



Aging Gracefully



ActiveTrivia



Most strength and flexibility that is lost as we age is caused by:

- a) The natural aging process
- b) Inactivity and/or lack of movement
- c) Family history of inactivity

Learning objectives

Aging Gracefully

- **Understand** the importance of **starting and staying active**
- **Learn** how to **enhance** the “aging process” with exercise
- **Discover** considerations for why you should start being active
- **Discuss** types of safe and effective exercises

Why you should
start (or keep)
being active!

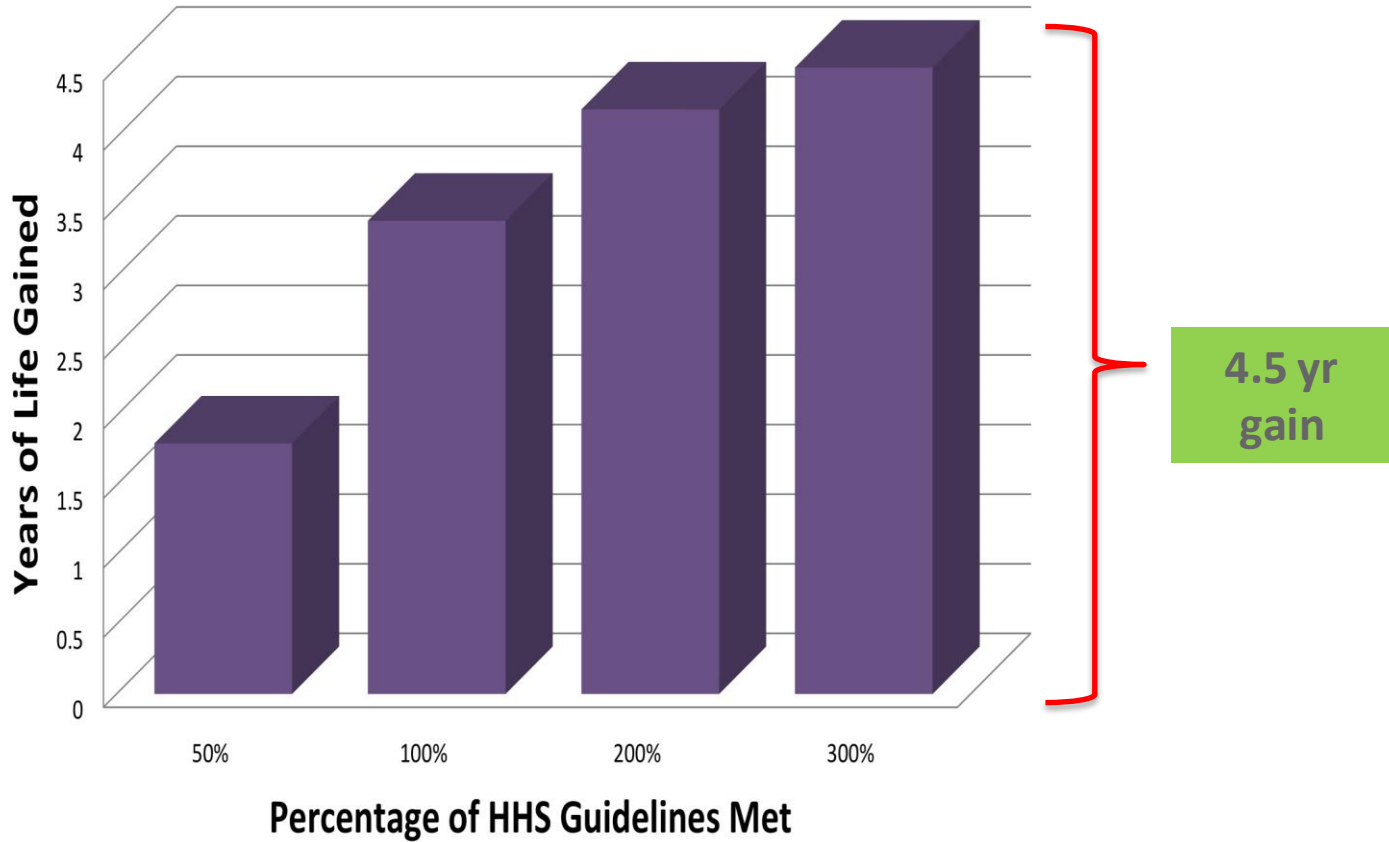
The importance of staying active

Many become less active as they age, but getting and staying active has significant benefits for your overall well being:

- Improve blood pressure and cholesterol
- Helps prevent postmenopausal women from losing bone density
- Helps joints work better, with less pain, in osteoarthritis
- Increases energy level
- Improves short-term memory and coordination
- Reduces risk of falls
- Improves posture
- Enhances the ability to be independent later in life



Life Expectancy Gains from Physical Activity

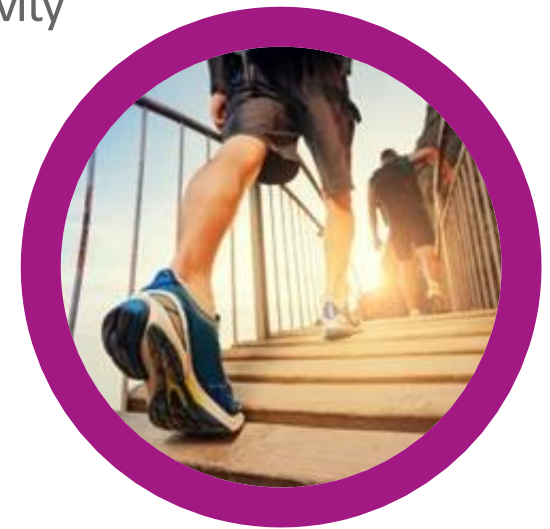


Source:
<http://www.cancer.gov/newscenter/newsfromnci/2012/PhysicalActivityLifeExpectancy>

• Aging gracefully: Osteoporosis prevention

How can being physically active make my bones stronger?

