



Let's “STAY” Physical

STAYING ACTIVE EVERY DAY!

TERESA ETTERS – CARE CONNECTION FOR AGING SERVICES

[PHYSICAL - YOUTUBE MUSIC](#)

A LITTLE ABOUT ME

- Staying active is a goal and a passion of mine;
- I am the Supportive Services Director for Care Connection for Aging Services, a Personal Trainer, and Group Exercise Instructor; I teach exercise classes for Care Connection and for Warrensburg Community Center. I am a Red Cross instructor and I share a weekly “fit tip” for our local radio community.
- Mom of 3, Stepmom of 2. 3 in college, Ages: 20, 20, 18, 17, 15!
- Five beautiful, talented, loving, busy girls.
- I enjoy golfing, exercise, dancing, teaching exercise classes, lifting weights, being outside, traveling, being with my friends and family, living life fully and being busy.

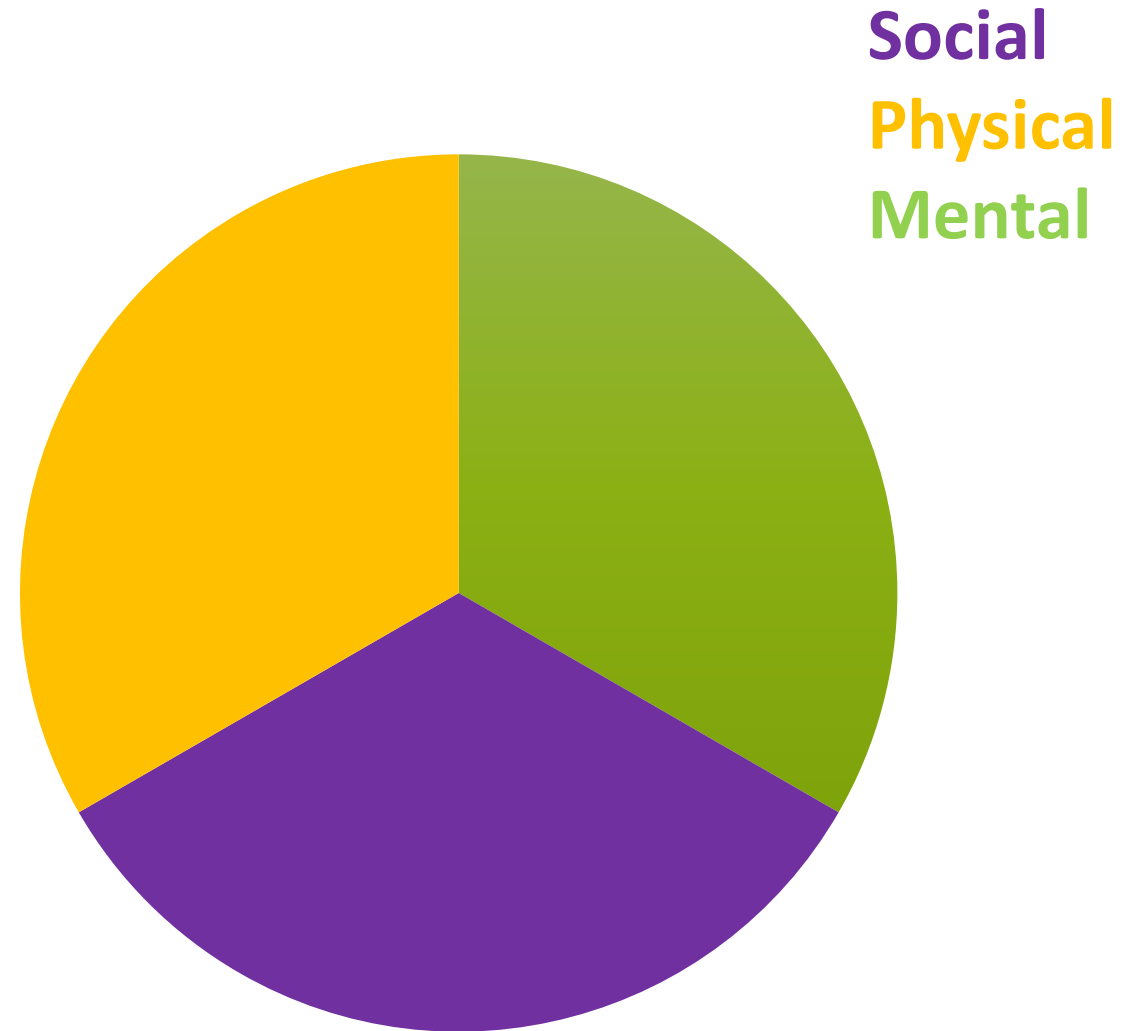


Health is a combination, of complete physical, mental, and social well-being. All intertwined, they have an affect on one another and therefore, when all are acknowledged we can have balance and harmony.

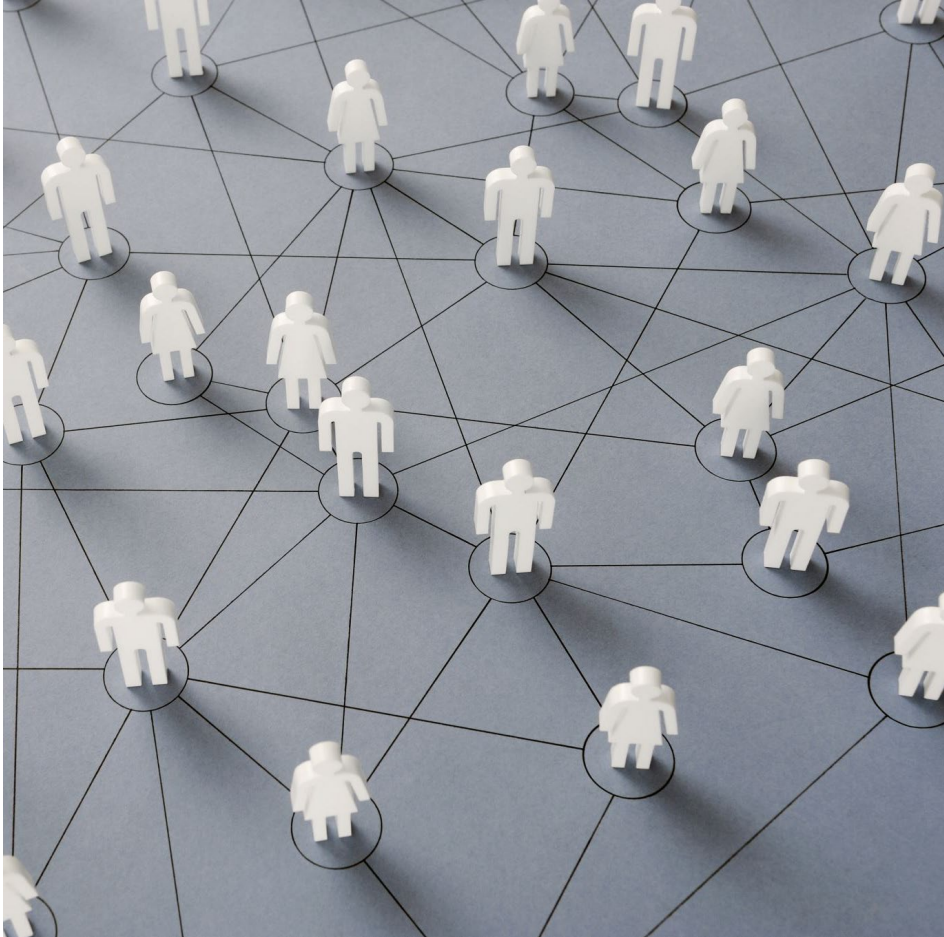
When we are out of balance, we often experience illness, digestive issues, stress, anxiety, and loneliness.

GOAL: To continue to have a comfortable quality of life by moving, breathing, and living functionally on our own terms.

