

PHYSICAL ACTIVITY: A KEY TO SUCCESSFUL AGING



What is physical activity?

- Any body movement, produced by muscles, that uses more energy than resting.¹
- This can be many things...



Types of Physical Activity

- Yard work or gardening



Types of Physical Activity

- Group exercise class



Types of Physical Activity

- Sports or games



Types of Physical Activity

- Anything that gets you moving!
 - Cardiovascular or aerobic activities
 - Muscle strengthening
 - Balance training



What is your favorite activity?

- What do you like to do that moves your body and uses your muscles?



As We Age...

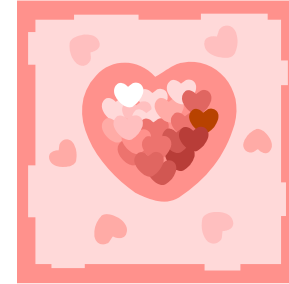
- Normal aging²
 - Higher resting blood pressure
 - Lower muscle mass and strength
 - Decreased flexibility
 - Decreased bone mass or density
 - Increased body fat and body mass index
- ***Regular physical activity can prevent or slow down these natural processes.***



Why do regular physical activity?

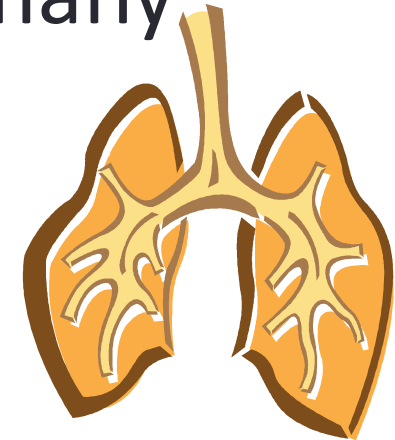
- Improves your:

- Heart health
- Lung health



- Decreases chances of getting many diseases such as:

- high blood pressure and stroke
- osteoporosis
- type 2 diabetes
- certain types of cancer and premature death³



Benefits for Heart Health

- Being physically active also helps to:
 - Lower blood pressure
 - Increase “good cholesterol” (HDL)
 - Control blood sugar levels
 - Manage stress
 - Control body weight
 - Improve memory function
 - Help you feel good about yourself!³



Did you know...

- The American Heart Association reports people with heart disease who are physically fit live **FIVE** times longer than those who aren't fit!³



More Benefits

- Improves brain function⁴
- Reduces anxiety and depression and enhances feelings of well-being
- Reduces risk of falls and injuries from falls in older individuals!⁵



Even More Benefits!

- Improves physical function
- Maintains independent living
- Prevents functional limitations
- Group exercise provides an opportunity for social engagement
- Allows you to live healthier and longer^{5,6}



The Real Scoop...

- Only about 22% of people 65 or older engage in regular physical activity⁷
- Fewer than 11% of people 85 and older engage in regular physical activity⁷

We can change this!

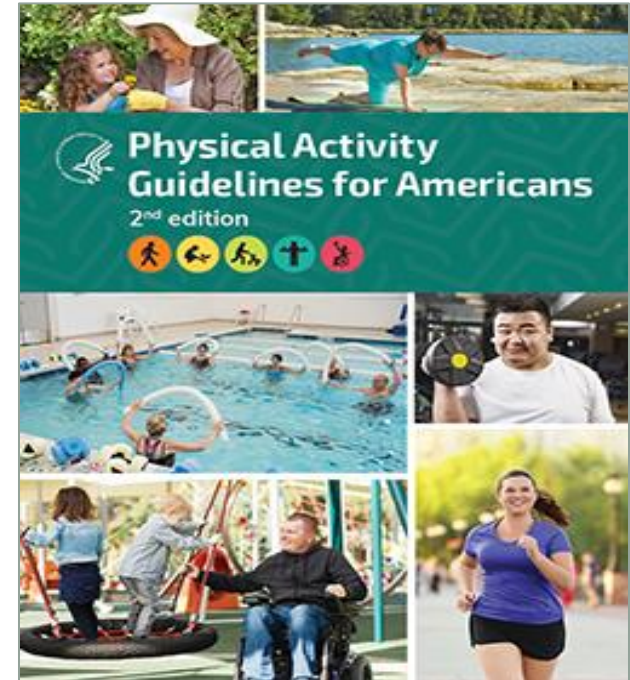


What should I do?

- The Physical Activity Guidelines for Americans has recommendations for you!



- Adults over age 65 should try to follow these guidelines⁸



https://health.gov/sites/default/files/2019-10/PAG_ExecutiveSummary.pdf

How much?

Aerobic

- 150 minutes of moderate activity
- OR**
- 75 minutes of vigorous activity OR
- Combination of both moderate and vigorous is ok too.

