



EXERCISE IS KEY TO HEALTHY AGING

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PHYSICAL ACTIVITY VS EXERCISE

- **Physical activity** is movement that is carried out by the skeletal muscles that requires energy. Any movement one does is actually **physical activity**.



- **Exercise**, is planned, structured, repetitive and intentional movement intended to improve or maintain **physical** fitness



PHYSICAL ACTIVITY CAN MAKE DAILY LIFE BETTER

When you are active and strong, it's easier to



Do everyday tasks,
like chores and shopping



Keep up with the grandkids



Stay independent
as you get older

And it has big health benefits, too.

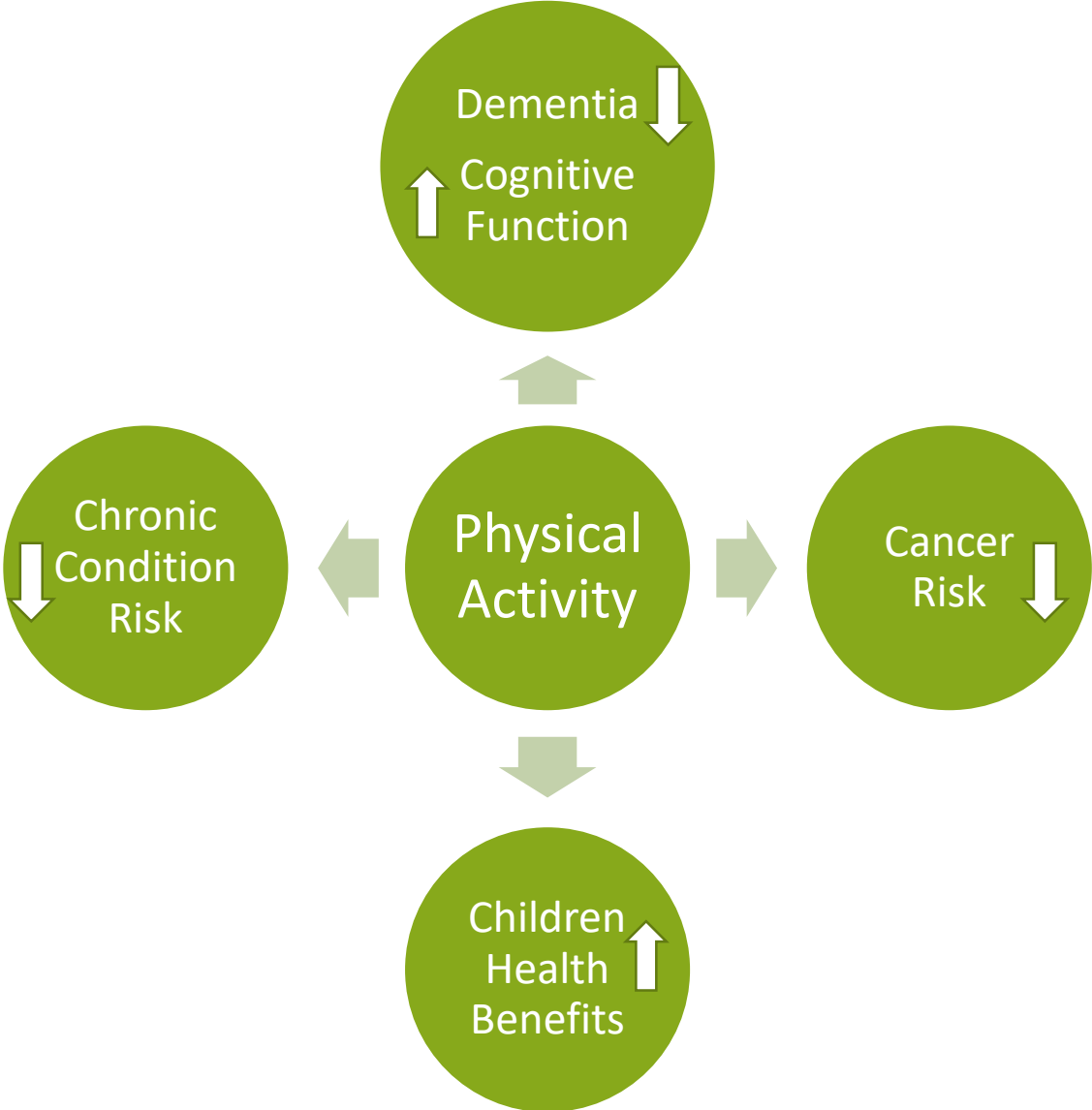
✓ Less pain

✓ Better mood

✓ Lower risk of many diseases

NEW PHYSICAL ACTIVITY GUIDELINES 2018

Important benefits of physical activity supported by strong scientific evidence



Adds to 2008 Guideline benefits that include Improvement to:

- Cardiovascular Health
- Metabolic Health
- Bone and Muscle Health

& Significant Reduction in:

- All causes of mortality

HOW MUCH ACTIVITY DO I NEED?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Break it up over the whole week however you want!

