

Chapter 1 : What is functional fitness? | Fitness - Sharecare

The Benefits of Physical Activity. Regular physical activity is one of the most important things you can do for your health. If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most people.

Mike Clark, DPT on behalf of Sharecare Fitness Functional training is a method of training that strives to get your body stable, in balance and capable of performing at its peak. Being able to have the flexibility and core strength to perform and move without compensating not using the proper muscle for the task. Bennett Adams Fitness Functional fitness is training as it mirrors everyday life, because functional fitness is a dynamic, multi-planar method of training similar to life. In life, we typically function and move in multiple planes at various angles with various loading. Hence, functional training is training that mimics daily living to enhance daily living. Ann Bizzarro, NASM Elite Trainer Fitness Functional fitness is being able to perform everyday activities such as climbing stairs, open and closing jars, getting up and down from a seated position, carrying groceries, and tying your shoes. The key to maintaining your functional fitness well into your golden years is to take care of your body by performing aerobic activity to keep your endurance up and resistance training to keep your muscles strong. For example, squats are a functional movement, every time we sit, we are performing a functional squat. Fitness should include movements that are functional in nature, to enhance mobility and improve wellness. Fitness Functional fitness is based on exercises that are specific to your personal functions or daily movements. You could be unconditioned or an athlete and both be using a form of functional fitness as your way to become further conditioned within your exercise regime. Functional fitness many times is used to engage and strengthen certain muscles that you use everyday in order to decrease the risk of injury. Exercises for each individual are different based on the demand that one places on their body and for their specific goals. A good personal trainer is one that specifically asks the right questions in order to determine the best exercises for any functional fitness program. Many times these exercises would include increasing strength, power and endurance in order for one's body to become more efficient within its current daily functions. Other forms of functional fitness based on goals could include. Sports-specific functional fitness Sports specific functional training typically supersedes functional movements in complexity. Sometimes these exercises might work to decrease the load on the muscle while increasing the complexity of motor coordination and flexibility which are used based on the functional needs and wants from each specific individual. Age, athletic activity and lifestyle usually play a vital role in developing the proper functional fitness routine. Throughout our workdays, time spent playing with our children, and activities performed with our friends and families we move in a variety of different ways, it is not often that we sit on a bench and push something forward, lie on our backs and push something up, or shrug our shoulders up and down repeatedly. However, bending, twisting, changing direction, and lifting at various speeds in multiple settings are a part of our daily lives. While working out on machines or performing a typical bodybuilding routine do build strength, endurance, and burn calories, they do very little to prepare you for the movements of life. In fact, most common injuries occur while performing activities outside of the gym. Functional fitness exercises can increase strength, endurance, flexibility, and balance by using exercises that mimic real life movement patterns. Some examples of functional exercises are: Cable Chop Downs or Twist Ups 2. Bench Step Ups in Multiple Directions 5. Dumbbell Squats into a Dumbbell Overhead Press Remember, life is a sport and we are all athletes of life. Mark Levine Fitness Functional fitness is defined as activities that prepare you for your every day life. For instance, a functional exercise might be a lunge with a rotational twist. This helps the everyday person who might go grocery shopping and have to reach for a large box of detergent. On the other hand, a bench press would be a functional exercise for an offensive lineman. This helps them in their job of keeping large defensive linemen from the quarterback. Single plane exercises are becoming a thing of the past. You need to be able to move in all three planes of motion sagittal, Frontal and transverse. You need to be able to pick up that suit case or lifting your child up without injuring yourself. While most injuries occur in the transverse plane this is often neglected in training regimens. The core muscles are extremely important for all

