

Modifications for Older Adults Fitness

Canadian Adults are living longer but are they living it with a quality life? As fitness leaders you can be part of their healthy living. In this session dedicated to Older Adult fitness, Jess will review and define what occurs in the body as it ages and what to consider when planning and leading fitness classes for older adults. This workshop will guide you with tips on effective class design and delivery and appropriate exercise movement selection to get the most from your older adults.

Let's get 'POWERED UP' with Jess

PHYSICAL ACTIVITY INCREASES MUSCLE STRENGTH AND AEROBIC CAPACITY AND HELP REDUCE FUNCTIONAL LIMITATIONS



Creating a **SAFE** Environment for Older Adults

Not just PHYSICAL safety such as dry floor, safe equipment, sound exercises

BUT PSYCHOLOGICAL safety too. Such as:

- Risk of embarrassment
- Risk of facing diminished physical abilities
- Risk of confronting ageist stereotypes (body, wrinkles)

What can also happen with Physical Activity?!

- Improved mood and decreased risk of depression and anxiety
- Increased cognitive functioning including enhanced memory

PHYSIOLOGICAL Benefits

Immediate improvements:

- Regulate glucose levels
- Increase catecholamine
- Improved sleep

Long-term improvements:

- Cardiovascular functioning
- Muscular strength
- Flexibility/ROM
- Balance/Coordination
- Velocity

PSYCHOLOGICAL Benefits

Immediate improvements:

- Enhanced relaxation
- Reduced stress or anxiety
- Enhanced mood

Long-term improvements:

- General well being
- Improved mental health
- Cognitive Improvements
- Motor Control and Performance
- Skill Acquisition

SOCIAL Benefits

Immediate improvements:

- Empowering Older Adults
- Enhanced Social and Cultural Integration

Long-term improvements:

- Enhanced Integration
- New Friendships
- Widened Social and Cultural Networks
- Role Maintenance and New Role Acquisition
- Enhanced Intergenerational Activity

The Structural and Functional Consequences of Aging

(INCREASED) Structural changes

- Atrophy
- Dystrophy
- Edema
- Elasticity
- Demyelination
- Neoplasm
- Mutation

(DECREASED) Functional consequences

- Accuracy
- Speed
- Range
- Endurance
- Coordination
- Stability
- Strength

Modification Considerations

Chair seated exercise techniques

Aerobic class techniques

Balance and Coordination techniques

Jessica Power Cyr, MSc., CSEP-CEP, ACSM-CES

jessicapowercyr@gmail.com