

How to Survive In A Changing Environment?

“KEEP MOVING” ...



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Nutrition + Physical Activity = Healthy Living:

A body's optimum health requires BOTH good nutrition & active movement. The challenge that we see is, that as the body ages the metabolism slows, so to maintain energy balance the body must MOVE!!!

The more we move the more we boost our metabolism.

Some types of physical activity that are especially beneficial:

- ✓ **Aerobic** - activities that make you breathe harder & your heart beat faster, which increases your endurance and improves cardiovascular health.

Exercise example: choreographed aerobic; walking; cycling; Zumba.

- ✓ **Bone Strengthening** - activities that make your bones move for strength, which increases bone density.

Nutrition + Physical Activity = Healthy Living:

Some types of physical activity that are especially beneficial:

- ✓ Exercise example: heel tap; step touch; march in place; Jogging.
- ✓ **Muscle Toning** - activities that move your muscles through resisted motion, which builds agility & strength in all (upper, mid, and lower) parts of the body.
Exercise example: weighted bicep curl; core crunch; knee rise; Kickboxing.
- ✓ **Balance & Stretching** - activities that enhance physical stability and flexibility, which reduces risk of injuries.
Exercise example: reach extension; hold flexion; Yoga

WHY TODAY AN EXERCISE CLASS IS A MUST???

A Day In Modern Times:

With money we earn sitting/standing at an 8 hour job, we hire help to “do the household chores”. We auto start the car, set the cruise, and talk on the cell phone while driving to the store; where we park closest to the store and purchase pre-made, processed foods made from who knows what? We then pick up a quick drive-thru “Super Sized” meal to save time so we can sit & watch TV while socializing on the computer... Lots of CONSERVED energy to achieve the good life.

VS

A Day In Times Gone By:

They swept the floors and beat the rugs; hand washed & line hung clothes; they hunted for meat; milked the cows and gathered eggs; they tilled, planted, hoed, weeded, and picked vegetables/fruits; ground & milled grains; went to the well for water to prepare scratch-cooked, nutritious meals to fuel their bodies for the next day... Lots of SPENT energy to achieve the simple life.



As we move less, we become more susceptible to ailments which inhibit movement and a downward spiral begins...

Extended periods of sitting leads to muscular shortening & tightening.

Lack of weight-bearing activity leads to weakening of muscle & bone.

Extended lack of activity leads to metabolic instability & weight gain.

Lack of movement/stretching leads to joint deterioration & loss of flexibility.



**When it comes to our mental/emotional, and
physical health we need to take control
and MOVE FORWARD!**

We control where our mind goes...
Positively embrace life, talk & focus on
the positives instead of the negatives.
~Where the mind goes the body follows~

We control where our body goes...
Positively engage the body with
movement/action as much as possible,
~If it moves – MOVE IT~

BENEFITS OF EXERCISE:

- ❖ Increases Circulation
- ❖ Improves Emotions
- ❖ Improves Energy Level & Metabolism
- ❖ Relieves Joint Pain
- ❖ Normalizes Glucose Levels
- ❖ Normalizes Blood Pressure
- ❖ Normalizes Cholesterol Levels
- ❖ Improves Sleep
- ❖ Decreases Stress/Tension



What Is An Evidence-Based Program?

- Evaluation research shows program produces positive program results.
 - The evaluation is peer-reviewed by experts in the field.
- Results can be attributed directly to the program, and not other factors.
 - Program is “endorsed” by a federal agency/organization.

When you adopt an evidence-based program, you get a well-defined structured program with defined goals, timeframe for specific population. To track the participant’s proven positive outcomes, all the tools/forms are provided to measure justification of funding/efficient use of resources.

For a complete list of funded programs in your area, check with your Federal Funders.

What Is An Evidence-Based Program?

Examples of Title IID Federal Grant supported programs are:

- Active Choices
- Active Living Every Day
- Chronic Disease Self-Management Program
- Enhance Fitness, Enhance Wellness
- Healthy Eating
- Identifying Depression
- Empowering Activities for Seniors
- Healthy Moves, Matter of Balance
- Medication Management
- Step by Step, Stepping On
- Strong for Life
- Walk with Ease, and
- The Arthritis Foundation Programs for Aquatics
- Tai Chi
- Self-Help, Exercise Moves.

