



PHYSICAL ACTIVITY FOR OLDER ADULTS

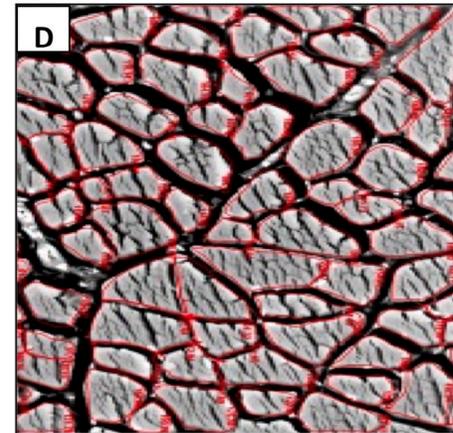
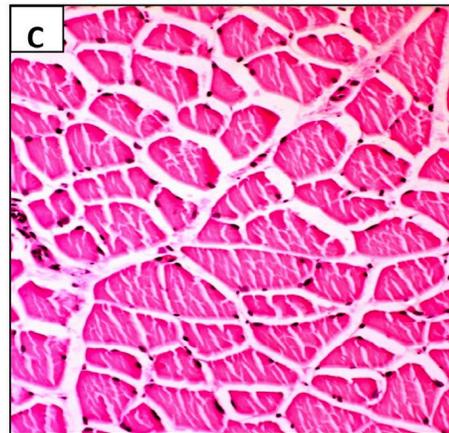
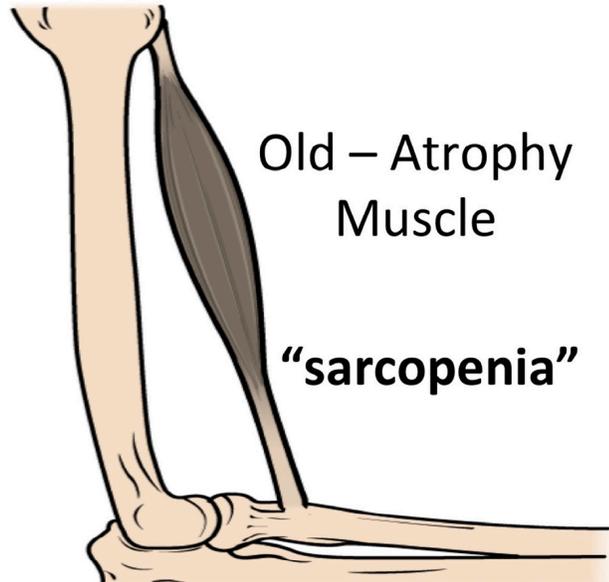
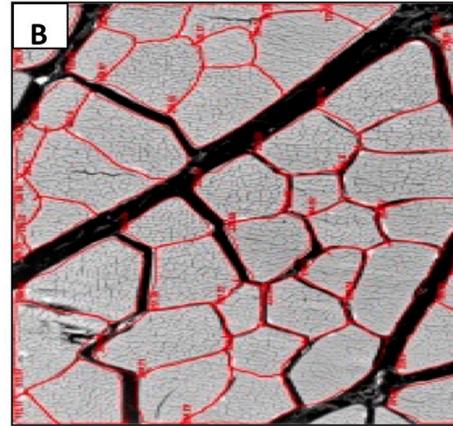
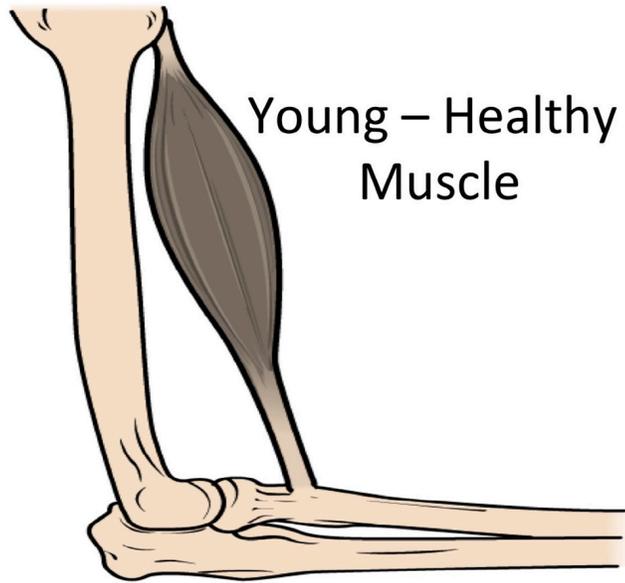
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Objectives:

- Why is physical activity important for older adults
- Considerations before exercise
- Exercise guidelines
- Examples of exercises

WHY IS
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ACTIVITY
IMPORTANT
FOR OLDER
ADULTS?





