

Move More, Live More: Physical Activity and Intentional Aging

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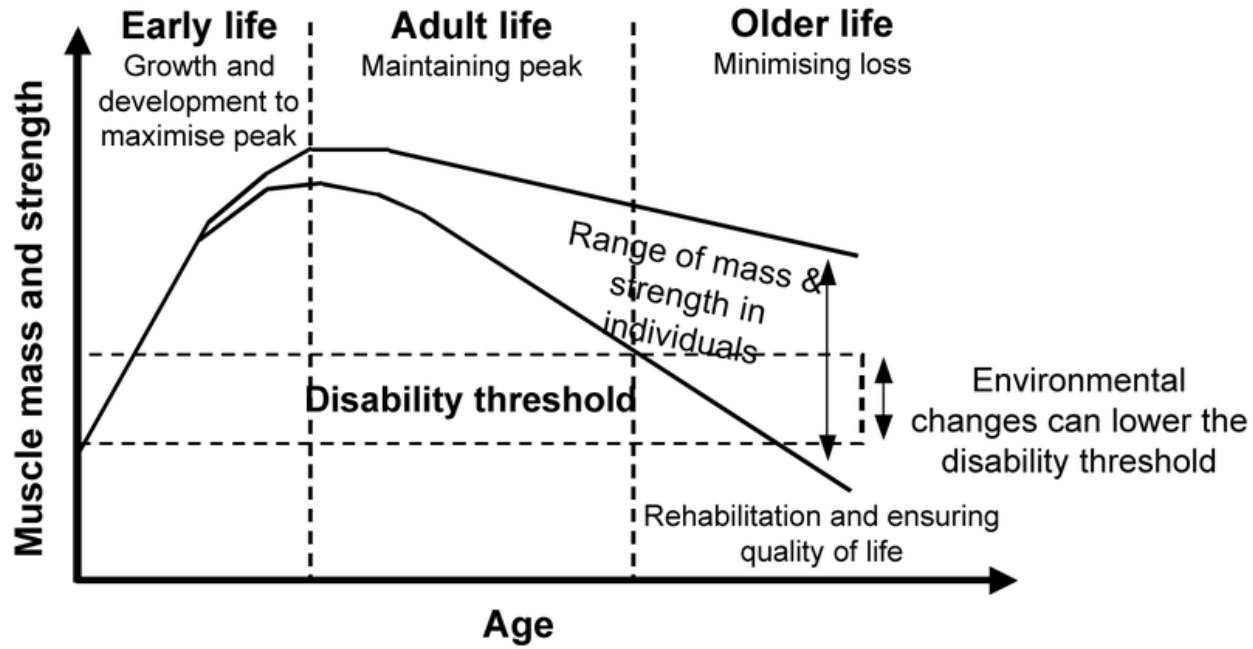
CERTIFIED EXERCISE EXPERT FOR AGING ADULTS
(CEEAA)



“Intentional aging is about choices in how life is lived throughout aging. It has less to do with outcomes and more to do with process.” – Dale Avers