- Osteoporosis is a disease characterized by **low bone mass** and **deterioration of bone tissue**, which can lead to fragile bones and an increased risk of fractures.
 - Exercise makes your bones **stronger!**
 - **Weight bearing exercise** is the best for your bones because it forces you to work against gravity



Age gracefully: Improved cognition

- How can being physically active help to boost your brainpower?
 - Lowered cognitive **decline**
 - Lower risk for **memory problems**
 - Enhanced **mood**
 - Improved **energy**
 - **Prevent** falls
 - Improve **connections** among brain cells

Research shows a relationship between **being active and cognitive decline.**

Age gracefully: Fall prevention

How can being physically active help to prevent falls?

- Lack of exercise can lead to weak legs and poor balance.
 - Programs such as **Tai Chi** and **Yoga** can increase strength and improve balance.
 - **Pilates** and **core exercises** can improve abdominal strength, which helps balance.
 - **Strength training** can improve muscle strength in the legs



Each year, **1 in every 3 adults** ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries.



Let's get
started!



ActiveTrivia

How many days a week should you participate in muscle strengthening exercises?

- a) 2 days a week
- b) Everyday
- c) 4 days a week



Physical activity recommendations

- If you're 65 years of age or older, are generally fit, and have no limiting health conditions you can follow the guidelines listed below.

2 hours and 30 minutes (150 minutes) of moderate intensity aerobic exercise (i.e. brisk walking) every week

and

Muscle strengthening activities on 2 or more days a week that work all major muscle groups (i.e. arms, legs, abdomen, back, etc.)



When getting started, remember to keep in mind...

- It's never too late to start exercising!
- Every new endeavor starts with that first step – no matter how small.
- Don't sabotage your efforts– know the difference between pain and soreness.
- Start out slow at first.



I haven't exercised in years- why start now?

- **Regular cardiovascular exercise:**

- Boosts energy and endurance.
- Helps to control blood sugar and cholesterol levels
- Works as a natural mood elevator.

- **Regular strength exercise:**

- Preserves muscle tissue and bone health
- Help you to stay strong, so you can go about your normal daily activities
- Also helps control blood sugar levels.

Which exercises are easier on the joints?

- **Water exercises:**
 - Swimming
 - Water walking,
 - Aqua Zumba®
- **Other non weight-bearing exercises:**
 - Bicycling
 - Rowing
 - Elliptical and/or arc trainer



Always speak with doctor first. If possible, some weight-bearing exercises (walking, body weight or resistance band exercises) are recommended to protect and strengthen bones.

Safe and effective exercises

Aerobic & Strength Training Examples

Aerobic:

- Walking
- Water Aerobics
- Biking

Strength Training:

- Exercise Band
- Weights
- Ankle and/or Hand Weights

Flexibility and Balance Examples

Flexibility:

- Chair Stretches
- Beginner Yoga
- Pilates

Balance Exercises:

- Yoga Poses
- Exercise Ball
- Tai Chi

How can I exercise on a limited budget?

- **Walk** where you feel safe
- **Exercise classes** at local community centers
- **DVDs** at library
- **Discounted fitness memberships** for aged 65 and older at some gyms

Generational considerations

— Find something that ‘feels comfortable’

- Ask questions about the exercises before you get started if you have health concerns
- Keep in mind if you have lowered vision, hearing or balance before choosing an activity

— Find something social

- Group sports—golf, tennis, bowling
- Senior exercise classes
- Allows a forum of discussion among those with similar interests and life experiences.
- New friendships can build and offer support in/outside of the exercise

Success story: An active older adult

“I knew I needed to do something. I felt like all my muscles were starting to atrophy. Now, I feel like I’m so much more toned. I’m not buff, but I’m toned. I can definitely feel the difference.”

- Kris, 56



In summary

Don't let your current mobility limitations keep you from your wellness goals!

**Stay active
as you age!**

- Improves cognition
- Fall prevention
- Bone health

**Physical
activity
guidelines**

- 150 minutes of physical activity per week
- Muscle strengthening activities on two or more days per week

**Safe and
effective
exercises**

- Weight-bearing
- Low impact
- Balance exercises
- Muscle strengthening exercises

Stay safe!

- Talk to your doctor before you start if you have specific health concerns
- Start out slow
- Listen to your body!

Visit MyActiveHealth today!

Trackers,
Videos,
Recipes,
Webinars,
and more!

The screenshot displays the MyActiveHealth website interface. At the top, there is a search bar, a progress indicator for 'Mary Johnson' (20%), and a user profile. The main navigation menu includes Home, My Action Plan, Action Items, Trackers, Resources, Articles, Health News, Tools, Healthy Recipes, Audio Files, Videos, Healthy Living, Other Services, My Health, and My Rewards. The 'Resources' section features a 'Healthy Eating Tip #10' article with a green smoothie image and a 'Videos' section with a cycling image. Below this, there are sections for 'Browse All Videos' (with thumbnails for 'Healthier Oatmeal', 'Healthy Restaurant Choices', 'Power Yogurt', 'Strength Training Without the Gym!', and 'Lunch On the Go'), 'Browse All Webinars' (with a 'Fitting in Fitness' webinar), and 'Play a Game' (with thumbnails for 'Always Home', 'Food For Thought', 'Take It to Heart', 'Stressed Out?', and 'Healthy Food'). A 'Tools' section is also visible, featuring a 'Track your measurements' tool. The interface is clean and user-friendly, with clear navigation and content organization.

Thank you!