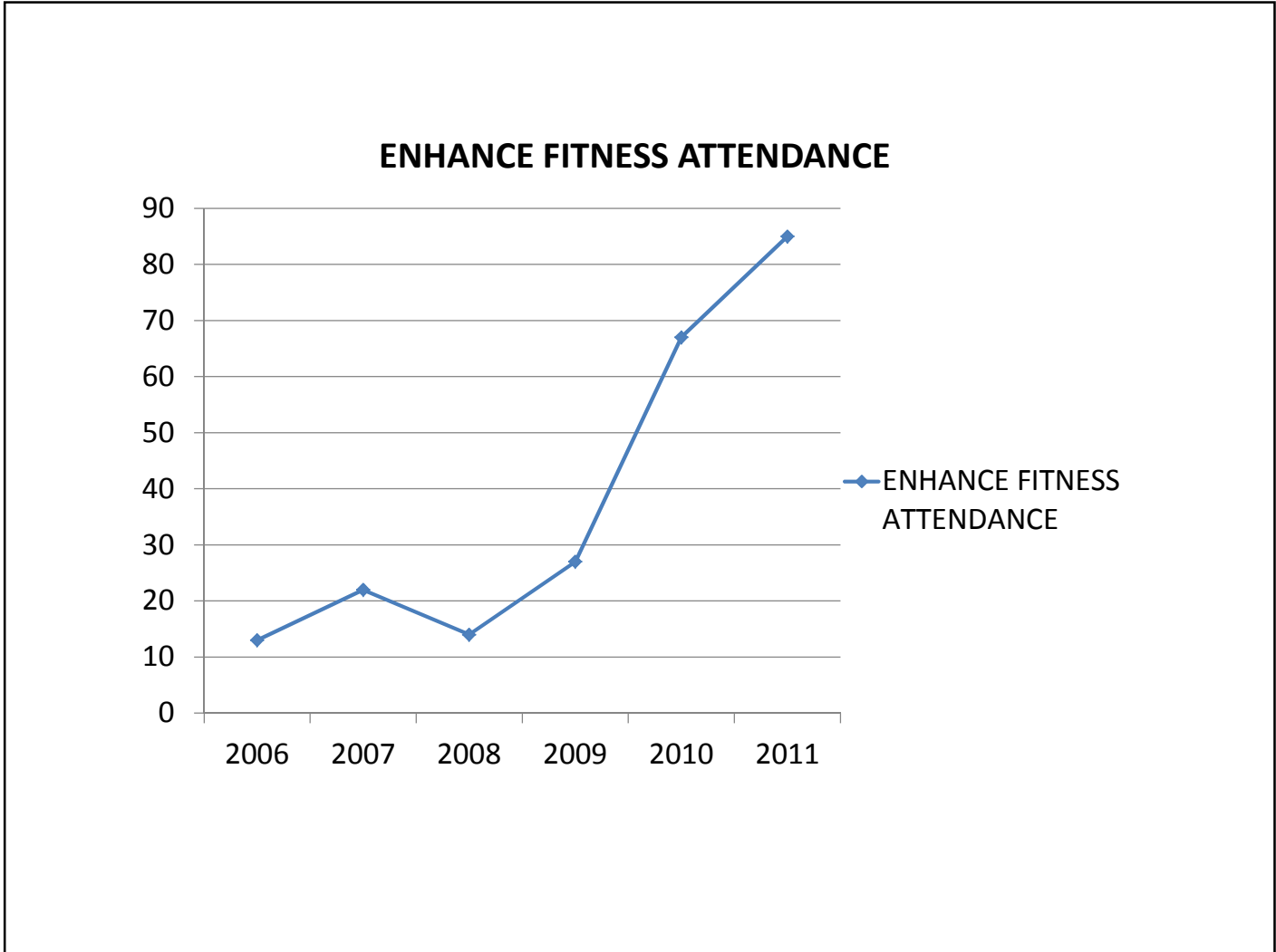
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**Evidence-Based “Adult Action” programs
provide important documented statistics proving that
physically active older adults experience:**

- 72% decrease in hospital stays
- Improved strength & bone density
- 35% decrease in use of prescription drugs
- Improved memory
- 11% decrease in depressive symptoms
- Improved mood of emotions
- 35% improvement in activity of daily living
- Improved balance & coordination
- Increased endurance & flexibility
- Improved sleep pattern



INDEPENDENT LIVING!



Most Evidence Based Programs focus on Functional Fitness which concentrates on movements that improve Activities of Daily Living (ADLs):

- ❖ Teach isolated muscles to work together, preventing injury during daily actions. (choreographed moves)
- ❖ Preserve bone density and strength, preventing brittle bones & breakages. (strength & sharing)
- ❖ Build major muscles for full range of motion, promoting everyday ease of movement. (weights)
- ❖ Develop balance, agility, and flexibility, preventing falls & trips to the hospital. (stretch)

STRONG SENIORS BUILD POWERFUL PROGRAMS!