

Effective Exercise Interventions for Active Aging

While it is realized that older adults can benefit from engaging in cardiovascular, strength, flexibility, and balance training, any single type of exercise seems to not be sufficient to improve all fitness parameters together. Compared to performing only one type of activity, well-rounded physical activity programs that include a combination of aerobic, resistance, flexibility, and balance activities may be more effective in improving fitness and providing meaningful functional outcomes for older adults. Therefore, the development and implementation of safe and effective well-rounded activity programs in community- and home-based settings is an effective means by which older adults can achieve the many benefits of engaging in regular physical training. This lecture will review the benefits of, and recommendations for, physical activity, and the existing body of knowledge regarding specific cardiovascular, flexibility, strength, and balance interventions shown to improve health and function in older adults who are healthy or frail. In addition, this lecture will discuss aspects of behavior change to improve adherence and key practices for promoting physical activity in older adults among medical, clinical, and fitness professionals, as identified by the American College of Sports Medicine.

Objectives

1 - Counsel older adults on the importance of increasing their physical activity to improve health and function.

2 - Perform and prescribe specific exercises that are part of a scientifically-based program to address the four core areas of physical fitness in older adults: cardiovascular, strength, flexibility, and balance training.

3 - Modify these programs for three specific sub-groups of older adults: a. Apparently Healthy Older Adult b. Very Old Adults or Frail Elderly c. Older Adults with chronic disease or disability.

4 - Identify resources and best-practices to promote physical activity that facilitate communication between professionals who work with older adults.

About Michael Rogers



Dr. Michael Rogers is a professor of exercise science in the Department of Human Performance Studies at Wichita State University. He is also the Director for the WSU Center for Physical Activity and Aging. He has more than 90 published papers and made more than 400 presentations, regularly presenting in Europe and Asia. Dr. Rogers is internationally recognized for his research concerning the effects of balance and resistance training on older adults. Currently, Dr. Rogers is collaborating on studies regarding the efficacy of community-based exercise programs throughout Japan where he has visited 17 times and held visiting scholar positions twice. He also chairs the American College of Sports Medicine's Exercise is Medicine for

Older Adults Committee. In addition, he works with several companies on product development and evaluation.