HEALTH IS A BALANCE



SOCIAL CONNECTION



When we are **socially connected** to others, we

- Are **self-confident**
- Get **engaged**
- Become more **active, involved and curious!**
- Have **greater empathy** for others
- **Lower levels of anxiety and depression**

Social connectedness generates a positive feedback loop of social, emotional, and physical well-being.

- You don't have to have a lot of friends to be socially connected. Rather, it is your subjective feeling of connection. You can have 1000 friends, but still feel lonely.

HEALTH RISKS

- Social Isolation and Loneliness have been linked to an increased risk for:
 - Heart Disease by 29%
 - Stroke by 32%.
 - Type-2 Diabetes
 - Depression and Anxiety
 - Addiction
 - Suicidality and self-harm
 - Dementia by 50%
 - An earlier death.
- Nearly 1 in 4 adults aged 65 and older are socially isolated.

Loneliness costs the U.S. economy an estimated \$406 billion a year, in addition to the estimated \$6.7 billion a year in Medicare costs for socially isolated adults!

I KNOW IT'S GOOD FOR ME, BUT.....

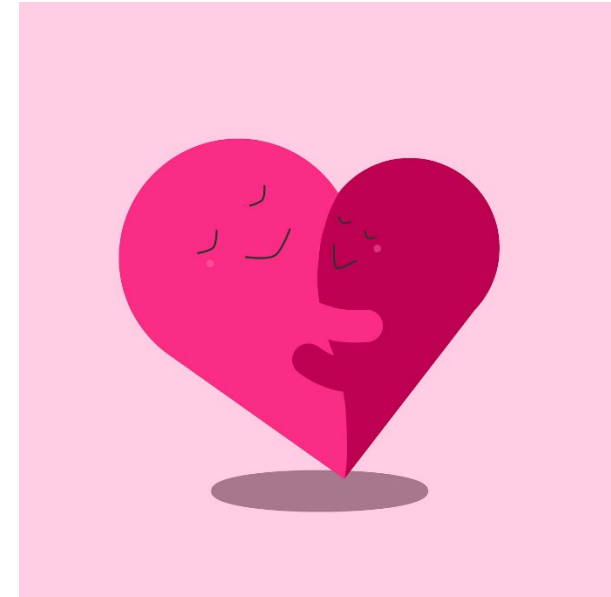
- Staying physically active has a major role to play in developing social connections as it relates to our confidence level in putting ourselves out there, meeting others, and staying socially active.
- Strong social connections lead to an increased chance of better health and longevity.
- According to the 2023 U.S. Surgeon Generals Report on Social Connection and Community, the lack of social connection is an independent risk factor for deaths from all causes.



How do we get past the awkwardness of putting ourselves out there and becoming socially connected?

MAINTENANCE OF CONNECTIONS?

- What about all the caregivers who may feel they don't have time to care for themselves with activity, or friendships because they are too busy caring for their parents, grandkids, work, others... Self-Care matters!?
- Maintaining connections and relationships takes effort and nurture.
- Take the initiative, maybe even with just one or two people.
- Friendship and lasting connections are a give and take, let those people know you care for them.



From a self-care standpoint of wanting a longer, healthier, happier life take the first step.



TAKE THE
FIRST STEP IN
FAITH. YOU
DON'T HAVE
TO SEE THE
WHOLE
STAIRCASE,
JUST TAKE
THE FIRST
STEP.

Martin Luther King

AMERICANS ARE LIVING LONGER HEALTHIER LIVES

REFRAME AGING ALTOGETHER

- Positive Mindset: Successful Aging
 - We accumulate wisdom as we age
 - We have unique insight and experiences
 - Life is exciting, amusing and full of possibilities
 - Volunteering is a great way to put yourself out there and do for others and for yourself
 - Self-Care, like daily exercise of some sort, might be something you are dreading but when you decide to just do it, YOU ARE GLAD YOU DID!

