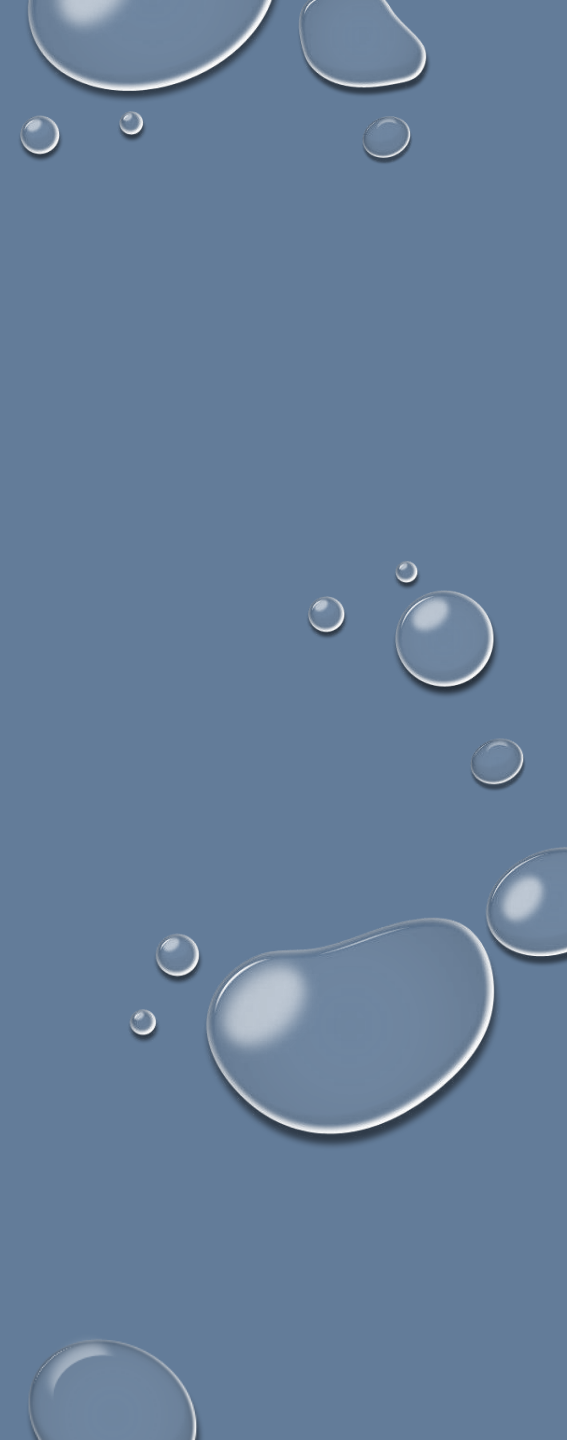


FITNESS & AGING

ADAPTING TO MAINTAIN
FUNCTION & INDEPENDENCE





OBJECTIVES

- 1 - DISCUSS THE PERSONAL BENEFITS OF PHYSICAL FITNESS
- 2 - UNDERSTAND THE 4 COMPONENTS OF A FITNESS STRATEGY
- 3 - COMMIT TO A 4 WEEK INTRODUCTORY FITNESS PROGRAM

BENEFITS OF PHYSICAL FITNESS

Reduces pain and
improves function

Improves mood and
anxiety

better sleep

Maintains and
improves cognitive
function (even in
dementia sufferers)

Reduces blood sugar

Maintains
independence and
self esteem

***intergenerational
social
opportunities***

A Greater sense of
wellbeing

NOT TO MENTION

Reduced incidence and improved
recovery from cardiovascular
complications



Improved resilience to accidental
injury



Swifter recovery from injury, illness,
and surgery



Reduced incidence of and mortality
due to cancer

“EASY” DOES IT EXERCISE ASSESSMENT AND SCREENING FOR YOU (EASY) TOOL



Do you have pains, tightness, or pressure in your chest during physical activity? (walking, climbing stairs, household chores, or similar activities)



Do you currently experience dizziness or lightheadedness?



Have you ever been told that you have high blood pressure?



Do you have pain, stiffness, or swelling that limits or prevents you from doing what you want or need to do?



Do you fall, feel unsteady, or use an assistive device while standing or walking?



Is there a reason not mentioned why you would be concerned about starting an exercise program?