movements of functionality. Back, shoulders, and legs hamstrings, Quadriceps, calves, ankle complex all need to be strong. Balance training should always be the first step to any exercise program. Flexibility and joint mobility exercises are another thing people overlook. We know as we age that flexibility and joint mobilization decreases. We need to keep that just as much of a priority as exercise itself. Proper posture, body alignment, and muscle tone are prime ingredients for functional movement. It is important in functional fitness to focus on movement patterns in all three planes of motion, frontal side to side, sagittal front to back, transverse rotational, for optimal flexibility and strength to facilitate proper movement patterns and functional fitness. JC Pinzon Fitness it is being fit enough to perform a function either work related or sports specific. One can train the back muscles during the winter to shovel snow efficiently without getting hurt or you can train to play tennis with more power. The muscles in both cases are similar and the exercises can simulate these movements using different speeds and angles. Being in seated positions all day, working on computers, driving in traffic, and the shoes we wear can have a dramatic impact on the function of our bodies. It is important to develop an exercise program which can work to offset some of these tendencies. An example would be to develop a glute and abdominal strengthening program for someone who is in a seated position for many hours per day. It is when they are up, trying to perform a simple task which they have probably performed thousands of times such taking out the trash when their back suddenly "gives out". This is where functional training comes in. In what is commonly known as "traditional training" an emphasis is placed on how much weight one can move while in a stable position and only moving in one plane of motion. How many times does taking out the trash only involve one plane of motion and how many times are you supported while you are lifting the trash out of the can? A functional training program is going to involve the appropriate flexibility exercises combined with cardiovascular training and resistance training. While performing the resistance portion, think of exercise which will mimic everyday activities. For example, lunges very closely relate to going up and down stairs; squatting is necessary for individuals to get up and down out of chairs; performing pressing and pulling motions with a cable machine or tubing will also require the trunk to coordinate movement between the upper body and stability of lower body which is essential in everyday activities. In addition to these activities, if your feeling nice and stable, try adding a twisting motion to introduce additional planes of motion or combine some exercise. My most favorite functional exercise is performing a squat while rowing with cables or tubes. To find additional information contact a local trainer and perform a movement assessment. Once this has been established functional fitness must have elements of training that move the body in three-dimensions, utilize gravity to enhance moves, create dynamic body movements, moves should start in various positions of life standing, one-leg, sitting, kneeling, supine, prone, side-lying Functional fitness mimics daily movement in order to help prevent injury. If we take the time to do exercises to strengthen and condition our bodies in such movements, we help prevent those injuries. Your body will move and perform better when the skeletal system is properly aligned. This is commonly referred to as the Kinetic Chain. Poor posture can result in movement dysfunctions that may cause imbalances throughout the Kinetic Chain. This basically means that your body may start to move less efficiently and with greater stress placed on the joints and spine as well as the muscles moving with less coordination. Training programs that focus on improving poor postural patterns, core stability, balance, muscular strength, and cardiorespiratory efficiency have proven beneficial in improving the efficiency of the Kinetic Chain. I often contrast exercises that develop "function vs. These activities include squatting, bending, twisting, walking, jumping, climbing etc. Our bodies need to work in a controlled and coordinated fashion to perform these movements effectively. Some of the important benefits of functional training include:

Chapter 2 : Health-Related Quality of Life & Well-Being | Healthy People

Inspired by the tranquillity of a day spa and based on the principles of science-based functional movement, Active Being aims to provide our community with a hub to connect with the body and mind.

January 16, Published: June, Every brain changes with age, and mental function changes along with it. But cognitive impairment is not inevitable. Here are 12 ways you can help maintain brain function. Get mental stimulation Through research with mice and humans, scientists have found that brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells, developing neurological "plasticity" and building up a functional reserve that provides a hedge against future cell loss. Any mentally stimulating activity should help to build up your brain. Read, take courses, try "mental gymnastics," such as word puzzles or math problems Experiment with things that require manual dexterity as well as mental effort, such as drawing, painting, and other crafts. Get physical exercise Research shows that using your muscles also helps your mind. Animals who exercise regularly increase the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought. Exercise also spurs the development of new nerve cells and increases the connections between brain cells synapses. This results in brains that are more efficient, plastic, and adaptive, which translates into better performance in aging animals. Exercise also lowers blood pressure, improves cholesterol levels, helps blood sugar balance and reduces mental stress, all of which can help your brain as well as your heart. Improve your diet Good nutrition can help your mind as well as your body. For example, people that eat a Mediterranean style diet that emphasizes fruits, vegetables, fish, nuts, unsaturated oils olive oil and plant sources of proteins are less likely to develop cognitive impairment and dementia. Improve your blood pressure High blood pressure in midlife increases the risk of cognitive decline in old age. Use lifestyle modification to keep your pressure as low as possible. Stay lean, exercise regularly, limit your alcohol to two drinks a day, reduce stress, and eat right. Improve your blood sugar Diabetes is an important risk factor for dementia. You can help prevent diabetes by eating right, exercising regularly, and staying lean. Improve your cholesterol High levels of LDL "bad" cholesterol are associated with an increased the risk of dementia. Diet, exercise, weight control, and avoiding tobacco will go a long way toward improving your cholesterol levels. But if you need more help, ask your doctor about medication. Consider low-dose aspirin Some observational studies suggest that low-dose aspirin may reduce the risk of dementia, especially vascular dementia. Ask your doctor if you are a candidate. Avoid tobacco Avoid tobacco in all its forms. If you choose to drink, limit yourself to two drinks a day. Care for your emotions People who are anxious, depressed, sleep-deprived, or exhausted tend to score poorly on cognitive function tests. Protect your head Moderate to severe head injuries, even without diagnosed concussions, increase the risk of cognitive impairment. Build social networks Strong social ties have been associated with a lower risk of dementia, as well as lower blood pressure and longer life expectancy. Get the information you need to strengthen your intellectual prowess, promote your powers of recall, and protect the brain-based skills when you buy A Guide to Cognitive Fitness, a special health report by the experts at Harvard.

