

Fitness Matters



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Physical activity is one of the cornerstones of healthy aging and is essential for maintaining health and independence.

“The relationship between fitness and health is undeniable. Individuals who are active stay out of the hospital, have fewer illnesses and remain in their homes longer.”

*--Dr. Michael J. Foley
General Surgeon*



Physical Activity & Exercise Extend Life

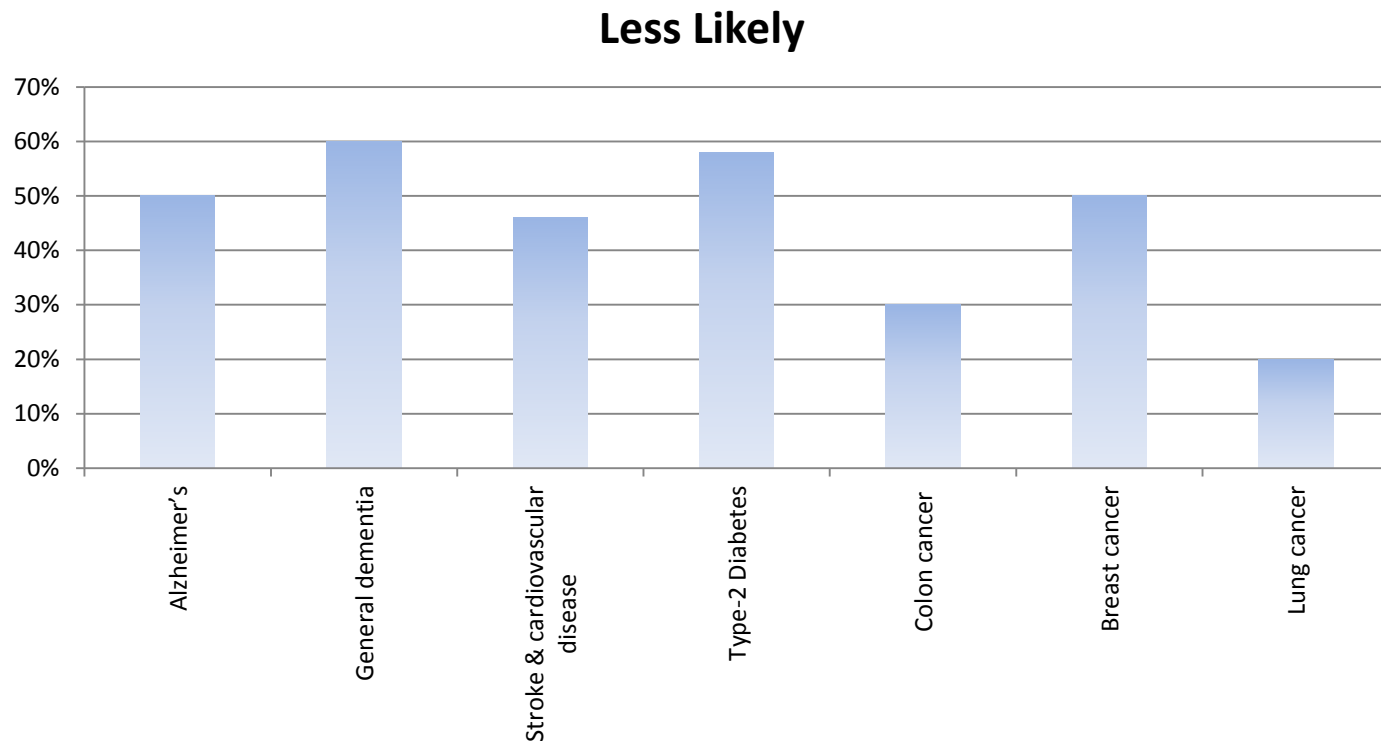


**Physical activity---moving about in daily life—
affects longevity by as much as 35%.**

Physical exercise affects it by as much as 19%.

[Sources: Paffenbarger, Ralph S. Jr., Hyde RT, Lee IM, Wing AL, et al. Studies published in 1986, 1993, & 2000. See references for citations.]

Managing & Preventing Chronic Disease With Exercise



Regular exercise also helps *manage depression, osteoporosis and high blood pressure--and speeds recovery from surgery and illness.*

**A new study published July 2013 even suggested that middle age to older individuals can reduce risk of stroke by up to 80% when paired with a healthy diet and a smoke-free lifestyle.*

A Closer Look: Dementia, Alzheimer's & Exercise

An April 2013 study found that by delivering exercise into the home of someone with dementia or Alzheimer's:

- ✓ The average annual cost of medical care for a patient decreased from \$34k to \$25k;
- ✓ Patients had fewer hospital admissions; and
- ✓ 50% less falls.

"If we could ever deliver exercise for people with dementia in their homes...we could accomplish very substantial benefits for patients and reduce costs."

*--Dr. Kostos Lyketsos, Director
Johns Hopkins Memory & Alzheimer's Treatment Ctr.*

A July 2013 study found that exercise may be the best medicine for Alzheimer's disease.