WHEN SHOULD I SEEK MEDICAL ADVICE?

Do you have cardiovascular disease (high blood pressure, heart attack, angina, congestive heart failure, stroke, peripheral vascular disease)?

Do you have diabetes?

Do you have chronic kidney disease?

Do you have osteoporosis or a history of joint problems?



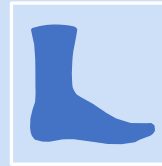
WARNING SIGNS

- ANGINA: CHEST PRESSURE, HEAVINESS, TIGHTNESS, SQUEEZING, ESPECIALLY IF IT RADIATES TO THE SHOULDER AND JAW, OR IS ASSOCIATED WITH REDUCED EXERCISE TOLERANCE, SHORTNESS OF BREATH, NAUSEA, LIGHTHEADEDNESS, OR EXCESSIVE SWEATING
- SHORTNESS OF BREATH AT REST OR WITH LIGHT EXERTION
- RAPID UNEXPLAINED WEIGHT LOSS OR GAIN
- ABNORMAL HEART RHYTHM (TOO FAST, TOO SLOW, IRREGULAR)
- HEART MURMUR
- PASSING OUT OR NEARLY PASSING OUT
- SHORTNESS OF BREATH WHEN LYING FLAT, SWOLLEN LEGS AND ANKLES

4 PILLARS OF AN EXERCISE STRATEGY



Strength – this is required for improved function, balance, and independence



Balance – This helps avoid falls and other forms of injury



Flexibility – helps prevent injury, improves joint range of motion, improves functional ability



Endurance – preparing our cardiovascular system to support activity for as long as needed, through sustained moderate activities



THE 4 COMPONENTS IN ACTION

- CHILD CARE – STRENGTH + BALANCE + FLEXIBILITY + ENDURANCE
- DANCING – BALANCE + ENDURANCE
- GARDENING – STRENGTH + BALANCE + FLEXIBILITY
- AQUAFIT – STRENGTH + ENDURANCE
- CYCLING – STRENGTH + BALANCE + ENDURANCE
- YOGA/TAI CHI – STRENGTH + BALANCE + FLEXIBILITY
- PICKLE BALL – BALANCE + ENDURANCE + FLEXIBILITY
- HIKING – STRENGTH + BALANCE + ENDURANCE

FINNEY'S RULES*

(*NOT REALLY FINNEY'S RULES)



