

Exercise & Aging

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Overview

Review

Benefits of Exercise

Risks of Exercise & Aging

Goals of Exercise & ADLs

Recommended Guidelines

Examples of Exercises

Review

Physical Activity

Fitness

Exercise

ADLs

Stress

Overtraining

Rest

FITT-VP (Frequency, Intensity, Type, Time, Volume, Progression)

Risks of Exercise & Aging

- Risks of Exercising
 - Choose the appropriate workloads
- The Risks of Aging
 - Increased chances of a cardiac event
 - Decrease in Muscle Mass
 - Decrease in Bone Density
 - Increased risk of falling and fall related injuries
- Sedentary Lifestyle
 - Inactive life

Benefits of Exercise

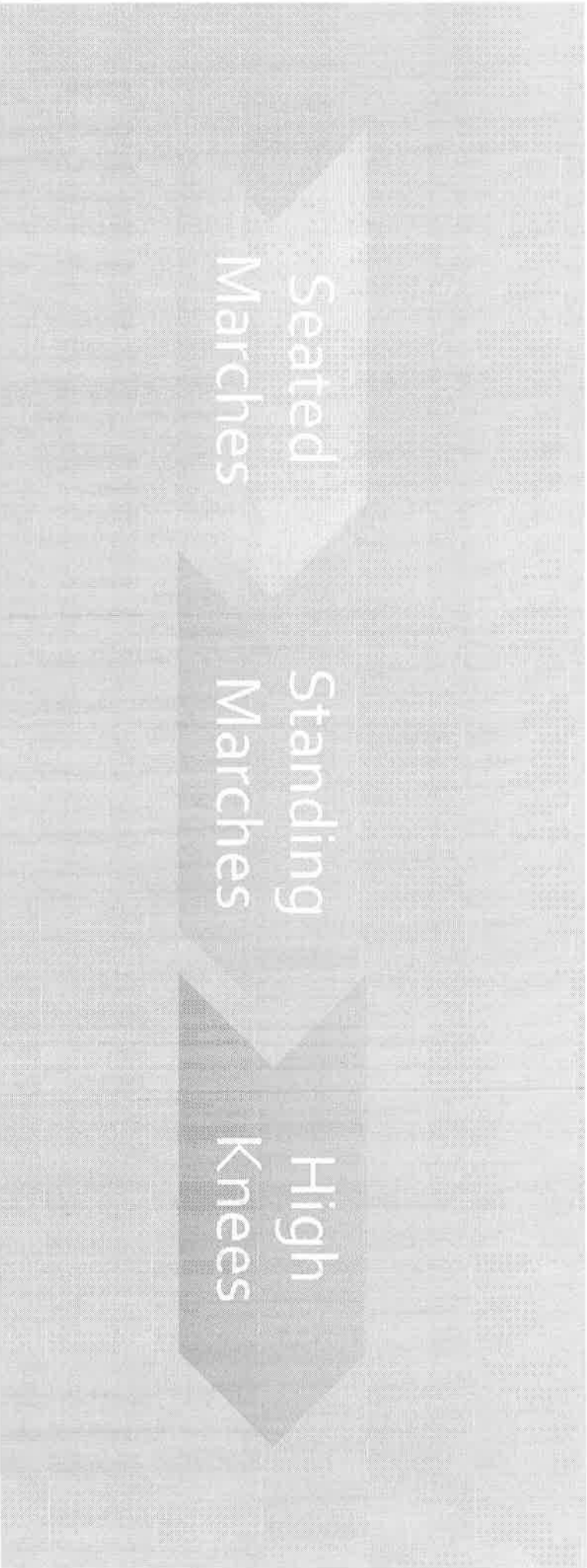
- Reduce chances of unhealthy weight gain
- Improves bone health
- Improves muscle health
- Reduces risk of chronic diseases; heart disease, cancer, type 2 diabetes, & metabolic disease
- Reduces risk of falling and fall related injuries
- Improves sleep quality
- Reduces feelings of anxiety
- Improves cognitive ability and reduces risk of dementia
- Increases ability to perform ADLs

Goals of Exercise & ADLs

- Set your own goals
 - SMART Goal Setting
- Activities of Daily Living
 - Improving your quality of life

Recommended Guidelines

- Minimum Recommendations
- Moderate Intensity Cardio Exercise
- Strength, Balance, & Flexibility Training
- Multicomponent Physical Activity (Cardio, Strength, & Balance)
 - Assist in reducing the rate of falls among older adults

