



# **YOU'VE GOT TO MOVE IT: EVERYONE OLD CAN FEEL YOUNG AGAIN**

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# OBJECTIVES



**AT THE END OF THIS PRESENTATION PARTICIPANTS WILL:**

- 1. BE ABLE TO IDENTIFY AND DESCRIBE THE BENEFITS OF EXERCISE IN AGING ADULTS**
- 2. SYNTHESIZE THE CONCEPT OF APPROPRIATE EXERCISE LEVELS VERSUS UNDER EXERCISING AGING ADULTS**
- 3. INTEGRATE BENEFITS OF INCREASING ACTIVITY IN SEDENTARY AND MEDICALLY FRAILER AGING ADULTS, INCLUDING THOSE WITH DEMENTIA**

# I LIKE TO MOVE IT - MADAGASCAR

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=HDCTMPVD00I](https://www.youtube.com/watch?v=HDCTMPVD00I)



# SOME OF THE FACTS

- **THE LOSS OF STRENGTH AND STAMINA ATTRIBUTED TO AGING IS IN PART CAUSED BY REDUCED PHYSICAL ACTIVITY AS WELL SARCOPENIA ASSOCIATED WITH AGING**
- **INACTIVITY INCREASES WITH AGE. BY AGE 75, ABOUT ONE IN THREE MEN AND ONE IN TWO WOMEN ENGAGE IN NO PHYSICAL ACTIVITY.**
- **AMONG ADULTS AGED 65 YEARS AND OLDER, WALKING AND GARDENING OR YARD WORK ARE, BY FAR, THE MOST POPULAR PHYSICAL ACTIVITIES.**
- **SOCIAL SUPPORT FROM FAMILY AND FRIENDS HAS BEEN CONSISTENTLY AND POSITIVELY RELATED TO REGULAR PHYSICAL ACTIVITY.**
  - **[HTTP://WWW.CDC.GOV/NCCODPHP/SGO/OLDERAD.HTM](http://www.cdc.gov/nccodphp/sgo/olderad.htm)**

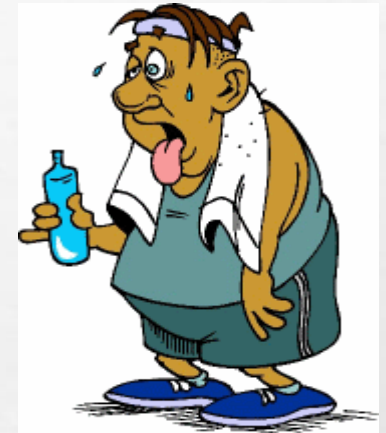


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**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

# ACTIVITY VS EXERCISE



- **ACTIVITY**

- **VOLUNTARY MOVEMENT THAT BURNS CALORIES**
- **HELPS TO IMPROVE EVERYDAY FUNCTION**
- **ACTIVITIES THAT GET THE BODY MOVING**

- **[HTTPS://WWW.NIA.NIH.GOV/HEALTH/PUBLICATION/EXERCISE-PHYSICAL-ACTIVITY/INTRODUCTION](https://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction)**

- **EXERCISE**

- **VOLUNTARY MOVEMENT THAT BURNS CALORIES**
- **HELPS TO IMPROVE EVERYDAY FUNCTION**
- **PLANNED , STRUCTURED, REPETITIVE ACTIVITY**

# **AGING: RESERVE AND MUSCLE MASS**

- **PHYSICAL HEALTH IS A COMPONENT OF OVERALL HEALTH AND ACTIVELY CONTRIBUTES TO AN INDIVIDUALS' RESERVE**
- **AS THE BODY'S RESERVE DIMINISHES WITH AGE, SO DOES THE ABILITY TO RECOVER FROM ILLNESS AND HEAL FROM INJURY OR OTHER INSULTS TO THE BODY**
- **PHYSICAL HEALTH AND RESERVE CAN BE IMPROVED AT ANY AGE AND ANY MEDICAL CONDITION AS LONG AS THERE IS MEDICAL CLEARANCE AND APPROPRIATE MONITORING**
- **HISTORICALLY, AGING ADULTS HAVE BEEN UNDER EXERCISED IN GENERAL AND IN REHABILITATION PROGRAMS BY HEALTH PROFESSIONALS**

