Session Objectives

- Identify and define predictors of successful aging and demographic characteristics that relate to individual participation in physical activity programs
- Explain the most well-known theories and definitions of aging and the difference between the terms chronological, biological and functional aging
- Understand common myths, stereotypes and barriers associated with aging and physical activity participation in later life
- Distinguish between age-related conditions and age-dependent conditions
- Understand the dynamic relationship between aging, physical activity and psychosocial well-being
- Understand benefits of physical activity as it relates to the multiple dimensions of wellness and the prevention of chronic medical conditions, health promotion, and quality of life throughout the lifespan
The Age Wave

Total number of persons age 65 or older, by age group, 1900 to 2050, in millions

Note: Data for the years 2000 to 2050 are middle-series projections of the population. Reference population: These data refer to the resident population. Source: U.S. Census Bureau, Decennial Census Data and Population Projections.
The Age Wave

Figure 1. Global population pyramid in 2002 and 2025

Source: UN, 2001
The Age Wave

<table>
<thead>
<tr>
<th></th>
<th>2002</th>
<th>2025</th>
</tr>
</thead>
<tbody>
<tr>
<td>China</td>
<td>134.2</td>
<td>287.5</td>
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<tr>
<td>India</td>
<td>81.0</td>
<td>168.5</td>
</tr>
<tr>
<td>USA</td>
<td>46.9</td>
<td>86.1</td>
</tr>
<tr>
<td>Japan</td>
<td>31.0</td>
<td>43.5</td>
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<tr>
<td>Russian Federation</td>
<td>26.2</td>
<td>35.0</td>
</tr>
<tr>
<td>Indonesia</td>
<td>17.1</td>
<td>32.7</td>
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# The Age Wave

<table>
<thead>
<tr>
<th></th>
<th>2002</th>
<th></th>
<th>2025</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italy</td>
<td>24.5%</td>
<td>Japan</td>
<td>35.1%</td>
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<tr>
<td>Japan</td>
<td>24.3%</td>
<td>Italy</td>
<td>34.0%</td>
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<tr>
<td>Germany</td>
<td>24.0%</td>
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<tr>
<td>Greece</td>
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<td>31.6%</td>
</tr>
<tr>
<td>Belgium</td>
<td>22.3%</td>
<td>Spain</td>
<td>31.4%</td>
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<tr>
<td>Spain</td>
<td>22.1%</td>
<td>Belgium</td>
<td>31.2%</td>
</tr>
</tbody>
</table>
What is aging anyway?

- Chronological Age
- Functional Age

- Aging
  - Biological
  - Usual
  - Pathological
  - Successful
Theories of Aging

- **Biological Theories**
  - Genetic
  - Damage
  - Gradual Imbalance

- **Psychological Theories**
  - Hierarchy of Needs
  - Psychosocial Stages
  - Selective Optimization with Compensation

- **Sociological Theories**
  - Activity
Physical Activity and Aging

- Benefits of PA for:
  - Body
  - Mind
  - Spirit
Physical Activity and Aging

Percentage of people age 45 and over who reported engaging in regular leisure time physical activity, by age group, 1997-2002

Note: Data are based on 2-year averages. "Regular leisure time physical activity" is defined as "engaging in light-moderate leisure time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to 5 times per week, or engaging in vigorous leisure time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to 3 times per week."

Reference population: These data refer to the civilian noninstitutionalized population.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.
Reported Barriers

- Lack of energy
- Lack of motivation
- Illness or injury
- Fear of injury
- Lack of skill
- Not enough time
- Lack of support
- Lack of facilities
- High Cost
- Lack of safe places
Aging Stereotypes

- Getting older means:
  - Losing physical abilities
  - Getting sick
  - Living in a nursing home
  - Resting and relaxing

- When it comes to aging:
  - There is nothing you can do about it
  - Once it’s gone it’s gone for good
Myths and Stereotypes

1. You have to be healthy to exercise
2. I’m too old to start exercising
3. You need special clothing and equipment
4. No pain, no gain
5. I’m too busy to exercise
Physical Activity and Aging

- Health and Function
- Psychological Well-Being
- Cognitive Function
- Quality of Life
- Social Functioning
Summary

- Growing global aging population
- “Old age” is more complex than simply the number of birthdays a person has celebrated
- Physical activity is an essential component of successful aging
- Physical activity provides numerous physical, psychological and social benefits to older adults
- Myths and stereotypes hinder older adults from even attempting exercise
Thank you!!!