



MID-COUNTY
CENTER *Age well!*

PHYSICAL ACTIVITY FOR OLDER ADULTS

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THE BENEFITS

of regular physical
activity for Seniors



THE BARRIERS

to physical activity
for Seniors



HOW TO PROMOTE

physical activity for
people of all ages

MISCONCEPTIONS

ABOUT PHYSICAL ACTIVITY AND AGING



It's dangerous for older adults to lift weights



Exercising increases the risk of falling for older adults



You don't need to exercise as much as you get older

WHY IS THIS TOPIC IMPORTANT?



91% of older adults (65+) & **25%** of middle-aged adults (50–64) do not meet activity guidelines

(Bethancourt et al., 2024)



4 out of 5 of the most costly chronic conditions can be prevented

(Wingood et al., 2023)



Healthcare costs for those over the age of 65 are **5x higher** than any age group

WHAT ARE THE BENEFITS OF PHYSICAL ACTIVITY FOR OLDER ADULTS?





THE BENEFITS OF REGULAR PHYSICAL ACTIVITY FOR OLDER ADULTS

*Physical Activity Guidelines
for Americans (2018)*

Brain Health: Reduces risk of developing dementia & depression

Heart Health: Lowers risk of heart disease, stroke, & type 2 diabetes

Bone Health: Improves bone strength & health

Aging: Helps people live longer & more independently

Coordination: Improves balance & reduces risks of falls

**WHAT ARE
BARRIERS THAT
KEEP YOU FROM
BEING AS ACTIVE
AS YOU LIKE?**



COMMON BARRIERS FOR SENIORS



Physical Limitations

- Injuries
- Health conditions
- Uncertainty of level



Environmental Limitations

- Temperature & Weather
- Location proximity
- Cost



Social Limitations

- Not feeling supported
- No peers in class
- Instructor not trained for older adults

WHEN PLANNING PHYSICAL ACTIVITY FOR OLDER ADULTS

Simple strategies to
bring them in and
keep them active!



Make it social and
made up of peers



Provide variety of
activities at various
levels



Have instructors
trained in
modifications



Make it part of their
routine



CASE STUDY: MID-COUNTY CENTER



Classes We Offer:

- Strength Training
- *EZ-Cise*
- Fitness Center
- *On the Move*
- Tai Chi
- Yoga
- *DanceFit*
- Balance



Sports We Offer:

- Pickleball
- Volleyball
- Bocce Ball
- Badminton
- Ping Pong
- Cornhole



Additional:

- Pickleball and Strength Training costs are kept as low as possible- everything else free
- Instructors are upbeat and encouraging, with programs designed for 50+ population

FOR MORE INFO:

Bethancourt HJ, Rosenberg DE, Beatty T, Arterburn DE. Barriers to and facilitators of physical activity program use among older adults. Clin Med Res. 2014 Sep;12(1-2):10-20. doi: 10.3121/cmrr.2013.1171. Epub 2014 Jan 10. PMID: 24415748; PMCID: PMC4453303.

U.S. Department of Health and Human Services. (2018). Physical Activity Guidelines for Americans, 2nd edition. Retrieved from https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf This link is external to odphp.health.gov.

Wingood M, Bean J, Linsky A. Incorporating Physical Activity Assessments and Behavior Change Techniques Into Geriatrics, Archives of Rehabilitation Research and Clinical Translation, Volume 5, Issue 4, 2023, 100293, ISSN 2590-1095, doi.org/10.1016/j.arrct.2023.100293.

