

THE SECRET OF HEALTHY AGING

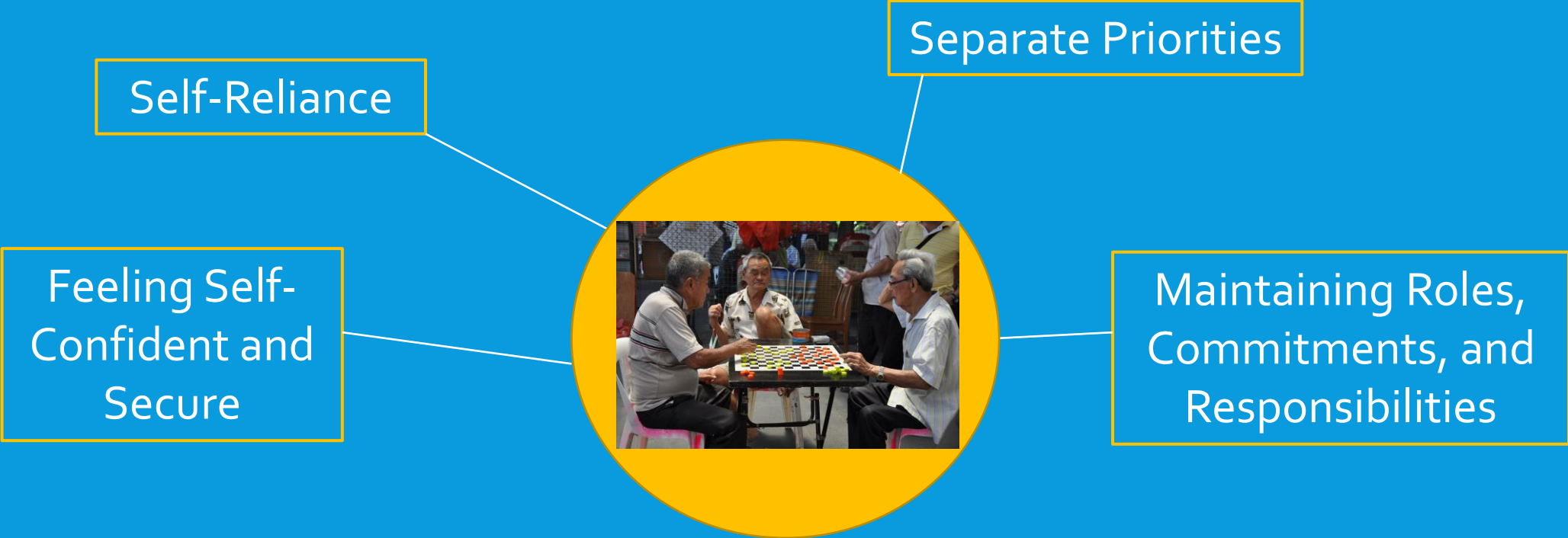
James Andrew Foster, II

PT Student – UNC Chapel Hill

INDEPENDENCE INCLUDES...

- Maintaining Identity “Me”
- Autonomy – making my own decisions
- Relationships and Social networks
- Participation, Social inclusion and Citizenship
- Physical capacity – Activities of Daily Life, with or without assistance
- Information and Knowledge

MAINTAINING IDENTITY “ME”³



AUTONOMY – MAKING DECISIONS³

Continuing to
Live in my Own
Home

Do for Myself
without Assistance



Making my
Own Decisions

RELATIONSHIPS AND SOCIAL NETWORKS³

Knowing
Where to Get
Help

Keep in Touch with
Friends and Family



Active
Involvement with
Grandchildren

INFORMATION AND KNOWLEDGE ³

Stay Well
informed to
feel
comfortable
about my
decisions



Keep my Mind Sharp
and Active

PHYSICAL ABILITY – WITH OR WITHOUT ASSISTANCE³

Make A
Commitment
to being
physically
active &
involved

Maintaining
Good Health
through physical
activity



Transportation
Options

WHY IS PHYSICAL ACTIVITY SO
IMPORTANT TO HEALTHY AGING AND
INDEPENDENCE?