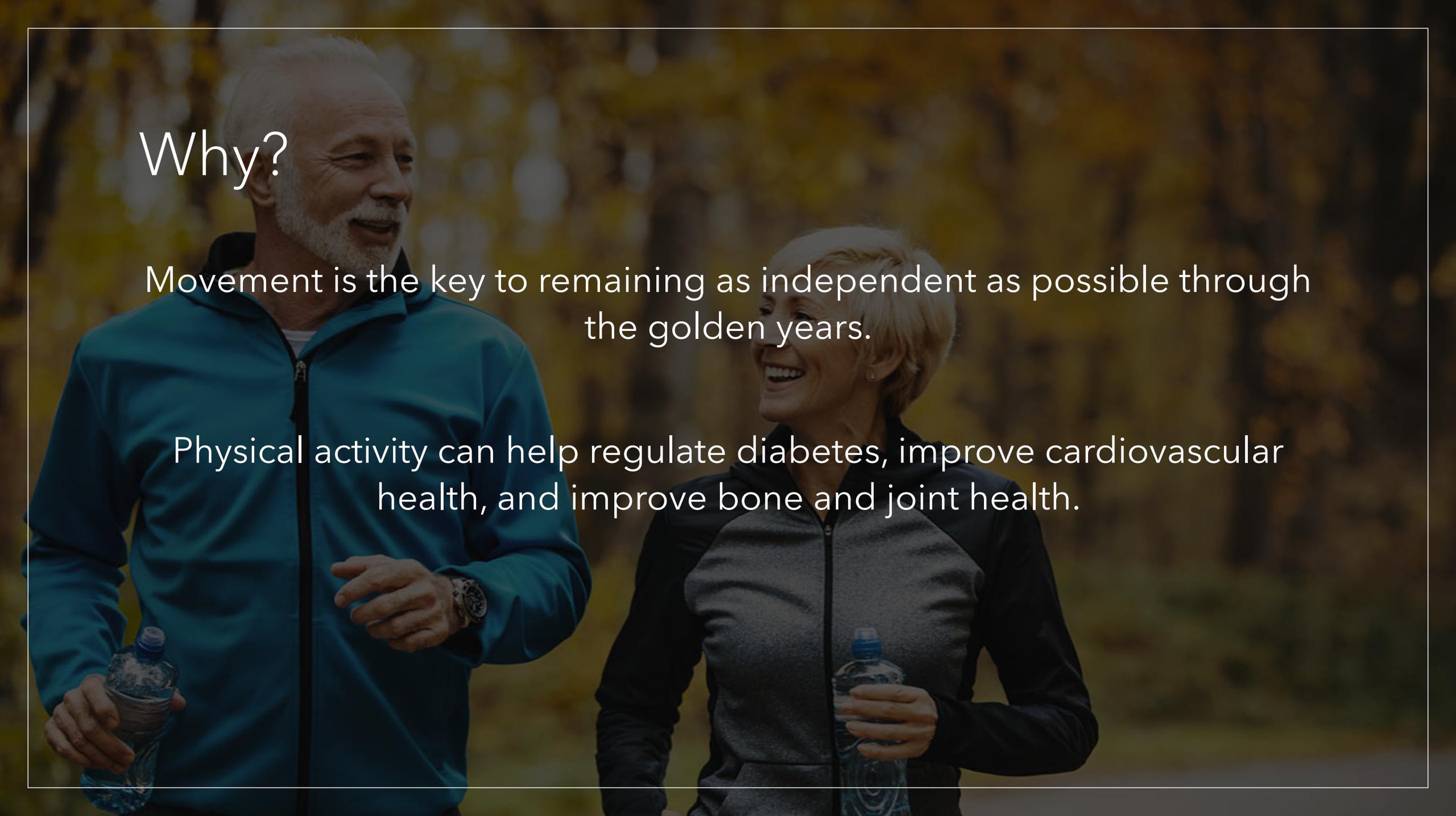
Beginning in the third decade of life the body starts losing muscle mass. Though the effects of this loss are not felt until much later in life when 50% of the muscle units are lost.¹

The good news is that you can prevent the effects of continued muscle loss into your 70's and 80's with purposely exercise and activity.¹

It is never too late to improve!

