



HEALTHY AGING ACROSS THE DECADES

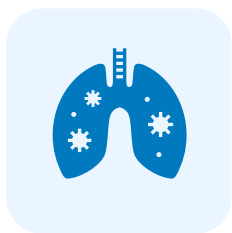
**PRESENTED BY YOUR EMPLOYEE ASSISTANCE
AND WORKLIFE PROGRAMS**

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OBJECTIVES

- Identify common barriers to exercising as you age
- Understand the physical and mental health benefits of regular activity
- Learn how to start safely and build a sustainable routine
- Explore exercise options

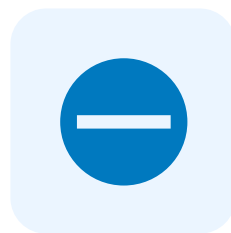
COMMON BARRIERS TO STAYING ACTIVE AS WE AGE



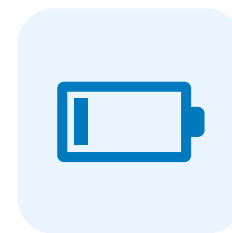
Illness, chronic disease, and pain



Concerns about injuries and falls



Belief that exercise doesn't matter



Lack of time, energy, or motivation



Disabilities that limit movement



Expense of gym memberships or equipment

THE BENEFITS ARE ENDLESS

Staying active:



Does not inflame

Conditions like COPD or osteoporosis



Is key to managing arthritis pain

The more you move, the less it hurts



Carves new brain pathways

For better focus and memory



Energizes

Mood, relieves stress, and improves overall well-being



Doesn't have to be strenuous

Simply adding movement goes a long way

DAILY LIFE BENEFITS



Better stamina



Increased strength



More power



Greater flexibility

PHYSICAL HEALTH BENEFITS



Enhanced overall wellness



Reduced impact of illness and chronic disease



Better immune function, blood pressure, digestion, and bone density



Lower risk of certain conditions and cancers



Improved mobility, flexibility, balance, and posture



Decreased fall risk

MENTAL HEALTH BENEFITS



Improved sleep



Boosted mood and self-confidence



Reduced feelings of sadness, anxiety, and depression



Less stress



Healthier brain

TYPES OF EXERCISE

Choose the movement that fits your body, space, and energy level



- **Aerobic:** Brisk walking, biking, swimming, or water aerobics
- **Strength:** Resistance bands, light weights, or weight machines
- **Power:** Tricep dips with support from a sturdy chair or countertop
- **Flexibility:** Pilates, yoga, tai chi, and Qi Gong
- **Chair exercises:** Sit/stands, seated marching, arm raises, or leg lifts
- **Everyday movement:** Household activities, like gardening and cleaning

GETTING STARTED



BUILDING LASTING HABITS

1

Start small and stay safe

- Begin with a plan
- Seek guidance
- Listen to your body

2

Embrace variety and adaptability

- Vary the type and intensity of your exercise
- Adapt movements to your capabilities
- Find joy in movement that fits your life

3

Do something active every day

- Even small amounts of activity can deliver significant benefits
- Prioritize consistency over intensity

SUMMARY



- Nearly every barrier to moving at any age has a workaround
- Regular activity:
 - Builds stamina, strength, power, and flexibility
 - Helps manage chronic conditions and reduces the risk of serious diseases
 - Protects cognitive function and brain health
 - Enhances sleep, mood, and emotional well-being
- Find what fits your life
- Start small and stay safe

RESOURCES

Books

- Exercising Through Your 70s and Beyond
 - Joan Pagano
- Strong Women Stay Young
 - Miriam Nelson

Podcasts

- [The Aging Well Podcast](#)
- [Zestful Aging](#)

Online Articles

- [4 Types of Exercise You Need as You Age](#)
- [7 Benefits of Regular Physical Activity](#)
- [CDC Physical Activity Guidelines](#)
- [Exercise and Physical Activity](#)

Apps

- [MyFitnessPal](#)
- [FitOn](#)
- [Nybl](#)

THANK YOU



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