

Let's GOGO III!

Welcome!!!!

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- Seniors Fitness Instructor (CCAA)

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Seniors???

Older
Adults???

Baby
Boomers???

Baby Boomers

- Born between the years of 1946 and 1964
 - 51 to 69 years of age as of 2015 (give or take)

Baby Boomers

- In Canada, 2011 marked the first year that Baby Boomers reached the age of 65
- Statistics Canada estimates that the proportion of Canadians aged 65 and over will grow from 1 in 7 Canadians in 2011 to roughly 1 in 4 by 2036.
- The number of older adults is projected to double from today's 5 million to 10.4 million by 2036.

Baby Boomers - who are they?

(Environics Analytics)

- Live longer post “retirement”
- Be employed
- Travel
- Be highly educated
- Be more culturally diverse
- Be physically active
- Have small families
- Have complex family histories
- Have been two-earner families
- Have grown up in cities
- May be part of four generations

Baby Boomers - score 'higher' in

- Believing in the equality of the sexes
- Flexibility in definitions of a family
- Rejection of authority
- Penchant for risk taking
- Sexual permissiveness
- The pursuit of happiness to the detriment of duty

Baby Boomers - score 'lower' in

- Primacy of family
- Importance of a legacy
- Religion
- Community Involvement
- Financial concern for the future
- Saving on principle

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Baby Boomers - how do we meet
their needs?

Age Friendly City (WHO)

An age-friendly city encourages active aging by optimizing opportunities for health, participation and security in order to enhance quality of life as people age. In practical terms, an age-friendly city adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities. Age-friendly cities are communities that enable residents to age actively through supportive policies, services and infrastructure.

Active Aging (WHO)

The process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups.

The word 'active' refers not simply to physical activity, but to full civic engagement, taking the form of participation in social, economic, cultural and spiritual affairs.

Boomers...what do they want?

- **“We want to stay in our homes”**
 - “Aging in Place”
 - remain at home safely, comfortably, and independently
- **“We want to be actively involved in the community”**
 - Social Connectedness

Boomers...what do they want?

- “We want to know what is going on and where to get help when we need it”
 - To be informed
- “We want to be respected”

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Active Recreation

(Federation of Canadian Municipalities)

*Active recreation is a physical activity
voluntarily undertaken during leisure time.*

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Access to recreation amenities creates opportunities for
greater physical activity.

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Physical inactivity is a strong predictor of a variety of medical conditions

- Hypertension
- Heart disease
- Depression
- Cancer

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It is estimated that in 2001, health care costs in Canada associated with physical inactivity were **\$5.3B** which equated to about **2.6%** of total health care costs.

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Being physically active has many health benefits.

- Reduced risk of cardiovascular disease
- Reduction in some types of cancer
- Reduced risk of
 - Osteoporosis
 - Diabetes
 - Obesity
 - High blood pressure
- Reduction in mental health issues
 - Depression
 - Stress
 - Anxiety

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Active Living

This is the notion that physical activity should be valued and integrated into daily life.

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Physical Activity through Exercise

- *Cardiovascular Conditioning*
- *Strengthening*
- *Flexibility*
- *Balance*

The Importance of Exercise

- Compared with those of low cardiorespiratory fitness, there is a 25% reduction in risk of morbidity and mortality in those who are moderately fit. Those who have the highest cardiorespiratory fitness can see a 50% to 60% reduction in risk.

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How much exercise do I need as
an Older Adult?

Cardiovascular exercise???

How many minutes/week?

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Cardiovascular exercise???

150 minutes a week of moderate/vigorous exercise

- *May be in bouts of 10 minutes over the course of the week*

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In the 'great outdoors'...

- Brisk walk - 200 cal/hr
- Hiking cross country - 340 cal/hr
- Bike ride - 590 cal/hr
- Cross country skiing - 500 cal/hr
- Skating - 500 cal/hr
- Lawn bowling - 200 cal/hr

When performed at a moderate to vigorous level, all of these activities count towards the suggested 150 minutes required per week.

How much exercise do I need as
an Older Adult?

Strengthening exercise???

At least **2 days a week** for all of the major muscle
groups

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In the 'great outdoors'...

- Outdoor Yoga classes
- Strength training
 - Resistance bands
 - Dumbbells
 - Resistance Bands

What are the benefits of outdoor activity?

- Reduction in health care costs
- High quality of life
 - maintaining their independence

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What are other benefits of
outdoor activity?

Social Connectedness

*Social connectedness is the measure of how people come together and interact. At an individual level, **social connectedness** involves the quality and number of connections one has with other people in a **social circle** of family, friends, and acquaintances.*

Social Connectedness...why is it important?

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Social Connectedness...why is it important?

- Reduced risk of mortality
- Reduced risk of disability
- Reduced risk of depression
- Improved Cognitive health
- Improved self-rated health
- Improved health related behaviours

Social Connectedness...barriers to participation

- Health limitations
- Being too busy
- Personal or family responsibilities
- Transportation problems
- Prohibitive cost
- Suitable time or location

What are the benefits of outdoor activity?

- Feel more socially connected
 - Volunteering
 - Social time and interaction
 - Foster relationships with other generations.

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What can we do?

- Supporting outdoor activities
 - Letting older adults know when events are happening
 - well advertised, using different media sources
- Communicate with courtesy and respect

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Thank you!!!

Rural Recreation Association

Have fun!

Get Outside!

Get Active!