Why? Geriatric Frailty¹

- Geriatric frailty is a complex syndrome that is marked by several symptoms:
 - Unusual weight loss in a short amount of time
 - Weak grip strength
 - Slow walking speed.
 - Exhaustion
 - Low levels of physical activity
- Frailty is a predictor of increased risk for death or illness.
- Increased physical activity is important in **preventing** frailty.

An elderly couple is walking outdoors in a park-like setting. The man on the left is wearing a teal zip-up jacket and has a white beard. The woman on the right is wearing a grey and black zip-up jacket and is smiling. Both are holding clear plastic water bottles. The background is a soft-focus view of trees with yellow and green leaves, suggesting an autumn setting. The entire image is overlaid with a semi-transparent dark teal filter.

Why?

Movement is the key to remaining as independent as possible through the golden years.

Physical activity can help regulate diabetes, improve cardiovascular health, and improve bone and joint health.

CONSIDERATIONS BEFORE EXERCISE



Reasons you shouldn't do aerobic exercise¹

If you have Diabetes don't exercise if you have...

- Fatigue, light-headed, or dizziness
- Pain or blisters on the feet
- Blood glucose level < 70 mg/dL or >300 mg/dL
- Blurred vision

Reasons you shouldn't do aerobic exercise¹

If you have heart problems you shouldn't exercise if you have

- Chest pain or unstable angina
- Blood pressure when at rest $>180/110$ mmHg
- Blood pressure when exercising $240/110$ mmHg
- Dizziness when you stand up or go from lying down to sitting.
- Unpredictable arrhythmias
- Heart failure

Reasons you shouldn't do aerobic exercise¹

Other reasons to not exercise

- Severe muscle soreness or pain
 - A little bit of muscle soreness is normal during an exercise program, especially when you first start it.
- Fever or severe illness
- Feeling dizzy, or light-headed



GUIDELINES FOR EXERCISE

Resistance Training²

Resistance training is training specifically for strength in your major muscle groups. This includes weights, resistance machines, and body weight exercises. Resistance can also be provided by water such as in pool exercises.

How many times a week?

- Optimal 2-3 days a week.

For how long?

- 20 minutes when you work

How hard should you be working out?

- On a scale of 0 to 10 you should be working at an 5-6/10 .
- Talking should be difficult

Examples

Wall
Push-Ups



Sit to
stand or
squats



Three-way hip exercise

Aerobic Training²

Aerobic Training is any activity utilizing repetitive movements of large muscle groups. The heart rate is raised for at least 10 minutes for the best benefit.

How many times a week?

- Optimal 2-3 days a week.

For how long?

- 20-30 min

How hard should you be working out?

- On a scale of 0 to 10 you should be working at an 3-6/10 .
- Something like a brisk walk where you have to take a breath every 4-5 words.

Examples



WALKING



CYCLING



SWIMMING



DANCE



JOGGING

Balance Training²

How many times a week?

- Optimal 2-3 days a week.

For how long?

- 20 minutes when you work

How hard should you be working out?

- On a scale of 0 to 10 you should be working at an 3-4/10 .
- You should not be breathless during this.

Examples



Dance

Single leg
balance

Walking on
uneven
ground

Standing
with eyes
closed

Standing
with ankles
together

Flexibility Training/Stretching²

How many times a week?

- Optimal 2-3 days a week.

For how long?

- 10 minutes when you work

How hard should you be working out?

- On a scale of 0 to 10 you should be working at an 3-4/10 .
- You should not be breathless.

Examples



Hip Flexor Stretch



Hamstring Stretch



Cat Camel Stretch

References

1. VanBeveren, P. J., & Avers, D. (2013). Chapter 5: Exercise and Physical Activity for Older Adults. In A. A. Guccione (Author), *Geriatric physical therapy* (pp. 64-85). La Vergne, TN: Cram101.
2. Bray, N. W., Smart, R. R., Jakobi, J. M., & Jones, G. R. (2016). Exercise prescription to reverse frailty. *Applied Physiology, Nutrition, and Metabolism*, 41(10), 1112-1116. doi:10.1139/apnm-2016-0226