



Today's Active Older Adult





**AGING IS NOT
LOST YOUTH BUT A
NEW STAGE OF
OPPORTUNITY
AND STRENGTH.**

Betty Freidan

Aging has changed

We are living longer and healthier lives:

- People are working and contributing longer
- Those who stay retired have many more years to fill than they used to
- Our health allows us to be more active



“Chronological age is an increasingly unreliable benchmark of pretty much anything about a person.”

Ashton Applewhite, **This Chair Rocks**

How to age successfully

- Physical activity
- Cognitive stimulation
- Meaning and purpose
- Social interaction and relationships



Physical activity

Walking/hiking

Fitness classes

Weight bearing

Yoga/Tai Chi/Kung Fu

Dance/Zumba

Chairfit Bingo

Indoor rock climbing



Cognitive activity

- Do something new with your brain regularly or do something old in a new way
- Cross body movements help with rewiring
- Exercise! Even briefly exercising for 20 minutes facilitates information processing and memory function
- Eat right
- Get enough sleep and reduce stress



Meaning and purpose

Has shown to be related to improved physical, emotional and cognitive well-being

- Hobbies/creativity
- Self-actualization
- Spirituality/religion
- Giving back or volunteering
- Employment



Social interaction and relationships

Loneliness and isolation are the new health crisis

Being isolated is the health equivalent of smoking ½ pack of cigarettes each day.



Social interaction and relationships

- Online classes
- Community groups
- Dating sites
- Senior centers & libraries
- Faith-based congregations
- Group classes
- Book Clubs/Discussion Groups
- Support Groups
- Virtual Reality



How Attitude Impacts Your Health

- People who show hostility toward others have more cardiovascular disease, metabolic disease and die at younger ages.
- Your mental patterns could be harming essential parts of your DNA
- Illness tends to progress faster for pessimists
- Ageism toward yourself can reduce your lifespan by 7.5 years!



How Aging is Cool can help

- Free online classes each day (fitness, brain games, lifelong learning)
- In-home sessions for older adults
- Classes for groups or senior living sites
- Virtual reality classes at Thrive Pavillion

www.AgingisCool.com



Camp Meraki

October 29th and 30th, Wimberley, Tx



CAMP MERAKI

Thank you!

Amy Temperley
amy@agingiscool.com
www.agingiscool.com
512.790.2665 (COOL)

