STAYING ACTIVE & FIT -AGES AND STAGES

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AGENDA

Introduction

Guidelines-ACSM

What kind of movement

Ages and Stages

-Retirement through infinity

Resources

ACSM STRENGTH GUIDELINES

AT LEAST 2 DAYS/WEEK

8 TO 12 REPETITIONS FOR HEALTHY ADULTS

10 TO 15 REPETITIONS FOR OLDER AND FRAIL INDIVIDUALS.

EIGHT TO 10 EXERCISES TARGETING THE MAJOR MUSCLE GROUPS.

ACSM CARDIO GUIDELINES

30 MIN MODERATE 5 DAYS PER WEEK

- OR

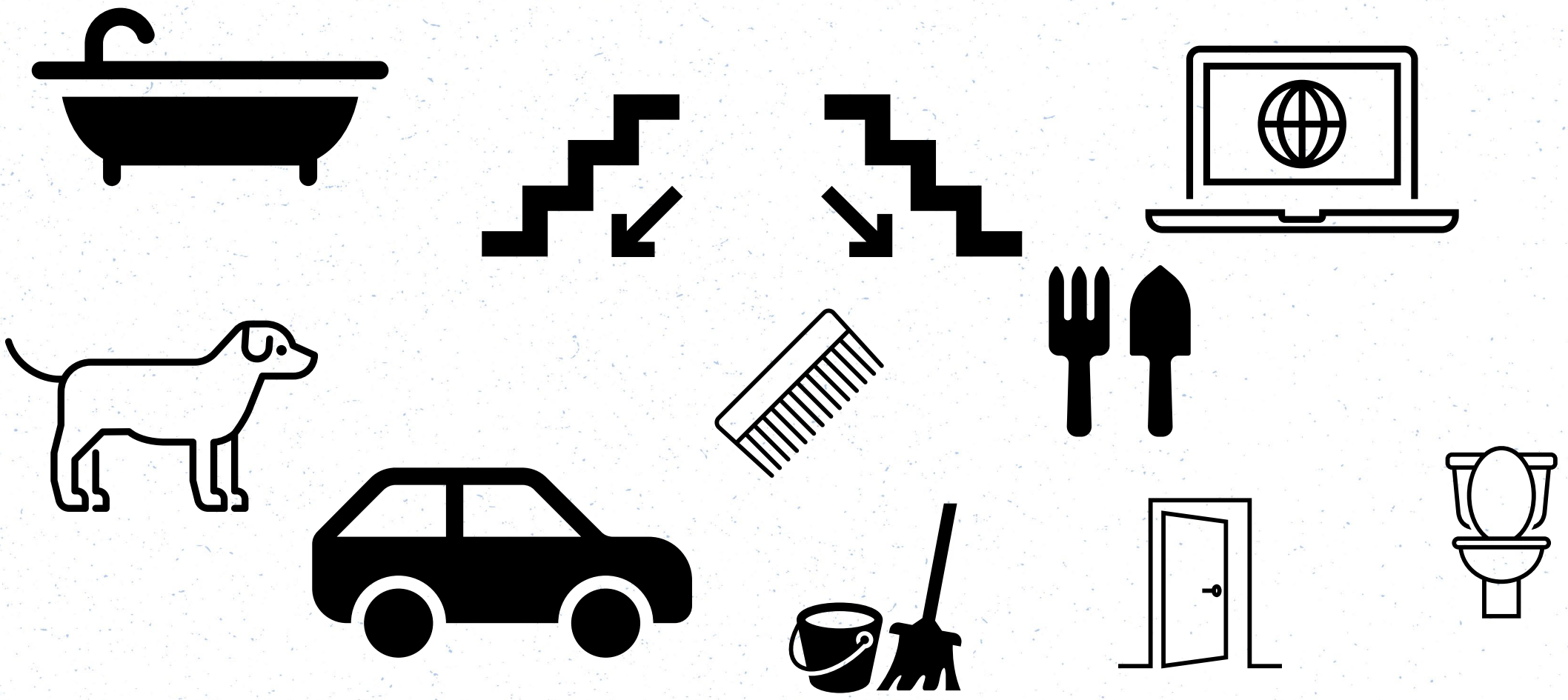
20 MIN VIGOROUS 3 DAYS PER WEEK

ACSM FLEXIBILITY GUIDELINES

AS OFTEN AS POSSIBLE!