Chapter 3 : WHO | What is Healthy Ageing?

The real beauty of the Functional Aging Institute is that they've researched a huge range of possible health concerns that plague aging adults and they've distilled their findings down into one elegant fitness program that will help you lead a better, more active life, no matter your fitness level or your age.

The brand features fashionable, high performance, and interchangeable pieces including sports bras, leggings, tops, and shorts. We spoke to Robison about how she is inspiring and motivating women to feel confident with her brand. What was the driving force behind creating Vertical Activewear? I started pole dancing in and there were no activewear lines that made clothing for our workout type. Fast forward almost 10 years, the industry has grown significantly, yet the fitness apparel market still remains fragmented. I felt it was time to do something, and thus Vertical Activewear was born. The brand is for women who are committed to self-awareness, self-expression and self-care. How did you develop the name Vertical Activewear? We decided to name the brand something that would resonate with the alternative fitness community and encourage customers to reach their highest goal or to move outside of their comfort zones. What is special about Vertical Activewear? We specialize in dance and booty shorts, but we also carry leggings, bodysuits, sports bras and fashion -forward apparel that can be interchanged and worn inside or outside the gym or studio. Our apparel comes in sizes XS-XXL and we have a variety of pieces that work for a variety of body types. We use a mix of performance and mesh fabrics that are suitable for both inside and outside. Our fabric contours, conceals and supports [the body] yet is comfortable, stylish and functional. There are not very many black women-owned activewear companies, so it is our goal to showcase more diversity in the industry overall. What is your new line going to entail? The new line acts as the modern response to the evolution of fitness. We use a mix of performance and mesh fabrics that are suitable for both inside and outside of the studio. Our line is for the woman that is bold, adventurous, self-aware and always looking to extend herself outside of her various aspects of life including her personal fitness comfort zone. Vertical Activewear Photo by: Allen Cooley Vertical Activewear Photo by:

Chapter 4 : Clinical Pilates, Functional Fitness & Myotherapy Spotswood - Active Being

Staying Active As You Age When asked what they consider to be major factors in maintaining a good quality of life as they grow older, people rank living independently and remaining active right at the top.

Living Well During Treatment Physical Activity and the Cancer Patient In the past, people being treated for a chronic illness an illness a person may live with for a long time, like cancer or diabetes were often told by their doctor to rest and reduce their physical activity. This is good advice if movement causes pain, rapid heart rate, or shortness of breath. But newer research has shown that exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life. Too much rest can lead to loss of body function, muscle weakness, and reduced range of motion. So today, many cancer care teams are urging their patients to be as physically active as possible during cancer treatment. Many people are learning about the advantages of being physically active after treatment, too. But regular moderate exercise has been found to have health benefits for the person with cancer. It should also be something you like doing. Your exercise plan should take into account any exercise program you already follow, what you can do now, and any physical problems or limits you have. Certain things affect your ability to exercise, for instance: The type and stage of cancer you have Your cancer treatment Your stamina endurance , strength, and fitness level If you exercised before treatment, you might need to exercise less than usual or at a lower intensity during treatment. The goal is to stay as active and fit as possible. People who were very sedentary inactive before cancer treatment may need to start with short, low-intensity activity, such as short slow walks. For older people, those with cancer that has spread to the bones or osteoporosis bone thinning , or problems like arthritis or peripheral neuropathy numbness in hands or feet , safety and balance are important to reduce the risk of falls and injuries. They may need a caregiver or health professional with them during exercise. Some people can safely begin or maintain their own exercise program, but many will have better results with the help of an exercise specialist, physical therapist, or exercise physiologist. They can also help you figure out how often and how long you should exercise. After treatment When you are recovering from treatment Many side effects get better within a few weeks after cancer treatment ends, but some can last much longer or even emerge later. Most people are able to slowly increase exercise time and intensity. What may be a low- or moderate-intensity activity for a healthy person may seem like a high-intensity activity for some cancer survivors. Keep in mind that moderate exercise is defined as activity that takes as much effort as a brisk walk. When you are living disease-free or with stable disease During this phase, physical activity is important to your overall health and quality of life. It may even help some people live longer. More research is needed to be sure about these possible benefits. The American Cancer Society recommends that cancer survivors take these actions: Take part in regular physical activity. Avoid inactivity and return to normal daily activities as soon as possible after diagnosis. Aim to exercise at least minutes per week. Include strength training exercises at least 2 days per week. A growing number of studies have looked at the impact of physical activity on cancer recurrence and long-term survival. Cancer recurrence is cancer that comes back after treatment. Exercise has been shown to improve cardiovascular fitness, muscle strength, body composition, fatigue, anxiety, depression, self-esteem, happiness, and several quality of life factors in cancer survivors. At least 20 studies of people with breast , colorectal , prostate , and ovarian cancer have suggested that physically active cancer survivors have a lower risk of cancer recurrence and improved survival compared with those who are inactive. Randomized clinical trials are still needed to better define the impact of exercise on such outcomes. Those who are overweight or obese after treatment should limit high-calorie foods and drinks, and increase physical activity to promote weight loss. Those who have been treated for digestive or lung cancers may be underweight. They may need to increase their body weight to a healthier range, but exercise and nutrition are still important. Both groups should emphasize vegetables, fruits, and whole grains. Exercise can help you get to and stay at a healthy weight. But this varies by cancer type, physical ability, health problems related to the cancer or cancer treatment, and other illnesses. Precautions for cancer survivors who want to exercise During and shortly after cancer treatment Always check with your doctor before starting any exercise program. This is especially