Strengthening

- 2 days per week

Balance activities

- 2-3 days per week

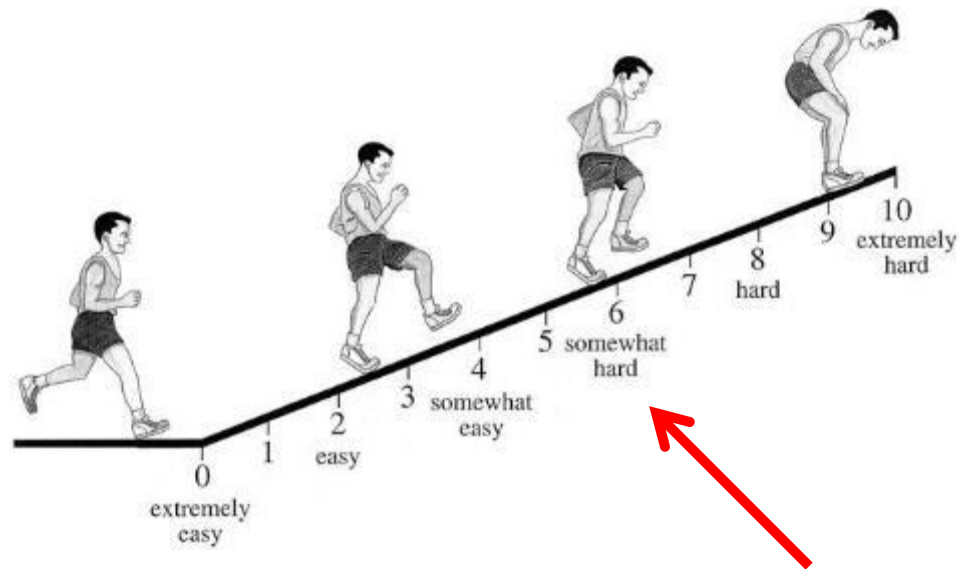
• **Flexibility**

- 2 days per week⁸

Moderate Aerobic Exercise

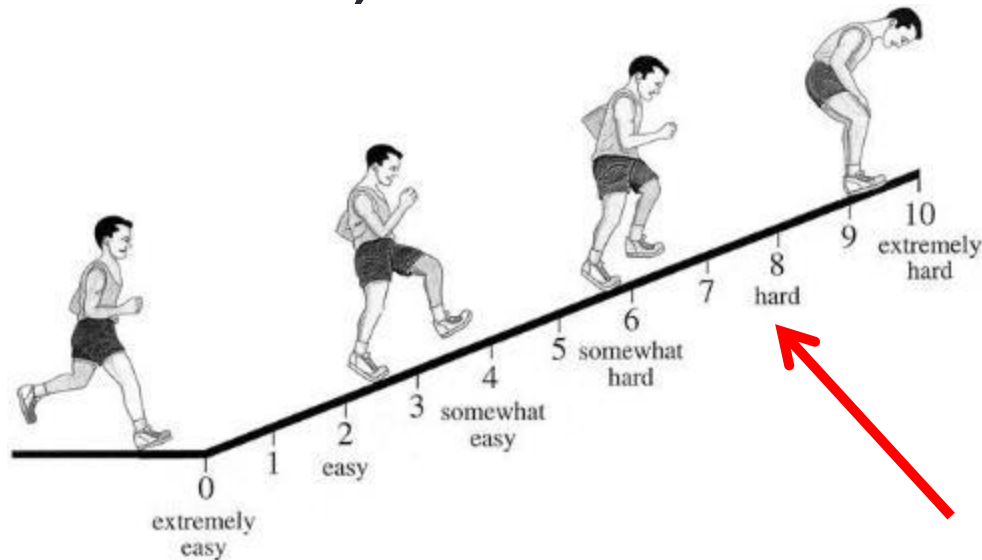
- *Moderate*: noticeable increase in breathing and heart rate⁹
- *Moderate* = Level 5-6, or ***Somewhat Hard***⁵

- Take a walk
- Garden



Vigorous Aerobic Exercise

- *Vigorous*: large increase in breathing and heart rate⁹
- *Vigorous* = Level 7-8, or **'Hard'**⁵
 - Jog
 - Swim
 - Tennis



BOTTOM LINE



- Basic needs for older adults:
 - At least 150 minutes/week of moderate activity
 - Try to do 30 minutes each day
 - Don't worry...you can do 10 minutes at a time and add it up!
- For GREATER health benefits
 - 300 minutes/week of moderate activity, OR
 - 150 minutes per week of vigorous activity⁸

What type of activity?

- What do you like to do?
- Will you exercise with friends or alone?
- What can you easily make a regular part of your day?



