

The Importance of Keeping our Aging Population Moving & Active for Life

Living on our terms

September
2022



Who Am I?



- Mom of 3 and Stepmom of 2 – 5 Teenage Daughters
- Group Exercise Instructor
- Certified Personal Trainer
- Red Cross Instructor
- Masters from NWMSU in Recreation Administration

- Passion for fitness

- Evidence Based Classes and Assessments & Virtual classes Pros & Cons

Session Objectives

- **Living Life Fully Connected**
- **The Importance of Social Connections and Physical Activity**
- **Staying Engaged Through the Tough Times**
- **Let's Exercise a Little**



Living Life Fully Connected

Mind, Body, Spirit

- Physical health is important on its own, it is also a foundation for a person's mental and spiritual outlook.
- Gratitude helps us see what we have going for us and helps shape our outlook of all that we have and changes our attitude and mental focus.
- Staying active with physical, social and even mental activities, such as writing, reading, art.
- Making lunch dates with friends, scheduling walks, playing cards, getting together to craft, even joining a new class, such as an exercise, cooking, or pottery.
- Finding balance towards self and others. Making time for oneself.

Attitude Produces Outlook



Adults today feel and behave 5-10 years younger than their actual age.

Aging is Changing

Stereotypes are changing and need to continue to change

- Today's older adults are working longer and want to remain active, strong and healthy.
- Change is constant – changing our mindset and continually moving forward is actively aging and can be done positively since every one of us is aging.
- As professionals we are empowered to change the face of aging.



STAY HEALTHY ATTITUDE



To retire can never be to stop!

- Stay engaged, learning, & moving
 - Maintain and make social connections
 - Start something new
 - Keep a daily schedule
- 

Grandma Moses

Started her painting career at 78 years of age.

September 7, 1860 - December 13, 1961

Her paintings and name are known throughout the world.

- “Sugaring Off” was sold for 1.2 million in 2006
- She was self-taught
- Began her career in painting because of her arthritis
- Left behind a legacy.
- Continued living and staying active



Staying Physically Active

2021 Boston Marathon Stats

- 60-64 age group
- 65-69 age group
- 70-74 age group
- 75-79 age group
- 80 and older

Senior Olympics 2022

- In 2022 in Ft. Lauderdale, FL. ? sports were hosted with ??? athletes
- Sports such as: Archery, Badminton, Basketball, Beach Volleyball, Bowling, Cornhole, Cycling, Golf, Pickleball, Powerwalking, Race Walking, Racquetball, Road Race, Shuffleboard, Softball, Swimming, Table Tennis, Tennis, Track & Field, Triathlon, and Volleyball.
- The 2023 National Senior Games are scheduled to be in Pittsburgh



According to the CDC, “Regular physical activity is one of the most important things you can do for your health.”

Staying Physically Active FOR LIFE

2021 Boston Marathon Stats:Results

- | | |
|--------------------|----------------|
| • 60-64 age group | 1097 finishers |
| • 65-69 age group | 517 finishers |
| • 70-74 age group | 180 finishers |
| • 75-79 age group | 34 finishers |
| • 80 and older | <u>5</u> |
| • TOTAL FINISHERS! | 1833!! |

Senior Olympics 2022

- In 2022 in Ft. Lauderdale, FL. 21 sports were hosted with 12,065 athletes
- Sports such as: Archery, Badminton, Basketball, Beach Volleyball, Bowling, Cornhole, Cycling, Golf, Pickleball, Powerwalking, Race Walking, Racquetball, Road Race, Shuffleboard, Softball, Swimming, Table Tennis, Tennis, Track & Field, Triathlon, and Volleyball.
- The 2023 National Senior Games are scheduled to be in Pittsburgh

NEVER STOP SEARCHING FOR THE THING THAT KEEPS YOU MOVING

~YOUR PASSION

Missouri State Senior Games

June 9 – 12, 2022 in Columbia MO

Olympic-style sports festival for individuals ages 50 and older.

[Home • MISSOURI STATE SENIOR GAMES \(moseniorgames.org\)](https://moseniorgames.org)