important if your treatments can affect your lungs such as the chemo drug bleomycin or radiation to the chest , your heart such as the chemo drugs doxorubicin or epirubicin , or if you are at risk for lung or heart disease. Your cancer care team will check your blood counts during your treatment. Do not exercise if you have a low red blood cell count anemia. If you have low white blood cell counts or if you take medicines that make you less able to fight infection, stay away from public gyms and other public places until your counts are at safe levels. Do not exercise if the level of minerals in your blood, such as sodium and potassium, are not normal. This can happen if you have had a lot of vomiting or diarrhea. Do not exercise above a moderate level of exertion without talking with your doctor first. Remember, moderate exertion is about as much effort as a brisk walk. If you have a catheter or feeding tube, avoid pool, lake, or ocean water and other exposures that may cause infections. Also, do not do resistance training that uses muscles in the area of the catheter to keep from dislodging it. To avoid skin irritation, people getting radiation should not expose skin in the treatment area to the chlorine in swimming pools. Later we will discuss fatigue and exercise in more detail. Stay away from uneven surfaces or any weight-bearing exercises that could cause you to fall and hurt yourself. Do not use heavy weights or do exercise that puts too much stress on your bones if you have osteoporosis, cancer that has spread to the bone, arthritis, nerve damage, poor vision, poor balance, or weakness. You may be more likely to hurt yourself or break a bone. If you have numbness in your feet or problems with balance, you are at higher risk for falls. You might do better with a stationary reclining bicycle, for example, than a treadmill. Watch for swollen ankles, unexplained weight gain, or shortness of breath while at rest or with a small amount of activity. Let your doctor know if you have any of these problems. Watch for bleeding, especially if you are taking blood thinners. Avoid any activity that puts you at risk for falls or injury. If you notice swelling, pain, dizziness, or blurred vision, call your doctor right away. Things to think about when planning an exercise program Talk to your doctor before you start any type of exercise. Even if you can only do an activity for a few minutes a day it will help you. How often and how long you do a simple activity like walking can be increased slowly. Your muscles will tell you when you need to slow down and rest. Try short periods of exercise with frequent rest breaks. For example, walk briskly for a few minutes, slow down, and walk briskly again, until you have done 30 minutes of brisk activity. You can divide the activity into three minute sessions, if you need to. Try to include physical activity that uses large muscle groups such as your thighs, abdomen belly , chest, and back. Strength, flexibility, and aerobic fitness are all important parts of a good exercise program. Try to include some exercises that will help you keep lean muscle mass and bone strength, like exercising with a resistance band or light weights. You might want to include exercises that will increase your flexibility and keep the range of motion in your joints. Always start with warm-up exercises for about 2 to 3 minutes. Examples of warm-up exercises are shoulder shrugs, lifting arms overhead, toe tapping, marching, and knee lifts. End your session with stretching or flexibility exercises. Hold a stretch for about 15 to 30 seconds and relax. Remember to breathe when you stretch. Examples of stretching are reaching overhead, deep breathing, and bending over to touch your toes so that you relax all the muscle groups. Exercise as you are able. Listen to your body and rest when you need to. When you feel too tired to exercise Most people with cancer notice that they have a lot less energy. During chemotherapy and radiation, most patients have fatigue. Fatigue is when your body and brain feel tired. This tiredness does not get better with rest. For many, fatigue is severe and limits their activity. But inactivity leads to muscle wasting and loss of function. An aerobic training program can help break this cycle. In research studies, regular exercise has been linked to reduced fatigue. An aerobic exercise program can be prescribed as treatment for fatigue in cancer patients. Talk with your doctor about this. Tips to reduce fatigue: Set up a daily routine that lets you be active when you feel your best. Get regular, light-to-moderate intensity exercise. Unless you are told otherwise, eat a balanced diet that includes protein meat, milk, eggs, and legumes such as peas or beans. Drink about 8 to 10 glasses of water a day unless your doctor tells you not to. Control your symptoms, like pain, nausea, or depression. Keep things you use often within easy reach to save energy.

