb (mmHg)	10 ± 2	10 ± 3	12 ± 4	13 ± 5 <sup>†</sup>	15 ± 4 <sup>*</sup>	12 ± 4 <sup>†</sup>	13 ± 3	16 ± 6	<b>0.01</b>	<b>&lt;0.001</b>	<b>0.03</b>
RM (%)	41 ± 6	29 ± 8	29 ± 8	26 ± 5	48 ± 8 <sup>*</sup>	31 ± 8	30 ± 8	31 ± 10	<b>0.04</b>	<b>&lt;0.001</b>	0.10
RWTT (ms)	191 ± 21	159 ± 14 <sup>†</sup>	139 ± 21 <sup>†</sup>	135 ± 24 <sup>†</sup>	141 ± 18 <sup>*</sup>	132 ± 13 <sup>*</sup>	130 ± 17 <sup>†</sup>	123 ± 16 <sup>†</sup>	<b>&lt;0.001</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>
RWTT/ED (%)	59 ± 7	50 ± 12 <sup>†</sup>	51 ± 9 <sup>†</sup>	57 ± 15	40 ± 5 <sup>*</sup>	41 ± 8 <sup>*</sup>	42 ± 8 <sup>*</sup>	41 ± 6 <sup>*</sup>	<b>&lt;0.001</b>	0.05	<b>0.02</b>
QZc (mmHg·ms)	5647 ± 1096	6939 ± 1698	7713 ± 2118	8269 ± 1832	6545 ± 1230	8244 ± 1043	8874 ± 1634	9638 ± 2275	<b>0.01</b>	<b>&lt;0.001</b>	0.71
WPE (mmHg·ms)	1730 ± 801	1041 ± 714	1188 ± 962	1399 ± 943	5428 ± 2084 <sup>*</sup>	3813 ± 1864 <sup>††</sup>	3290 ± 1537 <sup>††</sup>	3294 ± 2253 <sup>††</sup>	<b>&lt;0.001</b>	<b>&lt;0.01</b>	<b>&lt;0.001</b>

Values are expressed as mean±SD. HR, heart rate; SV, stroke volume; cSBP, central systolic blood pressure; cDBP, central diastolic blood pressure; cPP, central pulse pressure; TPR, total peripheral resistance; Zc, characteristic impedance; Pf, forward pressure wave amplitude; Pb, backward pressure wave amplitude; RM, reflection magnitude; RWTT, reflected wave transit time; ED, ejection duration; QZc, product of left ventricular outflow • aortic characteristic impedance; WPE, wasted pressure effort. 2x4 group (Young and Older Adults) by condition (Baseline, Light, Moderate, and Vigorous) mixed model ANOVA. Significant differences were followed with post-hoc pairwise comparisons using a Bonferroni correction. \*p<0.05 vs. respective condition in YA, †p<0.05 vs. respective baseline within group.