*"Exercise may improve cognitive function in those at risk for Alzheimer's by improving the efficiency of brain activity associated with memory.....'**No study has shown that a drug can do what we showed is possible with exercise.'**"*

*--Dr. J. Carson Smith, Assistant Professor, Dept. of Kinesiology
Univ. of Maryland School of Public Health*

The Impact of Falls

- ✓ 1 out of 3 adults aged 65 or older fall each year.
- ✓ Among seniors, falls are the leading cause of both fatal and nonfatal injuries.
- ✓ In 2010, 2.3 million nonfatal fall injuries among older adults were treated in ERs with more than 662,000 hospitalized.
- ✓ 20-30% suffer moderate to severe injuries such as lacerations, hip fractures, or head traumas
- ✓ Falls are the most common cause of traumatic brain injuries.
- ✓ Most fractures among older adults are caused by falls.
- ✓ Many people who fall, even if they are not injured, develop a fear of falling which causes them to limit their activities. This leads to reduced mobility and loss of physical fitness, and in turn increases their actual risk of falling.
- ✓ In 2010, about 21,700 older adults died from unintentional fall injuries.
- ✓ Men are more likely than women to die from a fall. The fall death rate in 2010 was 40% higher for men than for women.
- ✓ The number of fall deaths among those 65 and older is 4x the number of fall deaths among all other age groups.
- ✓ People age 75 and older who fall are 4-5x more likely than those age 65 to 74 to be admitted to a long-term care facility for a year or longer.
- ✓ Rates of fall-related fractures among older women are more than twice those for men.
- ✓ Over 95% of hip fractures are caused by falls.

Loss of bone mass, muscle tone, strength and flexibility contribute to falls and the severity of injury due to falls.

What do other experts say about falls?

CDC

- Falls are a public health problem that is largely preventable.
- Older adults can stay independent and reduce their chances of falling.
- Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time.
- Strengthening exercises can increase a person's flexibility and balance, which reduce the likelihood and severity of falls
- To lower their hip fracture risk, older adults can do weight bearing exercise.
- A sedentary lifestyle is the biggest cause of heart disease.

AARP

- Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually *reducing* your risk of falling.

WHO

- Older adults, with poor mobility, should perform physical activity to enhance balance and prevent falls on 3 or more days per week.
- When older adults cannot do the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow.

NIH

- Strength exercises make your muscles stronger.
- Balance exercises help prevent falls.
- Older adults who do any amount of physical activity gain some health benefits.

Mayo

- If you're an older adult, balance exercises are especially important because they can help you prevent falls and maintain your independence.

Individuals Benefit From Fitness

- Better quality of life
- Reduced risk of falls and severity of injury due to falls
- Better memory & cognitive reasoning
- Less depression
- Greater control over & less chronic disease

Older adults can remain independent and reduce their chances of falling with regular exercise that focuses on increasing leg strength and improving balance, and that will get more challenging over time.



“I had never lifted weights before. I was amazed at how much better I felt once I built up some muscle strength. Everyday tasks of carrying groceries or shoveling walks became easier. I went bowling for the first time in years and was surprised by how much easier it was to control the ball. It made the game so much more fun. “

--Rebekah, age 78

The Benefits of Exercise are Undeniable.

Without regular physical activity, the body slowly loses its strength, stamina and ability to function well.

“If you had to pick one thing, one single thing that came closest to the fountain of youth,” says James Fries, M.D., a pioneer on health and aging at Stanford University, “then it would have to be exercise.”



[Source: AARP Bulletin, January 1, 2011, American Cancer Society, CDC.]

“Despite this, up to 75 percent of older Americans are insufficiently active to achieve these health benefits.”

--Dr. Robert J. Nied & Dr. Barry Franklin



**What about your
parents and other
loved ones who are
aging?**

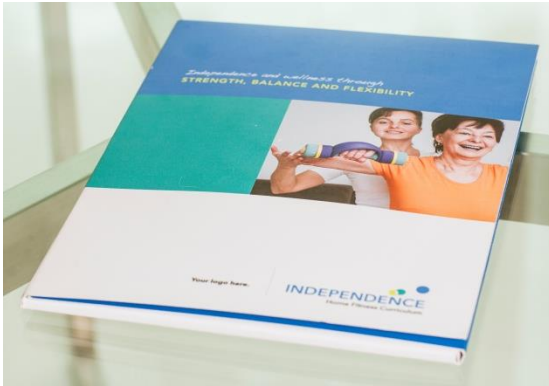
How can you nudge them to better health outcomes and quality of life if they are so resistant to exercise?



A structured exercise program may boost the physical well-being of sedentary seniors who are at risk of losing independent functioning.

--NIH, Institute of Aging

Independence Home Fitness Curriculum™



Independence® is a turn-key, comprehensive exercise program focused on *strength, balance & flexibility*. It is a


common sense tool for you to give to your loved ones to reengage with fitness on their own terms, build confidence, have fun and feel better.



Independence®



Chapter 4
Coordination & Balance



As you get older, balance and coordination take on an increasingly important role in maintaining your independence and wellness. There are many reasons why people struggle with balance: decreased muscle mass that happens with aging, inner ear issues, arthritis, Alzheimer's, Parkinson's disease, low and high blood pressure, heart disease, infections, some prescription medication and stress—just to name a few. Regardless, most of us can do regular balance exercises to help enhance coordination and decrease our risk of falling.

Having good balance means being able to control and maintain the position of your body whether you are moving or staying still. Good balance and coordination are important to help you get around, stay independent and carry out your daily activities.

Balance and coordination exercises are hard for many of us. Keep practicing. Use the wall or a chair to steady yourself.

You will need a little more space for this balance and coordination workout. Secure all electrical cords and loose rugs so you have plenty of space to move.

Seven hours of instruction


- Four 20 minute chair routines
- Seven 30-50 minute standing workouts
- Motivational video
- Guide with goal setting & activity logs.

No.4
Coordination & Balance

Reduce the risk of falling

PLAY STANDING
with music ON or OFF

PLAY SEATED
with music ON or OFF



INDEPENDENCE™
Home Fitness Curriculum

Fitness matters—and so do your loved ones.



“When my students start my curriculum, they are all over the board with age, ability and health. In time, all of them improve.”



Independence and wellness through STRENGTH, BALANCE & FLEXIBILITY

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Preview video samples

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