Chapter 5 : Age-related decrease in physical activity and functional fitness among elderly men and women

Choosing to do everyday chores such as cleaning the house, mowing the lawn, or walking the dog instead of hiring a dogwalker is a great way to stay active throughout the day. 5. Take the stairs.

Midcourse Review Data Are In! Check out our interactive infographic to see progress toward the Health Related Quality of Life Well Being objectives and other Healthy People topic areas. Goal Improve health-related quality of life and well-being for all individuals. Overview Health-related quality of life HRQOL is a multi-dimensional concept that includes domains related to physical, mental, emotional, and social functioning. It goes beyond direct measures of population health, life expectancy, and causes of death, and focuses on the impact health status has on quality of life. Well-being is a relative state where one maximizes his or her physical, mental, and social functioning in the context of supportive environments to live a full, satisfying, and productive life. Researchers today agree that HRQOL is multidimensional and includes domains that are related to physical, mental, emotional, and social functioning and the social context in which people live. Measures of life expectancy and healthy life expectancy HLE were used to report on this goal for several populations, which relied on self-reported data related to health, including global health status, prevalence of certain chronic diseases, and activity limitations. For Healthy People , quality of life is integral to each of the 4 overarching goals. Over the decade, Healthy People is approaching the measurement of health-related quality of life and well-being from a multidisciplinary perspective that encompasses 3 complementary and related domains: Self-rated physical and mental health Overall well-being Participation in society Although none of these domains alone can fully represent the concept of health-related quality of life or well-being, when viewed together they will provide a more complete representation to support monitoring of the health-related quality of life and well-being of the U. All items were tested in large and diverse samples. Individual items include fatigue, pain, emotional distress, and social activities. Back to Top Well-Being People with higher levels of well-being judge their life as going well. People are satisfied, interested, and engaged with their lives. People experience a sense of accomplishment from their activities and judge their lives to be meaningful. People are more often content or cheerful than depressed or anxious. People get along with others and experience good social relationships. Personal factors, social circumstances, and community environments influence well-being. Physical well-being relates to vigor and vitality, feeling very healthy and full of energy. Social well-being involves providing and receiving quality support from family, friends, and others. Healthy People is exploring measurement of these concepts at this time. Underlying this participation measure is the principle that a person with a functional limitation “ for example, vision loss, mobility difficulty, or intellectual disability ” can live a long and productive life and enjoy a good quality of life. Participation in society includes education, employment, and civic, social, and leisure activities, as well as family role participation. An evaluation of well-being scales for public health and population estimates of well-being among U. Health and Well Being. Healthy People Framework. WHO Definition of Health. Soc Sci Med ; 41 Definitions and conceptual models of quality of life. Outcomes assessment in cancer. Medical Care ; Journal of Clinical Epidemiology ; Monitoring Population Health for Healthy People Quality of Life Research ; Evaluation of item candidates: Psychometric evaluation and calibration of health-related quality of life item banks. Well-Being for Public Policy. Oxford University Press, Inc. Soc Sci Med ; The dilemma of measuring perceived health status in the context of disability. Disability and Health Journal ; 2: A population health framework for setting national and state health goals. JAMA ; Arch Phys Med Rehabil ;

Chapter 6 : Living with Diabetes | Diabetes | CDC

A large factor in functional fitness is flexibility - and staying active can help. Movement helps loosen up the body, keeping muscles limber. Before beginning any fitness program, it's important that you get functionally fit first.