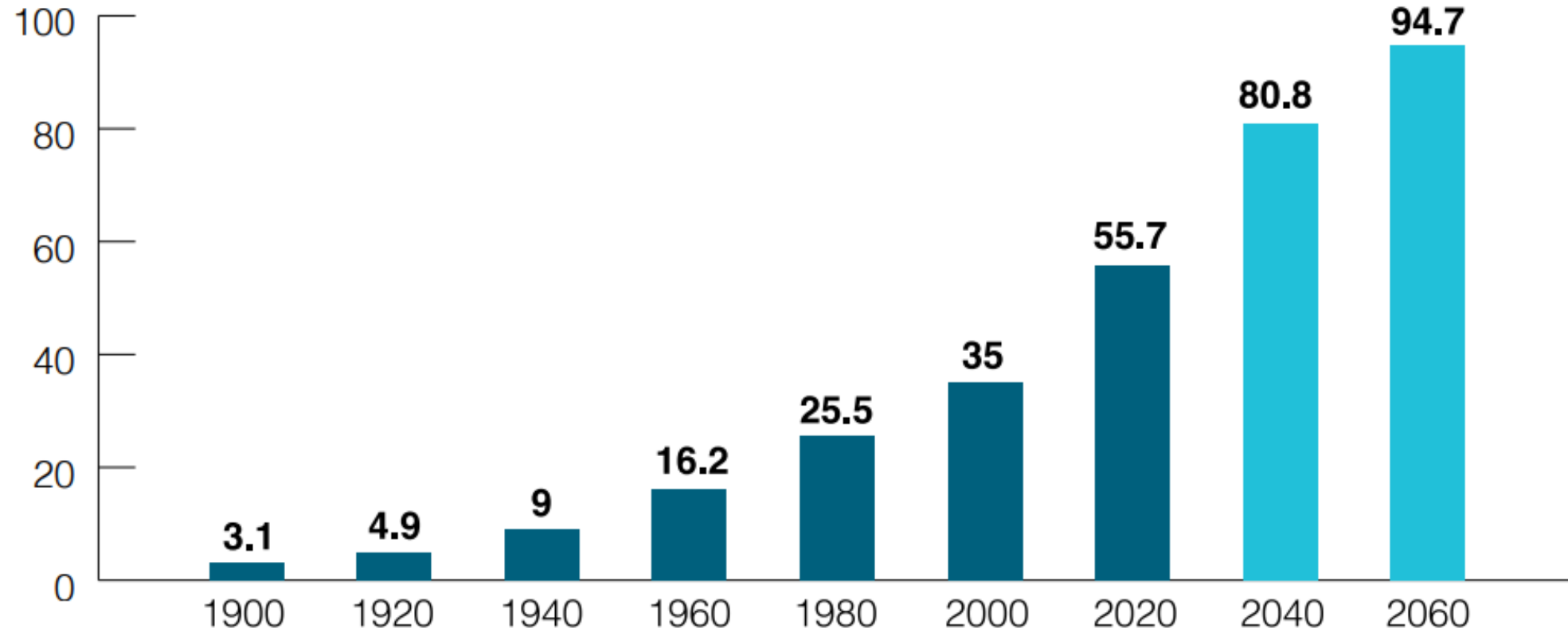
“Intentional aging guides the vision and desires one has for the remaining time of life.” - Dale Avers



Modified WHO/HPS, Geneva 2000

Intentional Aging: Avoiding the Slippery Slope

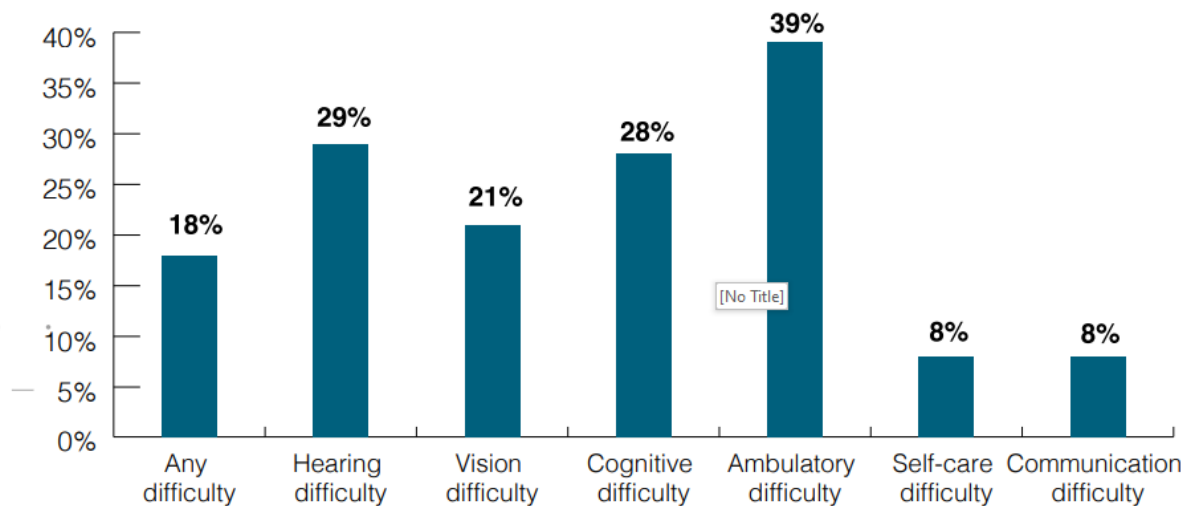
Number of Persons Age 65 and Older, 1900-2060 (numbers in millions)



Note: Lighter bars (2040 and 2060) indicate projections.