Types of Activities

- Walking in the right environment is always a good idea.
- If you have difficulty standing or balancing try:
 - Swimming or water aerobics
 - Stationary bikes⁵



Muscle Strengthening Activities

- Do 2 or more days/week
- Work all major muscle groups (back and abdominals, legs, chest, upper back, arms).
- **Have proper instruction before attempting use of weights or weight machines**



Muscle Strengthening Activities

- Types of Activities:
 - Exercises that use your body weight for resistance (push-ups, abdominal exercises, lunges, rising from a chair)
 - Using elastic bands
 - Lifting weights
 - Heavy gardening
 - Yoga



Balance Activities

- Do at least 2-3 days per week
- Good choices include:
 - Tai chi
 - The Otago Exercise Program
 - Balance classes



Stretching for Flexibility

- Do 2 or more days/week
- Stretch until you feel a slight pull
- Do not stretch into pain
- Hold for 30 seconds, repeat 2-3 times
- Stretch slowly with good control, not fast!
- Do NOT bounce⁵



Stop to rest if you experience ANY of the following:

- Shortness of breath
 - Can't talk while moving
- Dizziness or lightheadedness
- Heart palpitations or irregular rhythm
- Heart rate that increases too rapidly for the activity level
- Onset or worsening of pain



Getting Started

- Check with your doctor
- Visit a physical therapist
- Integrate different physical activity components into your life
- Choose activities you enjoy
- Be physically active with a friend



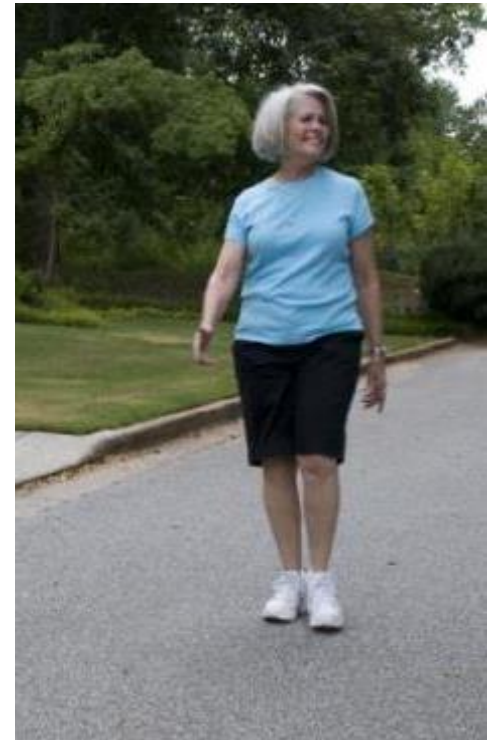
Getting Started

- Intensity should be light at the beginning
- Increase amount if it becomes easy or you want to *improve*⁵



Don't know where to start?

- Just do what you can!
 - Something is better than nothing
- Find activities you LIKE:
 - Walking, swimming, biking, gardening, dancing, and/or tai chi are good options
 - Try a selection of activities that address aerobic, resistance, and balance training needs



Helpful Tools & Tips

- Activity logs
- Pedometer
- Exercise partner
- Mall walking
- Exercise DVD or video



Helpful Tools

- American Physical Therapy Association (APTA)
 - www.apta.org
- Move Forward PT – consumer information from APTA
 - www.moveforwardpt.com
- [Fit After 50](#) – resources to stay fit and maintain mobility

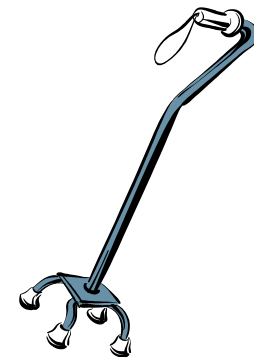
What if I have...?

- Balance problems
- Weak legs
- Pain in my joints
- Shortness of breath
- Fatigue
- An illness such as
 - Parkinson's Disease
 - Multiple sclerosis
 - Stroke
 - Arthritis
 - Diabetes



What can I do?

- Aging adults with chronic conditions or disabilities who are not able to meet the above key guidelines, should engage in regular physical activity according to their abilities and avoid inactivity.
- Choose or modify a physical activity that accommodates your abilities
 - Use something sturdy for support
 - Use a cane or walker during activities
 - Exercise while sitting down



Who can help me get started?

- A physical therapist will:
 - help you choose appropriate exercises and activities
 - develop an activity plan
 - help you progress as you improve
 - choose appropriate exercise equipment and tools



**Thanks for your time
and attention!**

Questions?



Special Thanks

***Health Promotion & Wellness Special Interest Group
for development of this presentation***

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3. What's the Link Between Physical Activity and Health?. American Heart Association Web Site.
http://www.heart.org/HEARTORG/Conditions/More/CardiacRehab/Whats-the-Link-Between-Physical-Activity-and-Health_UCM_307377_Article.jsp Updated June 22, 2015.
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