# TYPES OF ACTIVITY / EXERCISE

- **ENDURANCE/AEROBIC**
- **STRENGTHENING**
- **BALANCE EXERCISES**
- **FLEXIBILITY**





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**“Instead of jogging, can you just set my pacemaker to beat faster for 30 minutes a day while I watch TV?”**

# SAMPLE ACTIVITIES

- **ENDURANCE/AEROBIC**

- **PUSHING A STROLLER/SWINGS**
- **VACUUMING**
- **IRONING**
- **HOUSEWORK**
- **HITTING GOLF BALLS/WALKING THE COURSE**
- **POOL CLEANING**
- **YARD WORK**
- **CLIMBING STAIRS**
- **MALL WALKING**

- **STRENGTHENING**

- **CARRYING GRANDCHILDREN**
- **CARRYING LAUNDRY BASKET**
- **LIFTING GARDEN SUPPLIES**
- **LIFTING GROCERY BAGS**
- **KICKING SOMETHING OUT OF YOUR WAY**
- **SQUATTING**
- **MOWING THE LAWN**
- **STANDING UP AND SITTING DOWN FROM SITTING SLOWLY - COUNT OF 10, NO ARMS IF POSSIBLE**



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"Refusing to go to the gym is not the same thing  
as resistance training."

# **SAMPLE ACTIVITIES CONT.**

- **BALANCE**

- **STANDING ON TIPTOES TO REACH A SHELF OR JUST REACHING FOR AN OVERHEAD ITEM**
- **WALKING UNEVEN SURFACES**
- **CURBS/RAMPS**
- **GETTING ON AND OFF A BUS OR HIGH CAR IE SUV**
- **PUTTING PANTS ON IN STANDING**

- **FLEXIBILITY**

- **LOOKING OVER YOUR SHOULDER**
- **MAKING A BED**
- **BENDING TO TIE SHOES**
- **PUTTING SOCKS/SHOES ON**
- **MORNING STRETCH**





# MUSIC AND EXERCISE / ACTIVITY

- **ACCORDING TO COSTAS KARAGEORGHIS, PHD OF BRUNEL UNIVERSITY, LONDON**

- **MUSIC**

- **CAN REDUCE THE PERCEPTION OF EFFORT SIGNIFICANTLY AND INCREASE ENDURANCE BY UP TO 15%**
    - **HAS TENDENCY TO INCREASE AROUSAL (DESIRE TO MOVE )**
    - **MIGHT DISTRACT FROM DISCOMFORT THAT MAY BE EXERCISE RELATED**
    - **RHYTHMICITY ENHANCES ABILITY TO MOVE AND SPEED – EXTENDS TO INDIVIDUALS WITH NEUROMUSCULAR CHANGES AS IN PARKINSON'S**