Source: U.S. Census Bureau, Population Estimates and Projections

Difficulty in Functioning Among People Age 65 and Older, 2020



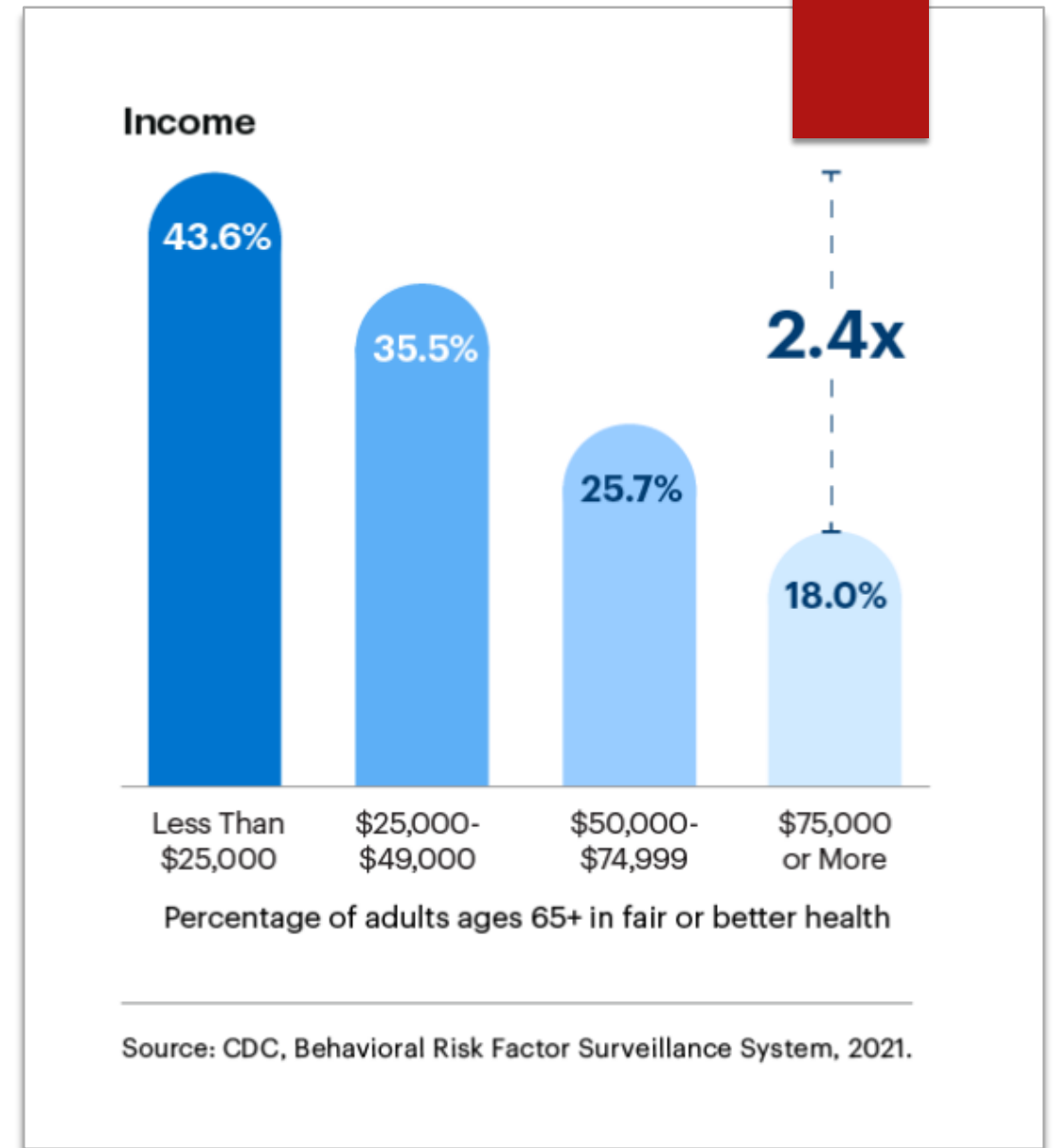
Note: "Any disability" includes those reported who "a lot of difficulty" or "cannot do it at all" in any functioning domain.

Source: Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey

In 2020, 39% of adults age 65+ reported trouble with mobility

Physical Activity Among Older Adults

- ▶ 31.2% of those 65+ doing no physical activity or exercise other than their regular job between 2018 and 2021
- ▶ Inactivity prevalence 2.4 times higher among adults earning <\$25,000 (43.6%) compared those earning \$75,000+(18.0%)
- ▶ Females less likely to be physically active compared to males
- ▶ Lower levels of physical activity in non-metropolitan (rural) areas compared to metropolitan areas



Move More, Live More

- ▶ **Physical Activity Guidelines for Americans**
 - ▶ **Move more, sit less**
 - ▶ **Aim for at least 150 minutes a week moderate intensity activity**
 - ▶ **older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle strengthening activities**
 - ▶ **When chronic conditions do not allow 150 minutes, older adults should be as physically active as their abilities allow**
 - ▶ **Muscle-strengthening activities for all major muscle groups 2 or more days per week**
 - ▶ **Older adults should determine their level of effort for physical activity relative to their level of fitness**



Benefits of Physical Activity

- ▶ Helps prevent 8 types of cancer
- ▶ Reduces the risk for dementia
- ▶ Reduces anxiety
- ▶ Lowers blood pressure
- ▶ Improves insulin sensitivity
- ▶ Improves sleep outcomes
- ▶ Lowers risk for injurious falls
- ▶ Improve cognition related to multiple neurologic conditions
- ▶ Decrease pain of osteoarthritis



Benefits of Physical Activity

***Allows us to enjoy
the activities we love
for longer***

- ▶ Improve cognition related to multiple neurologic conditions
- ▶ Decrease pain of osteoarthritis

What Counts As Physical Activity?