The Benefits of Physical Activity Regular physical activity is one of the most important things you can do for your health. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits, in any way, your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities. If your condition stops you from meeting the minimum Guidelines, try to do as much as you can. Even 60 minutes a week of moderate-intensity aerobic activity is good for you. The bottom line is “the health benefits of physical activity far outweigh the risks of getting hurt. If you want to know more about how physical activity improves your health, the section below gives more detail on what research studies have found. Both diet and physical activity play a critical role in controlling your weight. You gain weight when the calories you burn, including those burned during physical activity, are less than the calories you eat or drink. For more information see our section on balancing calories. When it comes to weight management, people vary greatly in how much physical activity they need. You may need to be more active than others to achieve or maintain a healthy weight. To maintain your weight: Work your way up to minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. To lose weight and keep it off: Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan. The CDC has some great tools and information about nutrition, physical activity and weight loss. For more information, visit [Healthy Weight](#). But following the Guidelines and getting at least minutes a week 2 hours and 30 minutes of moderate-intensity aerobic activity can put you at a lower risk for these diseases. You can reduce your risk even further with more physical activity. Regular physical activity can also lower your blood pressure and improve your cholesterol levels. **Top of Page Reduce Your Risk of Type 2 Diabetes and Metabolic Syndrome** Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is a condition in which you have some combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar. Research shows that lower rates of these conditions are seen with to minutes 2 hours to 2 hours and 30 minutes a week of at least moderate-intensity aerobic activity. And the more physical activity you do, the lower your risk will be. **Already have type 2 diabetes?** Regular physical activity can help control your blood glucose levels. To find out more, visit [Diabetes and Me](#). Physically active people have a lower risk of colon cancer than do people who are not active. Physically active women have a lower risk of breast cancer than do people who are not active. Reduce your risk of endometrial and lung cancer. Although the research is not yet final, some findings suggest that your risk of endometrial cancer and lung cancer may be lower if you get regular physical activity compared to people who are not active. Improve your quality of life. If you are a cancer survivor, research shows that getting regular physical activity not only helps give you a better quality of life, but also improves your physical fitness. Research shows that doing aerobic, muscle-strengthening and bone-strengthening physical activity of at least a moderately-intense level can slow the loss of bone density that comes with age. But research shows that people who do to minutes of at least moderate-intensity aerobic activity each week have a lower risk of hip fracture. Regular physical activity helps with arthritis and other conditions affecting the joints. If you have arthritis, research shows that doing to 2 hours and 10 minutes to 2 hours and 30 minutes a week of moderate-intensity, low-impact aerobic activity can not only improve your ability to manage pain and do everyday tasks, but it can also make your quality of life better. Build strong, healthy muscles. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength. Slowly increasing the amount of weight and number of repetitions you do will give

you even more benefits, no matter your age. **Top of Page Improve Your Mental Health and Mood** Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial. **Top of Page Improve Your Ability to do Daily Activities and Prevent Falls** A functional limitation is a loss of the ability to do everyday activities such as climbing stairs, grocery shopping, or playing with your grandchildren. How does this relate to physical activity? Aerobic and muscle-strengthening activities can help improve your ability to do these types of tasks. Are you an older adult who is at risk for falls? Research shows that doing balance and muscle-strengthening activities each week along with moderate-intensity aerobic activity, like brisk walking, can help reduce your risk of falling. **Top of Page Increase Your Chances of Living Longer** Science shows that physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers. This is remarkable in two ways: Only a few lifestyle choices have as large an impact on your health as physical activity. People who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week. You can put yourself at lower risk of dying early by doing at least minutes a week of moderate-intensity aerobic activity. Everyone can gain the health benefits of physical activity – age, ethnicity, shape or size do not matter.

Chapter 7 : Fun Ways To Stay Active (No Gym Required) - mindbodygreen

Staying active is not a science. Just remember that mixing different types of physical activity helps both to keep your workouts interesting and improve your overall health. The key is to find activities that you enjoy—based on the four building blocks of fitness.