4 KEY FUNCTIONAL
MOVEMENT
PATTERNS IN DAILY
LIFE



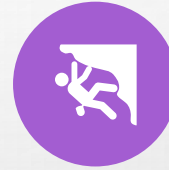
SQUAT – SITTING
DOWN/STANDING
UP UNDER CONTROL,
KNEELING TO HUG A
CHILD



HIP HINGE –
BENDING TO PICK UP
A FLOWERPOT, TOOL,
OR SUITCASE



PUSH – DOORS,
SHOPPING CARTS,
MOVING FURNITURE



PULL – GARDENING,
PULLING WEEDS,
CLIMBING A LADDER



EXERCISES CAN
INCORPORATE
BALANCE, WHILE
SIMULTANEOUSLY
IMPROVING
STRENGTH AND
FLEXIBILITY



INCREASING
INTENSITY OR
DURATION SLOWLY
OVER TIME BUILDS
ENDURANCE

(RP) E IS FOR EFFORT



RELATIVE PERCEIVED
EFFORT (RPE) 1 – 10



AEROBIC TARGET 5-
6/10 = CAN TALK

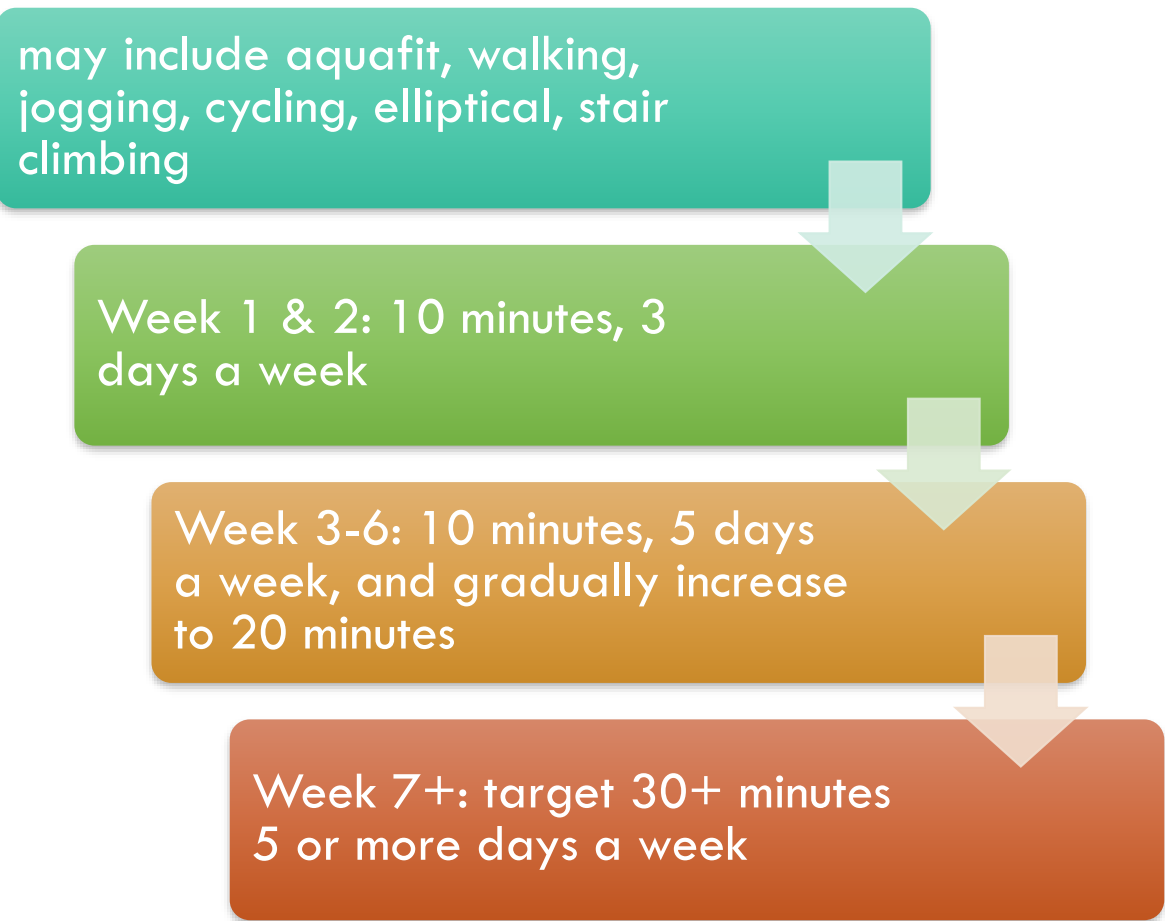


STRENGTH TARGET 5-
8/10 = CAN TALK TO
SHORT OF BREATH



10 IS ALL OUT
EFFORT

may include aquafit, walking,
jogging, cycling, elliptical, stair
climbing



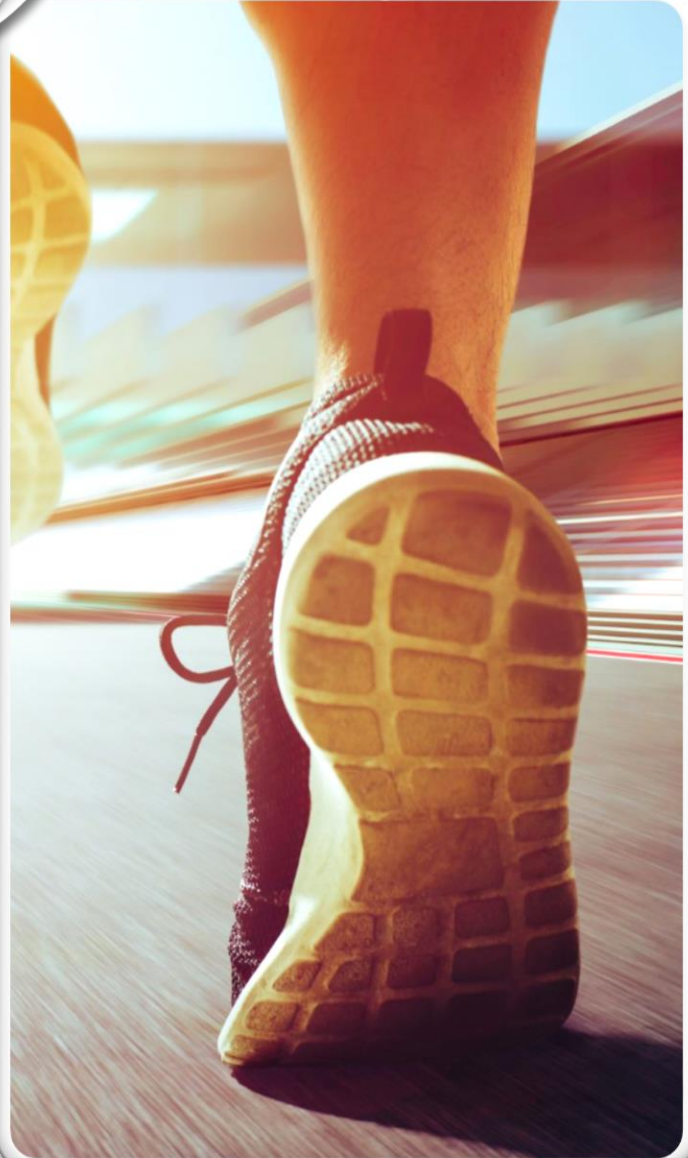
```
graph TD; A[may include aquafit, walking, jogging, cycling, elliptical, stair climbing] --> B[Week 1 & 2: 10 minutes, 3 days a week]; B --> C[Week 3-6: 10 minutes, 5 days a week, and gradually increase to 20 minutes]; C --> D[Week 7+: target 30+ minutes 5 or more days a week];
```

Week 1 & 2: 10 minutes, 3
days a week

Week 3-6: 10 minutes, 5 days
a week, and gradually increase
to 20 minutes

Week 7+: target 30+ minutes
5 or more days a week

ENDURANCE PROGRAM (RPE 5-6) – CAN TALK



BALANCE PROGRAM

- EVERY DAY AND PRE-WORKOUT
- BALANCE WALK: 20 STEPS
- HEEL TOE WALK: 20 STEPS
- STAND ON TOES (MAY USE BACK OF A CHAIR FOR ASSISTANCE)