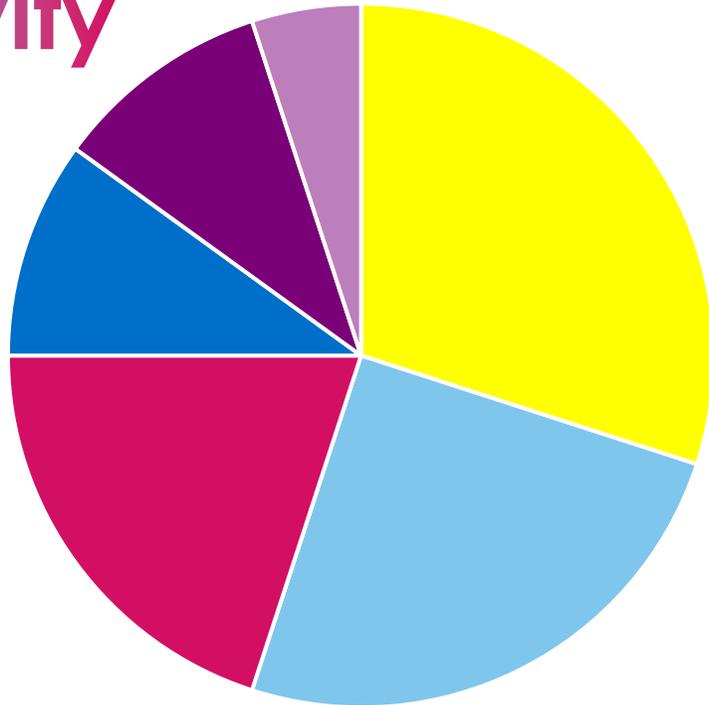
Events

- **Individual Sports** – Archery, Badminton, Cycling, Darts, Golf, Horseshoe, Pickleball, Race Walk, Racquetball, Road Race, Shooting, Shuffleboard, Skill Contests, Swimming, Table Tennis, Track & Field, Triathlon, Washers
- **Team Sports** – Basketball, Soccer, Softball, Volleyball

Purpose

- Provide an annual physical fitness event to promote a social, competitive, athletic and recreational activity for older adults
- Promote and create an interest in lifetime sports, recreation and physical exercise as a means of enhancing one's quality of life.
- Create an awareness of the abilities and capabilities of older citizens.
- Foster an amateur athletic network of participants, volunteers and sports enthusiasts throughout Missouri that encourages and promotes healthier lifestyles.
- Create private and public support for physical fitness and amateur athletic training.

The Importance of Social Connections and Physical Activity



We must never forget where we are going, we must appreciate where we have been and continue seeing where we want to go.

Maintaining Balance



Staying Engaged Through the Tough Times

“Whether you think you can, or you can’t – you’re right.” Henry Ford



- Our own attitudes of aging can become a self-fulfilling prophecy. What are they?
 - Continued development and learning? Or
 - Time of physical and mental decline?
- Stay engaged by keeping your mind stimulated and interacting socially with peers.
- Hope in our lives makes us feel more positive about engaging in regular exercise, eating a healthier diet
 - A study from Mather Institute found that, “more hopeful people are more likely to practice healthy lifestyle behaviors, have positive feelings about the future, and consider their health to be good in general.”

Setbacks will happen, our attitude determines our success.

Does having a positive outlook on life lead to living a healthy lifestyle?

Keeping people moving means stronger healthier bodies, less falls, active living and independence throughout our lives!

Yoga
Tai Chi
Matter Of Balance
Enhance Fitness
Mind Over Matter
Walk With Ease

Drums Alive
Chair Yoga
Zumba Gold
Line Dance
Strength
Pilates

We are all aging each day. What is the difference one day from the next?
Freely moving keeps us moving!



Everyone assumes Senior Centers, American Legion, BINGO, Rotary, but...

- Create places that people want to go, because there is always something fun going on.
- Everyone wants to go to a restaurant, or a country club.

Arguments by older adults

- I'm not old enough to go to a senior center yet.
- I'm too tired to be physically active.
- I'm done with that.

STIGMA: Senior Centers are for very old people who have nowhere else to go.

- Can't we change the stigma by changing what's happening at the centers?
- Activities – be open to trying new things

Change the Perception

Personal Story

This is Carol, I have been training her since 2016. She is 74 years old. She used to come to the gym regularly to walk and have personal training sessions. When we started, she could not do a lunge and had a hump starting in her back. I watched her improve in strength and determination.

Covid hit, and she now still receives workouts each week virtually as she is no longer comfortable coming to the gym.

Still just as dedicated in wanting to stay independent, she reports to me what she struggles with and when she finishes the workout.



Provides Sense of Purpose

Regular physical activity and exercise is what helps us to live independently, and it serves as the reminder to not stop and to keep going, it improves our mood, our aches and pains, and keeps us motivated.

Our community, friends and social connections keep us laughing.

Being engaged with others leads to a stronger sense of well-being.



Research has shown that the level of meaning, and satisfaction people get from leisure activities is associated with positive outcomes related to well-being, physical and psychological health!

What can you do to encourage?

Encourage a senior to stay physically active

When someone feels like they belong to a club, or a group they tend to stay loyal and active.

Create a schedule and help someone else get into a routine.

Create a sports team, which can help to improve mental health.