Open in a separate window Notes: Discussion The level of PA typically decreased with age and was associated with a decline in functional fitness. These results tend to confirm the observation that the level of PA is associated with the maintenance or increase of physical fitness, 5, 22 and that any kind of PA is better than inactivity. Based on these findings, older men and women could lose between one-quarter and one-third of muscle strength over a year period, which would make a considerable impact on quality of life and ability to remain independent from other people. Muscle-strength loss has been shown to be greater for lower limbs in comparison to upper limbs, 30 a finding of this research also. Whilst this decrease in strength seems to be related to increasing age and muscle-mass loss, it is also likely to be a consequence of more physical inactivity. The combination of muscle-strength loss, lower levels of PA, and increased body fat as a result of the aging process represents the potential risk for decreased mobility, 32 a situation of relevance to the men and women involved in this study. The rate of decrease of maximal oxygen consumption VO_{2max} is not constant throughout life, but has been shown to accelerate significantly with each decade, and this decline is greater in men than women. Stathokostas et al 35 found that men had higher initial VO_{2max} values than women, and their percentage decrease over 10 years was The explanation given for this loss in aerobic ability was the decrease in PA with age, seen in both men and women, although the change in aerobic ability was not the same between the sexes. These reductions take place more rapidly in men than women, although sex differences tend to vanish in the last decades of life. In general terms, older elderly people men and women tend to be less flexible than their younger counterparts, with the greatest changes seen in this study for this ability with women tending to be more flexible than men. Whilst aging is associated with a decrease in PA and functional fitness, particularly after age 60 years, regular PA can slow the rate of decline in both aerobic and musculoskeletal systems and hence improve work ability. This study has shown that both men and women become less and less active with the increase of age, and hence this negatively affects their muscle strength, endurance, and body structure. This study involved a large number of participants aged 60–80 years and had consequently high external validity. In future, research studies should use direct methods for calculating PA levels and body composition, as well as assessing the influence of various types of PAs on the maintenance of functional fitness of elderly people. Consideration should also be given to longitudinal studies with several points of measurement, as this would allow tracking and correction for changes in PA and also allow more insight into the relationship between PA, age, and physical fitness. This study concluded that the reduction of PA and functional fitness found in both men and women is due to the aging process. Moreover, it was determined that aging results in an increase in body fat, reduction of muscle strength in both upper and lower limbs, and lower levels of flexibility, agility, and endurance. These factors mean that the ability to work and remain physically fit are compromised, particularly in older compared to younger elderly people. Even though the process of aging is natural and inevitable, an adequate level of PA should slow down the loss of functional and physical abilities and help maintain a healthy way of life for elderly people. Footnotes The authors report no conflicts of interest in this work. Exercise mobility and aging. Fitness and Rehabilitation Programs for Special Populations. A comparative analysis of the indicators of the functional fitness of the elderly. The relationship between obesity, physical activity, and physical function in older adults. Effect of age and physical activity level on functional fitness in older adults. Eur Rev Aging Phys Act. Daily physical activity and ageing. Functional Fitness in Older Adults. Physical activity and functional status in community-dwelling older women: What is the cause of the ageing atrophy? Total number, size and proportion of different fiber types studied in whole vastus lateralis muscle from to year-old men. Hurley B, Roth S. Strength training in the elderly: Biomechanical considerations for economical walking and running. Med Sci Sports Exerc. Preventing falls among community-dwelling older persons: An approach to the assessment of falls in the elderly. Etiology

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Chapter 8 : An Active Retirement for Better Health - Minnesota Functional Neurology & Chiropractic

Background. The purpose was to conduct systematic reviews of the relationship between physical activity of healthy community-dwelling older (>65 years) adults and outcomes of functional limitations, disability, or loss of independence.

The problem is if retirement is too retiring it can lead to a serious decline in health. Research shows that although walking away from the workplace may initially reduce stress, it also significantly increases the chances of depression, physical illness, and the need for medication, while reducing overall health. And the longer one is in retirement the more the risks increase. Why is it so? It turns out the body and brain need regular activity and social interaction to stay healthy, and retirement deprives some people of those necessary influences. The sudden loss of these built-in social contacts can launch people into loneliness and depression. Unless retirees are proactive about being in touch with others, many end up keeping company with the television. The loss of a spouse through divorce or death further increases this risk. Prepare for retirement by investing in friendships outside the workplace. Retirees Should Stay Physically Active Another risk of retirement is a sudden decrease of physical activity. Even folks who work sedentary jobs are at least getting themselves to and from work, attending meetings, and perhaps walking to lunch with coworkers. Too often retirees allow themselves to be confined within the limits of the home. Yet when it comes to preventing disease and dementia, and slowing the aging process, exercise is a magic bullet. Prepare for retirement by connecting with outdoor activities. Regular mental stimulation is vital to keeping the brain healthy and active, which helps lower the risk of depression, illness, and dementia. Working keeps the brain regularly engaged, especially if the job places higher demands on thinking skills. In retirement many are susceptible to spending days in front of the television, which does not stimulate the mind like reading, learning new things, and doing crossword puzzles and other games. Prepare for retirement by learning new things and rediscovering play. Stay Active to Stay Healthy in Retirement After years spent in the workplace, it is reasonable to look forward to retirement as a period of time to reflect and enjoy what life has to offer. However, unless we take charge of our retirement it can be a period of rapid decline. We owe it to ourselves to stay active. Contact our office at Leaders in Neuro-Recovery and Performance.