TYPES OF PHYSICAL ACTIVITY



BREAKOUT SESSIONS

CARDIO, MUSCLE STRENGTH, FLEXIBILITY & BALANCE

BRINGING IT HOME

Basic Adult Guideline

- Adults should move more and sit less throughout the day
- 150 – 300 Minutes of moderate physical activity a week
- Also do muscle strengthening activities 2 days or more a week

Older Adult Guideline

- In addition to Adult Guideline, the following apply
 - Balance training
 - Level of activity based on level of fitness
 - Think safety first and consult physician before starting new activity

Guidelines for those with Chronic Conditions & Disability

- Follow adult guidelines if physically possible
- Think safety first and consult physician before starting new activity
- After consultation, start low and go slow

KEY GUIDELINES FOR SAFE PHYSICAL ACTIVITY

Can be safe for everyone

Choose
Appropriate
Activity

Start Low & Go
Slow

Practice Props,
Safety Gear and
Safe Environment

Consult your
Physician/ Physical
Activity Specialist

MOVE MORE – SIT LESS

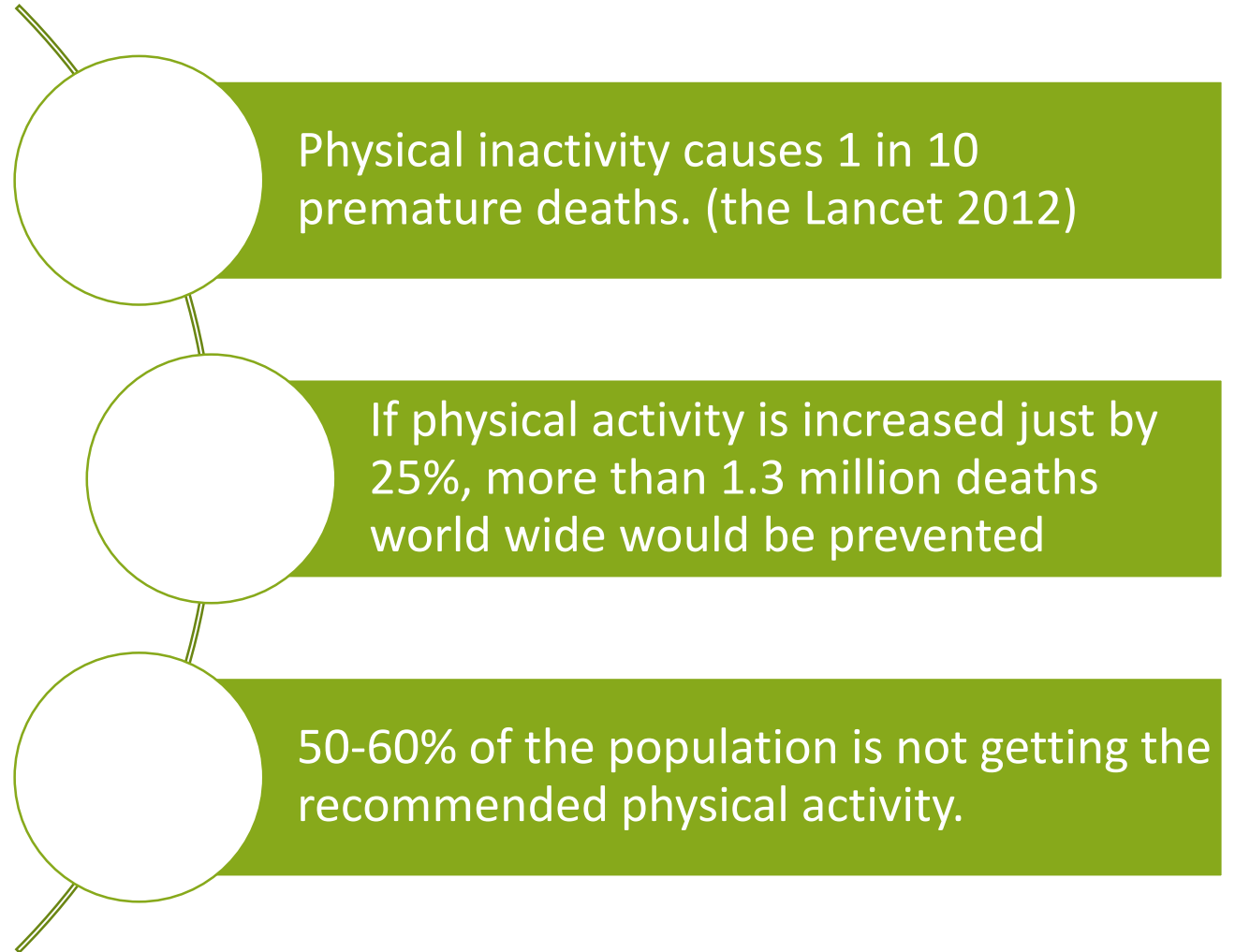
PLAY YOUR PART

- Follow Guidelines
- Be Consistent and establish good habits
- Encourage Physical Activity



WHY SHOULD WE POSITIVELY MOTIVATE OURSELVES AND OTHERS

- Physical inactivity is prevalent and highly correlated with premature death, preventable diseases and healthcare costs.
- Physically active people have:
 - Higher levels of fitness
 - Lower rates of developing disabling conditions
 - lower rates of various chronic conditions



REFERENCES

- US Department of Health and Human Services Physical Activity Guidelines for Americans 2nd Edition 2018
- US Department of Health and Human Services Physical Activity Guidelines for Americans 1st Edition 2008
- “Move your way” - Physical Activity Campaign, UD Department of Health and Human Services

RESOURCES

- <https://www.ladydocscornercafe.com/#sthash.AzyDFYom.dpbs>
- <https://go4life.nia.nih.gov/free-resources/>
- <https://walkwithadoc.org/our-locations/wheaton-md/>