

STRONG AT ANY AGE

Fitness doesn't have an expiration date

Presented by:



**CT FITNESS
LAB**

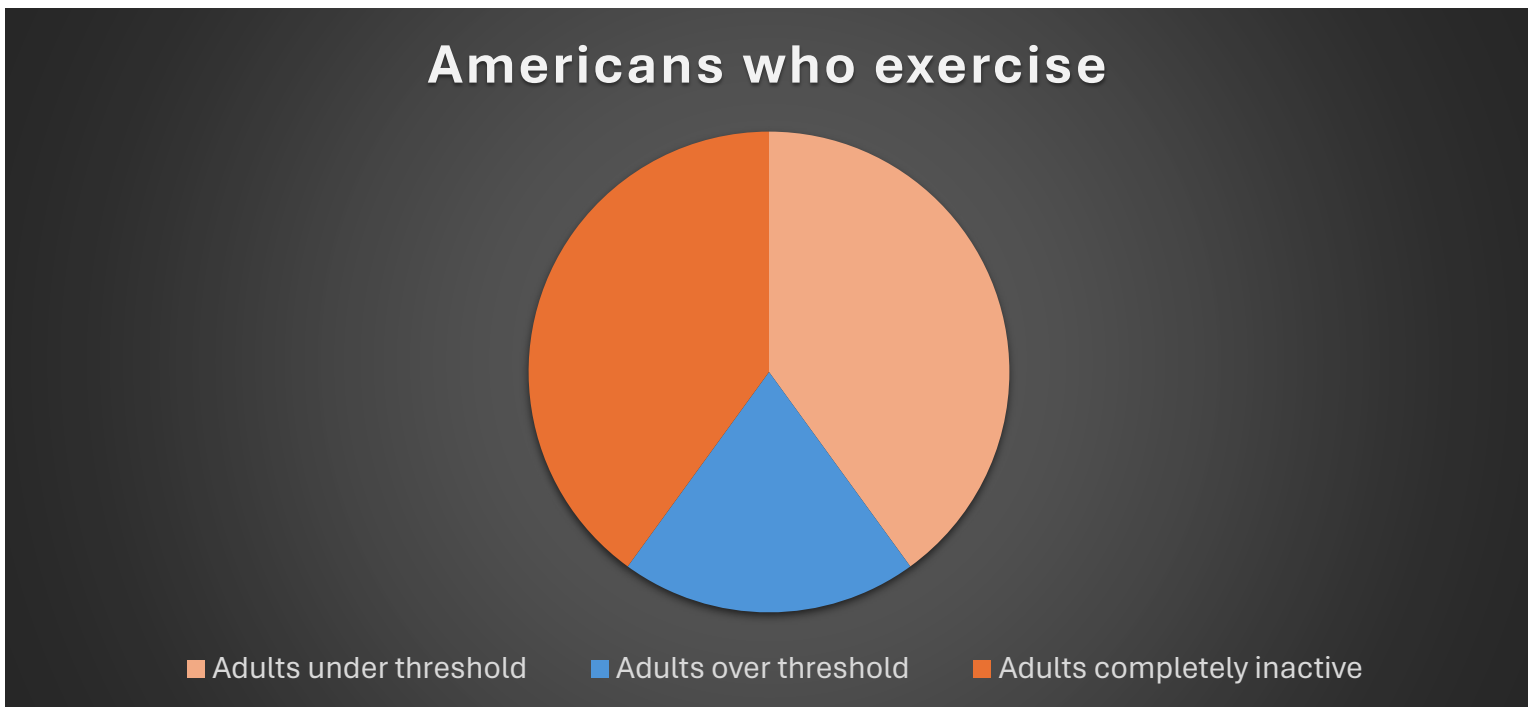
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CDC RECOMMENDS 150 MIN PER WEEK



Florida Atlantic University published a study showing that **80% of adults in the U.S. fail to meet the CDC's minimum activity threshold of 150 minutes per week.**

40% of Americans over the age of 75 are entirely inactive.
(as of 2023)



IMPORTANCE OF A FITNESS REGIMEN



- Disease Prevention (Heart disease, Diabetes, etc.)
- Improve Mental Health (Produces endorphins - Feel good hormones)
- Decreased Risk of Falls (improve strength and flexibility)
- Social Engagement (Fun social setting)
- Improved Cognitive Function (Lower risk and severity of dementia)