- STAND ON ONE FOOT (MAY USE BACK OF CHAIR FOR ASSISTANCE)

STRENGTH PROGRAM (RPE 5-6) – CAN TALK (RPE 7-8) – SHORT OF BREATH

2 non-consecutive days/week, progress to 3 days/week when feeling easy

3 x 10 minute snacks throughout the day, do as many rounds as possible (amrap) in 10 minutes (use the timer on your phone)

Squat: Chair sit/stands: 5 repetitions (may use walker or chair back for balance)

Pull: Bicep curl: 5 repetitions (seated or standing)

Push: Overhead press or chair dips: 5 repetitions (seated or standing)

Hip hinge: Grocery bag lift: 5 repetitions

Progression: slow reps, add pauses, then add weight, in that order

FLEXIBILITY (POST WORKOUT)

01

Try to Maintain
good posture
throughout, hold
10-15 seconds

02

Shoulder blade
squeezes

03

Back of
head/small of
back

04

Shoulder
rotations

05

Calf stretches

06

Thigh stretches

USEFUL LINKS

[HTTPS://WWW.EXERCISEISMEDICINE.ORG](https://www.exerciseismedicine.org) – ONLINE LIBRARY OF EXERCISE PRESCRIPTIONS FOR A WIDE VARIETY OF HEALTH PROBLEMS

[HTTPS://WWW.YOUTUBE.COM/SITANDBEFITTVSHOW](https://www.youtube.com/sitandbefittvshow) – PBS EXERCISE PROGRAM FOR OLDER ADULTS

[HTTPS://WWW.NCOA.ORG/OLDER-ADULTS/HEALTH/PREVENTION/FALLS-PREVENTION/](https://www.ncoa.org/older-adults/health/prevention/falls-prevention/) - FALL PREVENTION RESOURCES

[HTTPS://ODPHP.HEALTH.GOV/MOVEYOURWAY](https://odphp.health.gov/moveyourway) - TOOLS, VIDEOS, INFORMATION TO HELP YOU BECOME MORE ACTIVE