30 SEC X 3, MAJOR MUSCLE GROUPS, AS MANY DAYS AS POSSIBLE

WHAT DO YOU DO EVERYDAY?



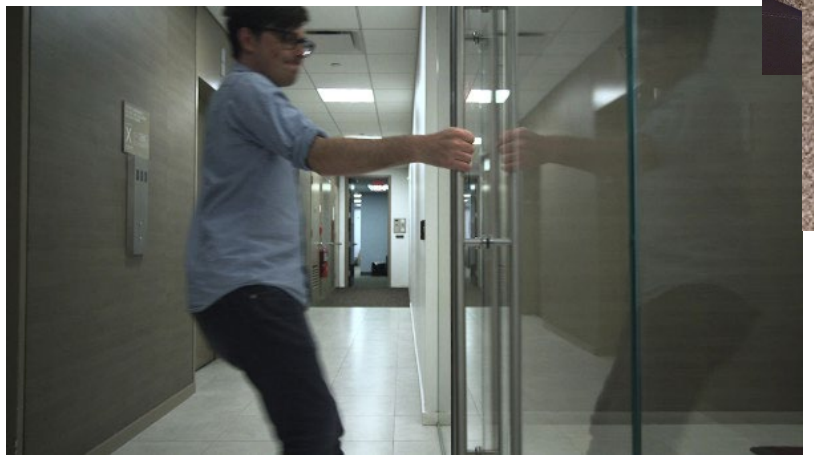
FUNCTIONAL MOVEMENT

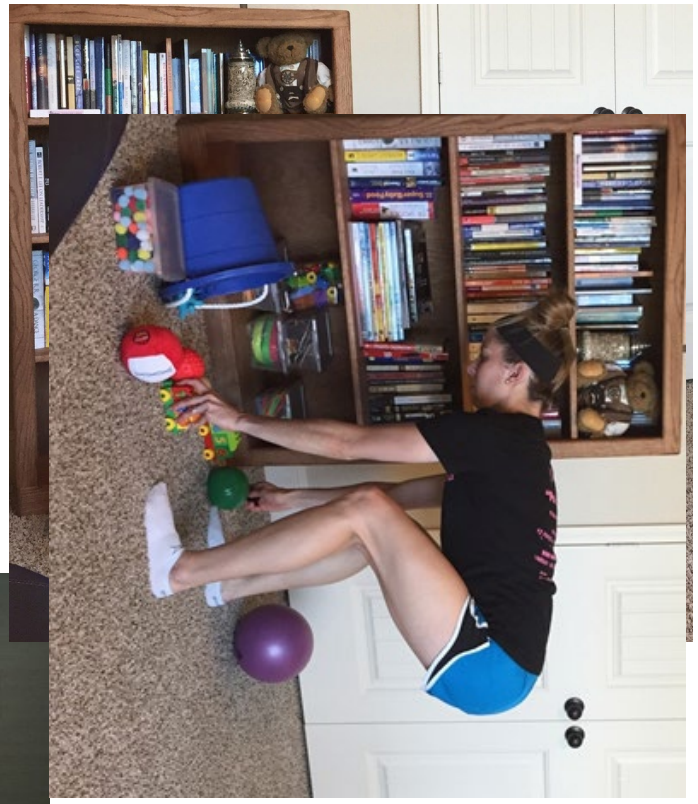
Mimic everyday activities:

- Squat
- Row
- Bench press
- Deadlift

FUNCTIONAL/COMPOUND

FUNCTIONAL/COMPOUND





FUNCTIONAL/COMPOUND

FUNCTIONAL/COMPOUND

ABOUT TO RETIRE

AGES 55-65

CARDIO-EITHER GUIDELINE

STRENGTH-POWER OR ENDURANCE

FLEXIBILITY/MOBILITY-DAILY

MANAGE CONDITIONS

NEW RETIREE

AGES 65-75

CARDIO: 30 MIN MODERATE

STRENGTH: ENDURANCE

FLEX/MOBILITY: DAILY

MANAGE CONDITIONS

FULLY RETIRED

Ages 75+

Strength for ADLs!

MOVEWELL RESOURCES

- Memberships
- Consultations
- Fitness 101
- Personal Training
- MoveWell Rewards

http://ukhr.uky.edu/wellness/Movewell/movewell

QUESTIONS?