Volunteering to lead a team, or exercise class at a local senior center.



- **Shery Fogle is one of our instructors at Care Connection and this is the Granny Basketball team that she is a part of in Olathe, Kansas.**



It's never too late | Dilys Price OBE | TEDxCardiff

Takeaways...

Aging is happening as we speak, it is not an event.

What changes?

- Health may change
- Medications
- Some interests may change
 - We may want to travel more, work less, go to sleep earlier
- Make wiser choices
- Focus on healthier eating, drinking
- Make physical exercise a priority
- Find leisure activities, prioritize relationships
- WHAT ELSE?

Don't stop moving,

Listen to your bodies,

Respect yourself,

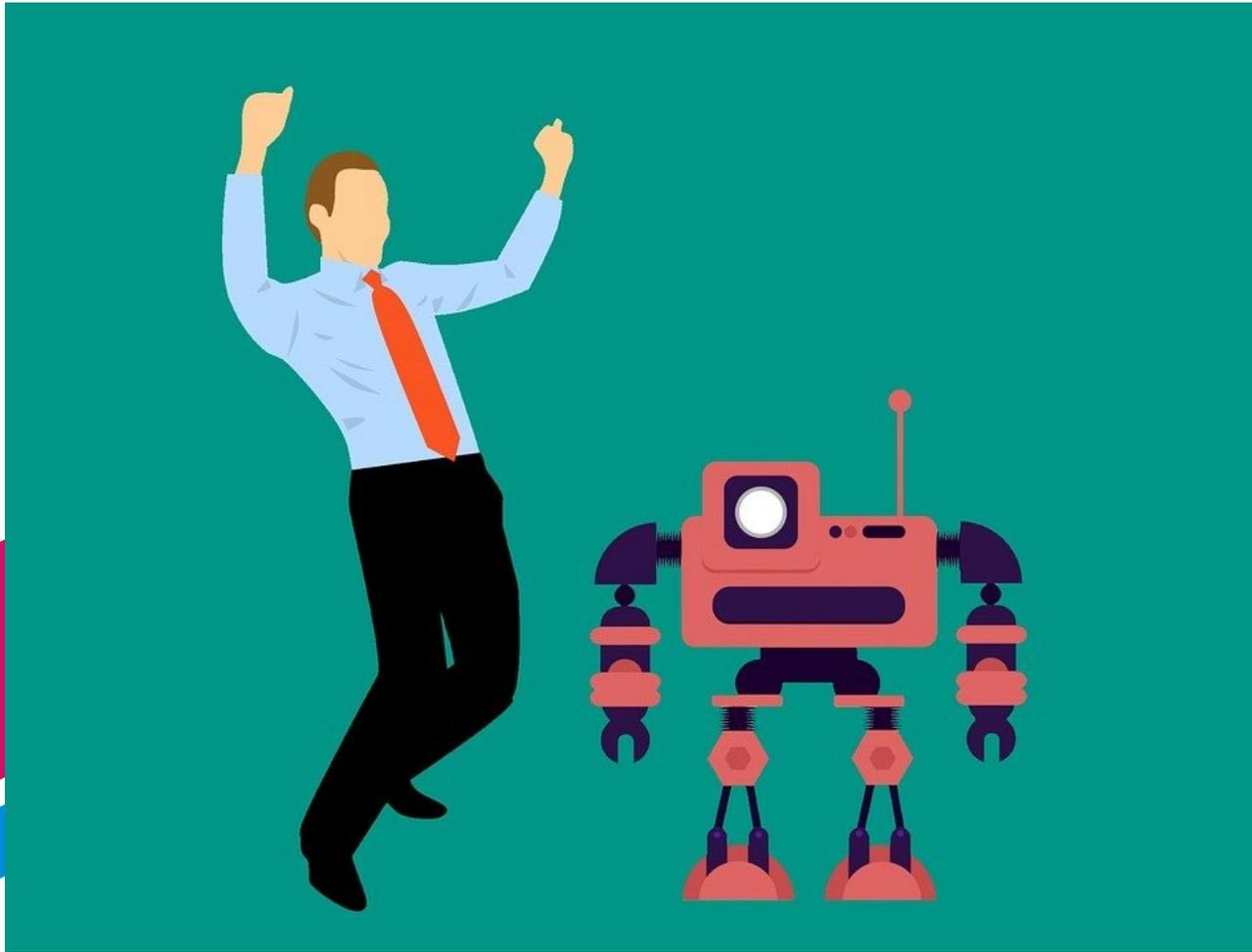
Find the Good,

Each day is a new day to move and breathe,

Be grateful,

Have hope,

Stay refreshed!



**Let's
Exercise A
Little for
FUN!!!**

Deep Breaths & Thank you



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