- **FOSTER AND JOHN PORCINI, PHD**

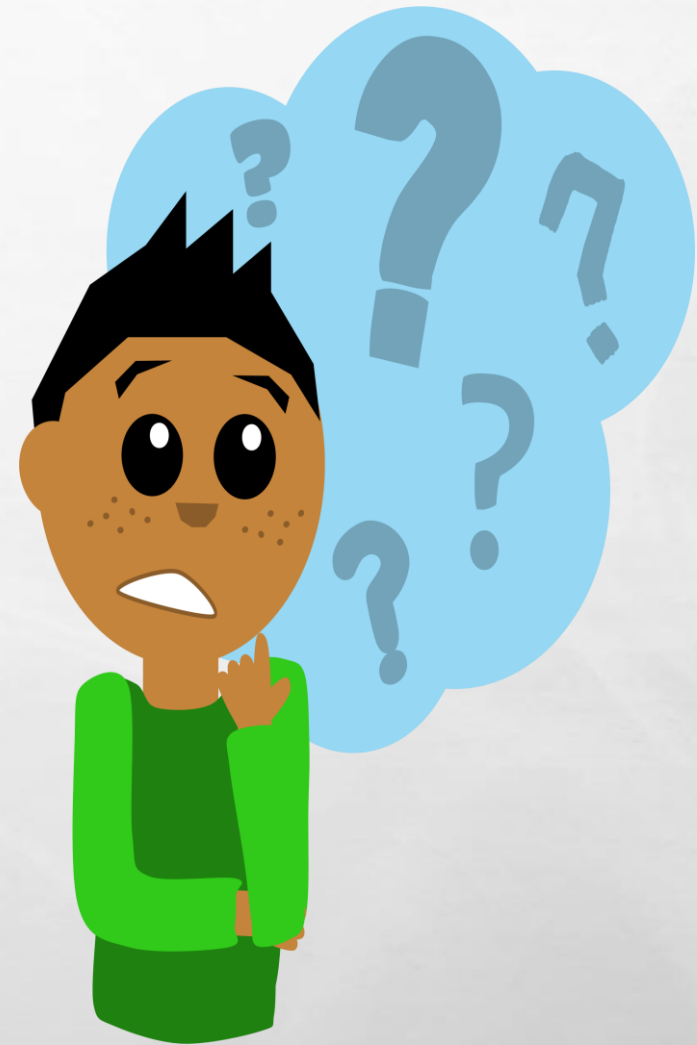
- **MUSIC**

- **INCREASES AROUSAL RELATED TO TEMPO, MAKING INTENSE EXERCISE SEEM LESS STRESSFUL**



**QUESTION: AND SO....**

**WHICH IS BETTER?  
ACTIVITY OR EXERCISE**



# ANSWER...

- **IT IS ALL GOOD!**
- **IT DEPENDS ON THE ABILITY AND MOTIVATION OF THE CLIENT**



# BENEFITS OF ACTIVITY

- **HELPS MAINTAIN THE ABILITY TO LIVE INDEPENDENTLY AND REDUCES THE RISK OF FALLING AND FRACTURING BONES.**
- **REDUCES THE RISK OF DYING FROM CORONARY HEART DISEASE AND OF DEVELOPING HIGH BLOOD PRESSURE, COLON CANCER, AND DIABETES.**
  - **MAY DECREASE NEED FOR MEDICATION**
- **CAN HELP REDUCE BLOOD PRESSURE IN SOME PEOPLE WITH HYPERTENSION.**
- **HELPS PEOPLE WITH CHRONIC, DISABLING CONDITIONS IMPROVE THEIR STAMINA AND MUSCLE STRENGTH.**
- **REDUCES SYMPTOMS OF ANXIETY AND DEPRESSION AND FOSTERS IMPROVEMENTS IN MOOD AND FEELINGS OF WELL-BEING.**
- **HELPS MAINTAIN HEALTHY BONES, MUSCLES, AND JOINTS.**
- **HELPS CONTROL JOINT SWELLING AND PAIN ASSOCIATED WITH ARTHRITIS.**





# **BENEFITS RELATED TO COGNITION**

- **FACILITATES NEUROPLASTICITY**
- **IMPROVES CARDIOVASCULAR STATUS**
  - **THEREBY AMELIORATING THE EFFECTS OF DEMENTIA OR DELAY ONSET, REGARDLESS OF THE TYPE OR CAUSE**
  - **STUDIES OUT OF THE MAYO CLINIC INDICATE EXERCISE MAY DECREASE THE RISK OF DEMENTIA AND SLOW THE PROGRESSION**