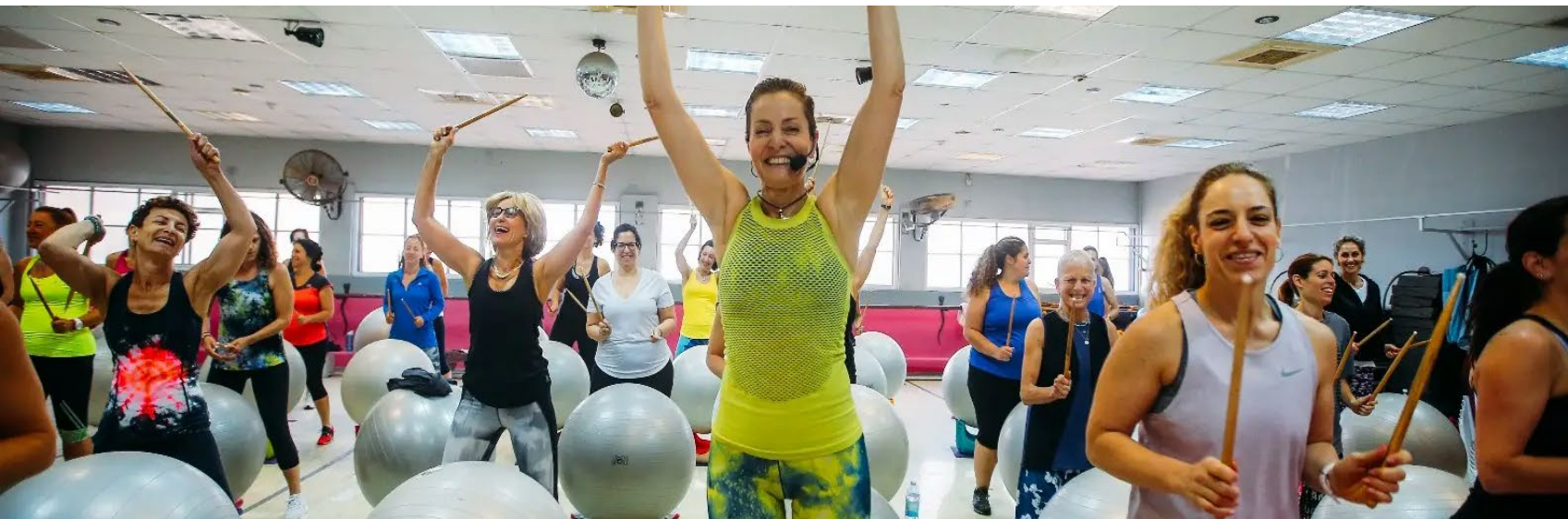
- Negative Beliefs and Thinking of Aging:
 - Socially isolated, alone, sad, depressed is inevitable
 - Don't know how to survive in today's world
 - Invisible



Lack of relationships, life-meaning, physical activity can have a negative effect on health and mortality comparable to smoking up to 15 cigarettes a day.