BECAUSE...LIMITED PHYSICAL ACTIVITY CAN LEAD TO:¹⁶

- High blood pressure
- Heart disease
- Weak bones, muscles, and joints
- Osteoporosis
- Obesity
- Type II Diabetes
- Depression and anxiety
- Decreased Psychological well-being

Physical inactivity may be as deadly as smoking! ¹⁴

WHAT TYPE OF ACTIVITIES ARE IMPORTANT FOR HEALTHY AGING AND INDEPENDENCE?

Strength

Balance

Endurance

Cognition

STRENGTH TRAINING FOR MY HEALTH AND INDEPENDENCE



<http://seniorific.com/news/2012/jul/02/strong-muscles-strong-bones-less-falls/>

- Safe and effective for all ages and abilities
- Aging + Active Lifestyle = Increased Bone Strength and Muscle Strength



<http://www.onegreenplanet.org/lifestyle/building-strong-bones-the-vegan-way/>

ENDURANCE TRAINING FOR MY HEALTH AND INDEPENDENCE

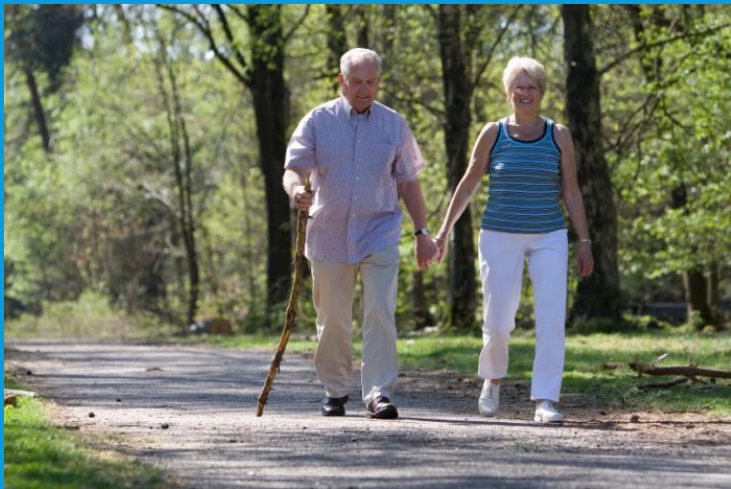


Image: <http://www.medicalnewstoday.com/articles/290675.php>

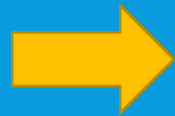
Aging + Active Lifestyle =
Improved heart and lung
activity, better blood and
oxygen flow, making it easier
to breath



Image: <http://www.seniorcarecentersllc.com/2015/02/09/the-importance-of-staying-active-as-a-senior-citizen/>

BALANCE TRAINING FOR MY HEALTH AND INDEPENDENCE

Decreased strength, endurance, and flexibility



Poor balance



Image: <http://www.thejournal.ie/old-person-vigilant-949773-Jun2013/>

Loss of independence

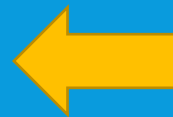


Image: <http://gizmodo.com/5960106/new-bacteria-resistant-hospital-sheets-can-keep-you-from-getting-sicker>



EXERCISES FOR BALANCE



Heel to toe walk



Heel rises



Marching in place



Line dancing



Yoga



Tai Chi

Choose something you enjoy!