Physical Activity Spectrum



Activities of Daily Living

- Walking/rolling
- Taking the stairs
- Parking farther



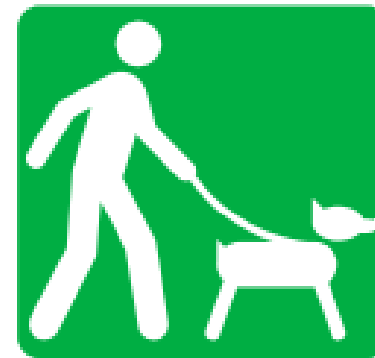
Active Transportation

- Walk/Bike to work or errands



Lifestyle Activities

- Walk the Dog
- Rake leaves
- Shovel snow






Exercise

- Aerobic activity
- Strength training
- Combination



Focus On Addition

- »» Where in the existing daily activities can more movement be added?
-  What is a previously enjoyed physical activity that has been stopped? How can that be achieved?
-  Do you a weekly game of cards? How adding in charades once a week?
-  Dance break anyone?

Predictors of “successful” aging

- ▶ Physical functioning (particularly ADL performance)
- ▶ Absence of hearing problems, arthritis, and disability
- ▶ Nonsmoking (never too late to quit)
- ▶ Preserved cognitive function
- ▶ Absent or well-treated depression/optimism
- ▶ Greater social contacts/engagement
- ▶ Increased physical activity
- ▶ Improved resilience and self-efficacy



How to Get Started Moving

- ▶ Check with your doctor and/or see a physical therapist
- ▶ Add activity to things you are already doing
- ▶ Try a new activity
- ▶ Choose activities that make you feel good
- ▶ Use the buddy system
- ▶ Do what you can



Movement experts

PTs can identify, diagnose, and treat movement problems



Guide to physical Activity

PTs can help you create a plan to move



Care for your specific needs

PTs create plans specific to each person's needs, challenges, and goals



Manage pain without medications

PTs can help manage all types of pain for a more enjoyable life



Avoid Surgery

For some conditions common to aging adults PT has been found to be as effective as surgery



Care where you need it

We go where were needed

Physical Therapists As Exercise Experts for Aging Adults

Resources



An infographic titled "How to get your FIT 5". It features three circular icons: a runner in an orange circle, an apple and carrot in a pink circle, and a water bottle in a blue circle. The text "FIT 5" is prominently displayed in large, bold letters. Below it, a subtitle reads: "A guide to achieving fitness and your personal best with physical activity, nutrition, and hydration." The bottom right corner includes the "Special Olympics" logo.



Exercise
is Medicine®

AMERICAN COLLEGE
of SPORTS MEDICINE®



An infographic titled "MOVE YOUR WAY" with the subtitle "Adults need a mix of physical activity to stay healthy." It defines two types of activity: "Moderate-intensity aerobic activity" (anything that gets your heart beating faster counts) and "Muscle-strengthening activity" (do activities that make your muscles work harder than usual). It specifies that individuals should aim for "at least 150 minutes a week" of aerobic activity and "at least 2 days a week" of muscle-strengthening activity. Below this, it lists various activities with icons: cycling, swimming, walking, yoga, and dancing. A note states: "If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week. If that's more than you can do right now, do what you can. Even 5 minutes of physical activity has real health benefits." At the bottom, it says "Walk. Run. Dance. Play. What's your move?" with a small icon of a person walking.



Resources to use today

- ▶ [Bingocize®](#)
- ▶ [Geri-Fit](#) – online or at Piedmont Civic Center(OKC)
- ▶ [Senior Health and Wellness Centers \(OKC\)](#)
- ▶ [Silver Sneakers – online or in-person](#)
- ▶ [Staying Active and Independent for Life \(SAIL\) – live and online](#)
- ▶ [Classes from the Oklahoma Healthy Aging Initiative \(OHAI\)](#)
- ▶ [YMCA Tulsa – Senior Fitness](#)