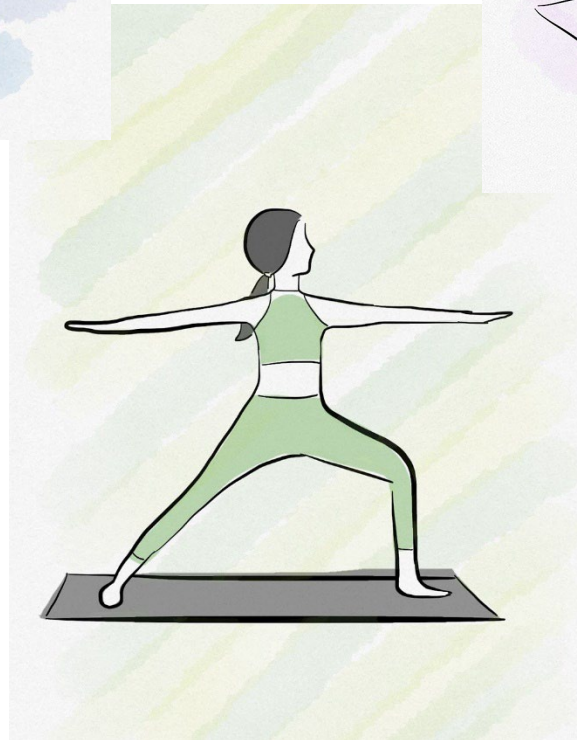
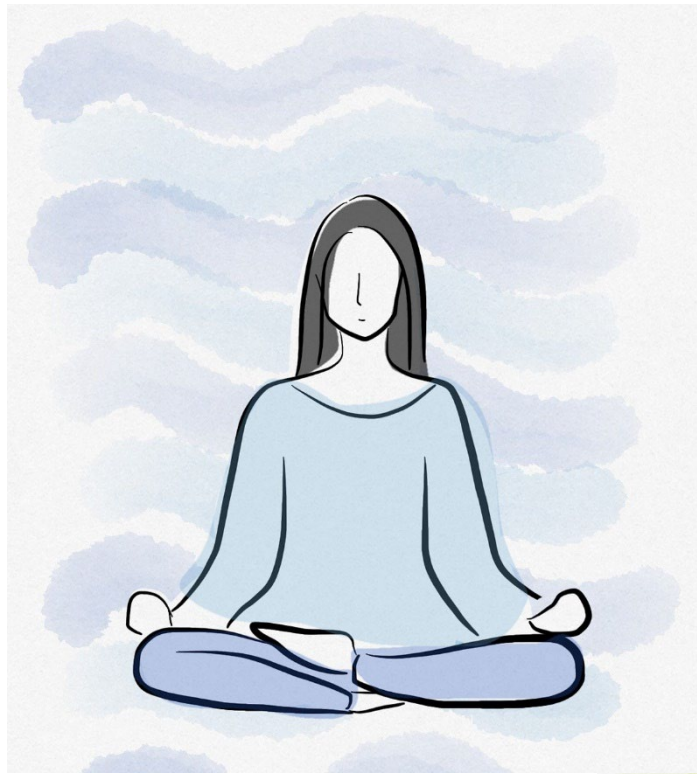
Get active:

- Maybe start on your own at home with making small changes, like tossing out the cookies, stretching each day, walking the dog – doing something good for yourself.
- Invite a friend to walk the neighborhood or check out the local gym and afterwards; Go and get a coffee together!
- Try out an exercise class you've been interested in trying.
- Take some golf or tennis lessons.
- Schedule time at least once a week to do something fun with someone you care about.
- Love yourself each day, which encourages – COURAGE, to step out and try something new.



THE FIRST STEP IS THE HARDEST

Finding and building social connections with the intent of living a healthier lifestyle, engaged in the community will ultimately lead to a healthier lifestyle with more positive relationships with others, which helps to lift up a more positive outlook.



IT'S DOING
SOMETHING
GOOD FOR
YOURSELF!

+

Self Care

GET CONNECTED



Circle of Friends

There's not a word yet for old friends who've just met.

- Jim Henson

CareConnection

SITTING ALL DAY IS EXHAUSTING!

- Stand and stretch
- Walk a lap
- Use a chair as exercise equipment
- Movement is vital for quality of life
- Develop relationships

The reason we take care of ourselves now, is so that no one else needs to take care of us later.



Balance is the Key

Social, Physical, Mental



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 forming in her upper back that she did not want. I watched her improve in strength and determination.

Covid hit, and she kept working out at home with virtual workouts.

Today, Carol is still just as dedicated and now she enjoys running 5K's. Also, even though she didn't know how to play golf, she decided to join the ladies league and now golfs each week.



GRANNY BASKETBALL

A six-on-six game for women over the age of 50, that promotes activity, friendship, fun competition, team and community.

Based on 1920's dress code, the players wear bloomers and a numbered middie collar.

Promotes good sportsmanship and hopes to celebrate what sport brings to enrich each of our lives.

Each player selects a charity or non-profit cause for which it raises funds.

They hold a national tournament each July.