Chapter 9 : Do These 5 Exercises Every Day to Stay - The Active Times

Physical Activity and the Cancer Patient. In the past, people being treated for a chronic illness (an illness a person may live with for a long time, like cancer or diabetes) were often told by their doctor to rest and reduce their physical activity.

As we grow older, we experience an increasing number of major life changes, including career transitions and retirement, children leaving home, the loss of loved ones, and physical changes. How we handle and grow from these challenges is the key to staying healthy. These tips can help you maintain your physical and emotional health and live life to the fullest, whatever your age or circumstances. The keys to healthy aging Coping with change is difficult, no matter how old you are. The particular challenge for older adults is the sheer number of changes and transitions that start to occur—including children moving away, the loss of parents, friends, and other loved ones, changes to or the end of your career, declining health, and even loss of independence. But if that sense of loss is balanced with positive ingredients, you have a formula for staying healthy as you age. Healthy aging means continually reinventing yourself as you pass through landmark ages such as 60, 70, 80 and beyond. It means finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many of us, aging also brings anxiety and fear. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind? However, many of these fears often stem from popular misconceptions about aging. The truth is that you are stronger and more resilient than you may realize. Myths about healthy aging Myth: There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life. Memory loss is an inevitable part of aging. However, significant memory loss is not an inevitable result of aging. Brain training and learning new skills can be done at any age and there are many things you can do to keep your memory sharp. The opposite is true. Middle aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age. Aging well tip 1: Learn to cope with change As you age, there will be periods of both joy and stress. This ability will help you make the most of the good times and keep your perspective when times are tough. The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more. Acknowledge and express your feelings. You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal. Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor. Look for the silver lining. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes. When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless. Staying healthy through humor, laughter, and play Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy at any age. A sense of humor helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties. Laughter is the Best Medicine Tip 2: Find meaning and joy A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life. As you age, your life will change and you will gradually lose things that previously occupied your time and gave your life purpose. For example, your job may change, you may eventually retire from your career, your children may leave home, or other friends and family may move far away. But this is not a time to stop moving forward. Later life can be a time of exciting new adventures if you let it. Everyone

has different ways of experiencing meaning and joy, and the activities you enjoy may change over time. If your career slows down or you retire, or if your children leave home, you may find you have more time to enjoy activities outside of work and immediate family. Either way, taking time to nourish your spirit is never wasted. Pick up a long-neglected hobby or try a new hobby. Taking a class or joining a club or sports team is a great way to pursue a hobby and expand your social network at the same time. Learn something new, such as an instrument, a foreign language, a new game, or a new sport. Learning new activities not only adds meaning and joy to life, but can also help to maintain your brain health and prevent mental decline. Get involved in your community. The meaning and purpose you find in helping others will enrich and expand your life. Community work can also be a great way of utilizing and passing on the skills you honed in your career—without the commitment or stress of regular employment. Take a scenic hike, go fishing or camping, enjoy a ski trip, or walk a dog in the park. Visit a museum, go to a concert or a play, join a book group, or take an art appreciation class. Write your memoirs or a play about your life experiences. The possibilities are endless. The important thing is to find activities that are both meaningful and enjoyable for you.

Volunteering and its Surprising Benefits: The Power of Giving Tip 3: Stay connected One of the greatest challenges of aging is maintaining your support network. Career changes, retirement, illness, and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship, and loss. The good news is that there are lots of ways to be with other people. Connect regularly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend, shopping with your children, or playing with your grandkids. Even if you are not close by, call or email frequently to keep relationships fresh. Make an effort to make new friends. Make it a point to befriend people who are younger than you. Younger friends can reenergize you and help you see life from a fresh perspective.

Meeting People and Connecting Spend time with at least one person every day. Phone or email contact is not a replacement for spending time with other people. Regular face-to-face contact helps you ward off depression and stay positive. Giving back to the community is a wonderful way to strengthen social bonds and meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone. Find support groups in times of change. If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by exercising, eating right, and taking care of yourself. Similarly, many older adults report feeling better than ever because they are making more of an effort to be healthy than they did when they were younger. Exercise helps you maintain your strength and agility, increases vitality, improves sleep, gives your mental health a boost, and can even help diminish chronic pain. Exercise can also have a profound effect on the brain, helping prevent memory loss, cognitive decline, and dementia.

Senior Exercise and Fitness Tips: Get Started Check with your doctor before starting any exercise program. Find out if any health conditions or medications you take affect the type of exercise you should choose. Find an activity you like and that motivates you to continue. You may want to exercise in a group, like in a sport or class, or prefer a more individual exercise like swimming. If you are new to exercise, a few minutes a day puts you well on the way towards building a healthy habit.