# CDC AND WHO RECOMMENDATIONS

- **OLDER ADULTS NEED AT LEAST:**
  - **150 MINUTES OF MODERATE-INTENSITY AEROBIC ACTIVITY (I.E., BRISK WALKING) EVERY WEEK**
- **OR**
  - **75 MINUTES) OF VIGOROUS-INTENSITY AEROBIC ACTIVITY (I.E., JOGGING OR RUNNING) EVERY WEEK AND**
- **OR**
  - **AN EQUIVALENT MIX OF MODERATE- AND VIGOROUS-INTENSITY AEROBIC ACTIVITY**
- **AND**
  - **MUSCLE-STRENGTHENING ACTIVITIES ON 2 OR MORE DAYS A WEEK THAT WORK ALL MAJOR MUSCLE GROUPS (LEGS, HIPS, BACK, ABDOMEN, CHEST, SHOULDERS, AND ARMS)**
- **OLDER ADULTS WHO CANNOT DO THE RECOMMENDED AMOUNTS OF PHYSICAL ACTIVITY DUE TO HEALTH CONDITIONS, SHOULD BE AS PHYSICALLY ACTIVE AS THEIR ABILITIES AND CONDITIONS ALLOW**



**WHILE THE ACSM'S 10,000 STEPS MAY BE  
ADMIRABLE, PRACTICALITY SHOULD BE THE RULE**

**CORRELATES TO 5 – 6 MILES/DAY**





# ACSM ACTIVITY LEVEL

## NUMBER OF STEPS

- **0-5,000**
- **5,000-7,000**
- **7,500-9,999**
- **10,000-12,500**
- **12,000 OR MORE**

## ACTIVITY LEVEL

- **SEDENTARY**
- **LOW ACTIVE**
- **SOMEWHAT ACTIVE**
- **ACTIVE**
- **HIGHLY ACTIVE**

# TAKE HOME POINTS



- **OLDER ADULTS, BOTH MALE AND FEMALE, CAN BENEFIT FROM REGULAR PHYSICAL ACTIVITY.**
- **PHYSICAL ACTIVITY NEED NOT BE STRENUOUS TO ACHIEVE HEALTH BENEFITS.**
- **OLDER ADULTS CAN OBTAIN SIGNIFICANT HEALTH BENEFITS WITH A MODERATE AMOUNT OF PHYSICAL ACTIVITY, PREFERABLY DAILY.**
- **A MODERATE AMOUNT OF ACTIVITY CAN BE OBTAINED IN LONGER SESSIONS OF MODERATELY INTENSE ACTIVITIES (SUCH AS WALKING) OR IN SHORTER SESSIONS OF MORE VIGOROUS ACTIVITIES (SUCH AS FAST WALKING OR STAIR WALKING).**
- **ADDITIONAL HEALTH BENEFITS CAN BE GAINED THROUGH GREATER AMOUNTS OF PHYSICAL ACTIVITY, EITHER BY INCREASING THE DURATION, INTENSITY, OR FREQUENCY.**
- **BECAUSE RISK OF INJURY INCREASES AT HIGH LEVELS OF PHYSICAL ACTIVITY, CARE SHOULD BE TAKEN NOT TO ENGAGE IN EXCESSIVE AMOUNTS OF ACTIVITY.**

# TAKE HOME POINTS CONT.

- **PREVIOUSLY SEDENTARY OLDER ADULTS WHO BEGIN PHYSICAL ACTIVITY PROGRAMS SHOULD START WITH SHORT INTERVALS OF MODERATE PHYSICAL ACTIVITY (5-10 MINUTES) AND GRADUALLY BUILD UP TO THE DESIRED AMOUNT.**
- **OLDER ADULTS SHOULD CONSULT WITH A PHYSICIAN BEFORE BEGINNING A NEW PHYSICAL ACTIVITY PROGRAM.**
- **IN ADDITION TO CARDIORESPIRATORY ENDURANCE (AEROBIC) ACTIVITY, OLDER ADULTS CAN BENEFIT FROM MUSCLE-STRENGTHENING ACTIVITIES. STRONGER MUSCLES HELP REDUCE THE RISK OF FALLING AND IMPROVE THE ABILITY TO PERFORM THE ROUTINE TASKS OF DAILY LIFE.**

# WE WISH YOU HAPPY FEET

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=15NQTE70PI0](https://www.youtube.com/watch?v=15NQTE70PI0)