The league continues to grow throughout the country with more than 500 registered players on 42 teams in 10 states as of 2023.

Learn more at
<https://www.grannybasketball.com/>



IDEAS!

WHILE YOU'RE AT WORK/HOME

- Sitting all day is not good for your hips, core, legs, glutes, or overall blood flow.
- It's exhausting to sit all day!
- Staying active will give you the energy to stay productive.
- The extra burst you need to wake you up.
- SO, MOVE A LITTLE ALL DAY, EACH DAY!

Seated Leg Extensions	Seated Marches	Sit-n-Stands
Desk or floor Push-ups when you get drowsy	Walks around the office	Seated bicycles
Stand up at your desk	Standing Lunges at your desk	Tricep dips from your desk or desk chair
Seated flutter kicks	Single leg Deadlifts	Wall-Sits

SIT TO STAND

When we sit for long periods of time, we put pressure on our spine causing stiffness. Our core weakens as we slouch, our hip flexors shorten and tighten over time, and this can lead to chronic pain in our hips and lower back.



Even if we exercise each day for an hour, the majority of our day is spent sitting and sedentary.

It may seem awkward to do, but throughout the day if you find that you have been sitting for a while, do 10-15 sit to stands. This will give you a burst of energy, strengthen your legs, and get the blood flowing.

PUSH-UPS

One of the best exercises anyone can do is the push-up! With a variety of variations, the push-up builds strength through the core, which includes the back, chest, the legs. They also increase body awareness.

Push-up Variations:

- Desk push-up
- Counter-top push-up
- Wall push-up
- Lap push-up
- Knees push-up
- Full body push-up
- Up-downs, plank
- Superman push-ups
- To the floor push-ups
- Side planks
- Plank



MARCHING ~ WALKING-IN-PLACE ~ SEATED MARCH

- **Anything that gets you moving instead of just sitting or laying around is going to be beneficial for you in the long run.**
- **Marching, seated marching, or walking in place raises your heart rate, which is signals to your body to start pumping more oxygen and blood to your muscles to help them move more efficiently.**

HOW TO MARCH, WALK, AND SEATED MARCH!

- Wear comfortable shoes.
- Pump and move your arms.
- Get your heart rate up!
- Lift those legs – which causes your core to be engaged.
- Focus on your posture and body awareness, stand tall, engage your core, breathe deeply in and out.

MAKE A ROUTINE OF WALKING IN PLACE,
PUSH-UPS AND SIT TO STANDS!



THE AFFECTS OF TOO MUCH SITTING



When we spend too much time sitting physical changes start to happen to our bodies.

- ❖ Neck muscles tighten, putting pressure on our trapezius muscles. This can cause shoulder tension, and the back and shoulders to start to curve forward, placing tension on our lower back which affects our posture.
 - ❖ This can cause herniated discs to develop over time.
- ❖ Too much sitting can also change the general posture of your hips, causing pain in our hips, glutes, and weaknesses in our feet, ankles and knees.
- ❖ Slower metabolism and weight gain can also put stress on our joints.



SOLUTION:
WE WERE MADE TO MOVE, LIVE, & LOVE OTHERS!

WHAT ELSE?

In order to have social connections and feel socially connected, we must have involvement in activities in our community or society that provides interaction with others.

Stepping out of our comfort zone opens the doors to new beginnings.

Life itself is a forward moving journey.

**SOLUTION: WE WERE MADE TO MOVE.
WE WERE MADE TO CONNECT WITH OTHERS!**



REFERENCES

[Our Epidemic of Loneliness and Isolation \(hhs.gov\)](#)

[Connectedness & Health: The Science of Social Connection - The Center for Compassion and Altruism Research and Education \(stanford.edu\)](#)

[National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health](#)



MOTION IS THE
LOTION THAT
KEEPS OUR
BODIES
MOVING...

LIVING LIFE ON
OUR OWN
TERMS!

Thank you!

Teresa Etters

tetters@goaging.org

Supportive Services Director

Care Connection for Aging Services