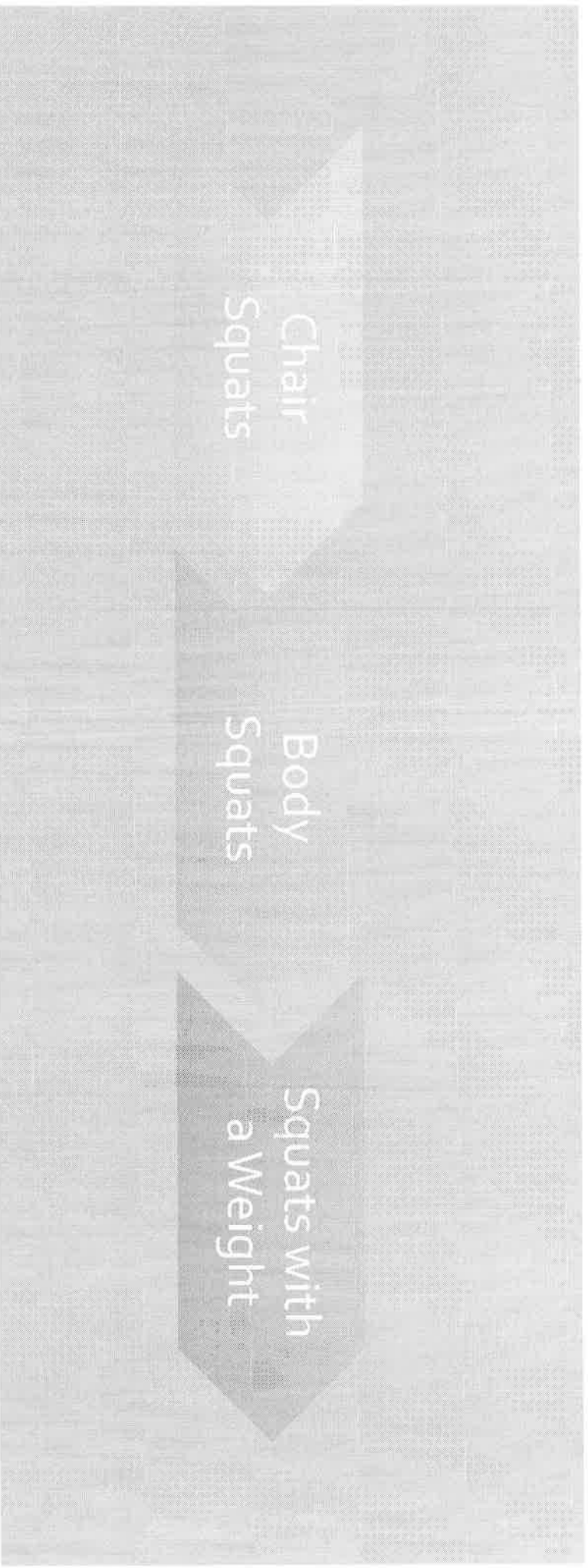


Seated
Marches

Standing
Marches

High
Knees


Cardio Exercise Progression Example



Strength Exercise Progression Example



Balance Exercise Progression Example

The background of the page is a light gray with a subtle, abstract pattern. It features several large, faint question marks scattered across the surface. Additionally, there are numerous small, dark dots arranged in a grid-like pattern, creating a textured effect. The overall aesthetic is clean and modern.

Questions

References

1. Langhammer, Birgitta, et al. "The Importance of Physical Activity Exercise among Older People." *BioMed Research International*, 5 Dec. 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC6304477/.
2. Paillard. "[Specific Risks of Physical Activity in the Elderly]." *Revue Medicale de Liege*, pubmed.ncbi.nlm.nih.gov/25902602/. Accessed 28 June 2023.
3. Elsayy, Bassem, and Kim E. Higgins. "Physical Activity Guidelines for Older Adults." *American Family Physician*, 1 Jan. 2010, www.aafp.org/pubs/afp/issues/2010/0101/p55.html.
4. "Chronic Disease Fact Sheet: Physical Inactivity." *Centers for Disease Control and Prevention*, 8 Sept. 2022, www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm#:~:text=Not%20getting%20enough%20physical%20activity%20can%20lead%20to%20heart%20disease,cholesterol%2C%20and%20type%202%20diabetes.
5. *Physical Activity Guidelines for Americans 2nd Edition Presentation*, health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition_Presentation.pdf. Accessed 28 June 2023.