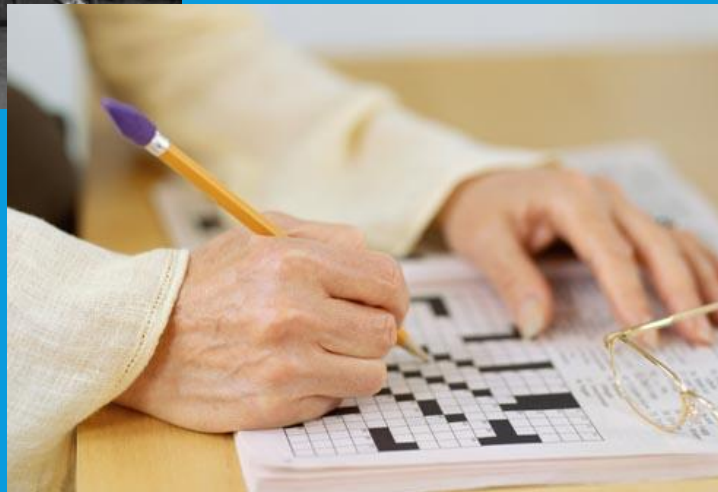
Couple dance

IMPROVE/MAINTAIN COGNITION FOR MY INDEPENDENCE

An Active Body =
An Active Mind



http://www.ithacaswingdance.com/fifties_two.html



<http://theodysseyonline.com/fsu/can-you-believe-these-jobs-actually-exist/359501>



<http://www.dreamstime.com/stock-photo-elderly-couple-their-bikes-image18742130>



<http://pixhder.com/black+dancers+in+the+50s>

EXERCISE RECOMMENDATIONS

CARDIORESPIRATORY (ENDURANCE) EXERCISE^{17,18,19}

Increase
breathing and
heart rate (3-
5x/week)

Gradually
progress

Walking
Swimming
Aerobic
machines



Image: <http://news.discovery.com/human/life/5-sports-you-can-start-today-and-play-forever.htm>

Image: <https://klamot.wordpress.com/2014/06/26/20-minute-walk-pay-it-forward/>

Information:
17. ACSM Releases New Exercise Guidelines. Retrieved March 13, 2016, from <http://greatist.com/fitness/acsm-releases-new-exercise-guidelines>
18. Elstawy B, Higgins KE. Physical activity guidelines for older adults. Am Fam Physician. 2010 Jan 1;81(1):55-9. PubMed PMID: 20052963.
19. Centers for Disease Control and Prevention (CDC). Adult participation in recommended levels of physical activity—United States, 2003. MMWR Morb Mortal Wkly Rep. 2005 Dec 3;54(47):1208-11. PubMed PMID: 16319815.

RESISTANCE EXERCISE^{17,18,19}

Begin slow
Avoid pain
Rest muscles



Train 2-3 days
each week



Resistance
bands
Machine
weights
Body weight
exercises

Information:

17. ACSM Releases New Exercise Guidelines. Retrieved March 13, 2016, from <http://greatist.com/fitness/acsm-releases-new-exercise-guidelines>

18. Elsayy B, Higgins KE. Physical activity guidelines for older adults. Am Fam Physician. 2010 Jan 1;81(1):55-9. PubMed PMID: 20059693

19. Centers for Disease Control and Prevention (CDC). Age participation in recommended levels of physical activity—United States, 2001 and 2005. MMWR Morb Mortal Wkly Rep. 2005 Dec 2;54(47):1208-12. PubMed PMID: 16319815

Image : <http://soloflex.com/archive/you-are-never-too-old-to-exercise/>

<http://pankisseskafka.com/2012/09/>

ALTERNATIVE EXERCISE^{17,18,19}

2-3 days per
week
20-30 minutes

Improve
balance
coordination
prevent falls

Yoga
Tai-Chi
Water aerobics
Dancing
Gardening



http://usatoday30.usatoday.com/news/health/2007-03-04-tai-chi-cover_N.htm



<http://www.livestrong.com/article/531627-the-advantages-of-water-aerobics-for-seniors/>

CREATING A PLAN

STEPS TO CREATING A PLAN

- 1. Determine your goal
- 2. Likes and dislikes
- 3. Know your physical ability
- 4. Write it out!



RECAP

- Set up a plan!
- Start with what you like and are willing to do
- Know your limitations
- Don't work through the pain!
- Stop if you are short of breath
- Rest and recovery after exercise is important!

