

Exercise in the Elderly Part One – Table 4

Medications	Side effects
Anticholinergics	Headache, fatigue, dry mouth, tremors, falls, blurred vision, constipation, impaired cognition, and increased anxiety
Benzodiazepines	Fatigue, falls
Anticoagulants	Risk of bleed
Beta blockers	Bradycardia, drowsiness
Antipsychotics	Extrapyramidal symptoms
Muscle relaxants	Fatigue