TYPES OF EXERCISE



- Cardiovascular (Elevate Heart Rate to improve oxygen transportation)
- Strength (Build tensile strength of muscle fibers)
- Agility (Challenge Balance, Breaking, Accelerating)
- Power (Ability to move weight with speed)

FITNESS TESTS



A crucial tool in fall prevention is the :30 sec chair stand test

A below average score indicates a higher risk for falls

(Based on the CDC 2023)

AGE	MEN	WOMEN
60-64	<14	<12
65-69	<12	<11
70-74	<12	<10
75-79	<11	<10
80-84	<10	<9
85-89	<8	<8
90-94	<7	<4

FITNESS TESTS



Timed Up and Go Test

A below average score indicates a higher risk for falls

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ASSESSMENT

Timed Up & Go (TUG)

Purpose: To assess mobility

Equipment: A stopwatch

Directions: Patients wear their regular footwear and can use a walking aid, if needed. Begin by having the patient sit back in a standard arm chair and identify a line 3 meters, or 10 feet away, on the floor.

① Instruct the patient:

When I say "Go," I want you to:

1. Stand up from the chair.
2. Walk to the line on the floor at your normal pace.
3. Turn.
4. Walk back to the chair at your normal pace.
5. Sit down again.

NOTE:
Always stay by
the patient for
safety.

② On the word "Go," begin timing.

③ Stop timing after patient sits back down.

④ Record time.

Time in Seconds: _____

An older adult who takes ≥ 12 seconds to complete the TUG is at risk for falling.

AGE	TIME
60-69	7.1-9.0
70-79	8.2-10.2
80-99	10.0-12.7
Community dwelling frail older adults	> 14 High risk
Post-op Hip Fracture	> 24 High risk
Frail older Adults	≥ 30 predictive of requiring assistive device

FITNESS TESTS



Balance Test (:30)

(Balance / Arm Movement / Eyes closed / Eyes closed with Arm movement)

Push up test	M – 60-65	W-60-65
Excellent	>30	>23
Good	24-30	19-23
Above Average	17-23	13-18
Average	6-16	5-12
Below Average	3-5	2-4
Poor	1-2	1
Very Poor	0	0

Single Leg Wall Sit Test in Sec:		
Rating	males (seconds)	females (seconds)
excellent	>100	> 60
good	75-100	45-60
average	50-75	35-45
below average	25-50	20-35
very poor	< 25	< 20



FOCAL POINTS OF LONGEVITY

The body should be able to:

- **PUSH**
- **PULL**
- **ROTATE**
- **RESIST**





PUSH

A push movement can include:

- An upper body press
- Any squatting motion
- Going up steps



Exercise routines should include variations of these movements to ensure proper muscle development for functional strength.





PULL

A pull movement can include:

- An upper body pull
- Any hip hinge movement (i.e., picking something up)
- Stepping back down from a step



Exercise routines should include variations of these movements including combining them to mimic real life requirements.





ROTATE

Rotation is more common in our daily lives than we realize:

- Walking alone requires a good amount of rotation.
- Reaching for anything is a controlled rotation.
- Raking, shoveling snow, racket sports, opening a door, etc..

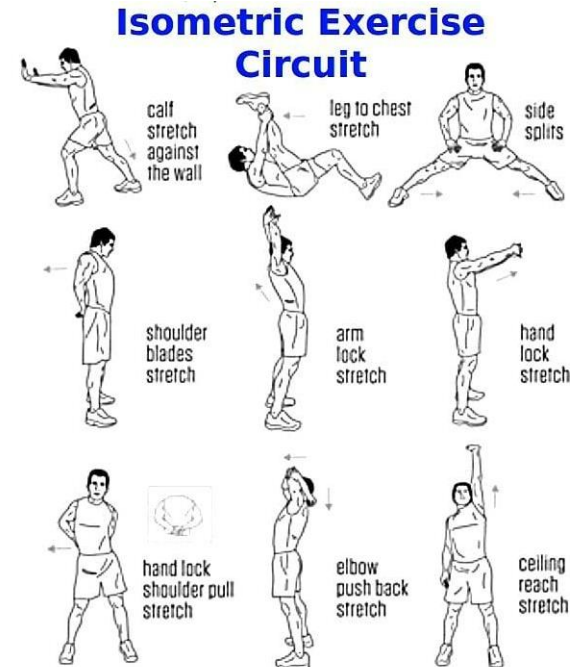
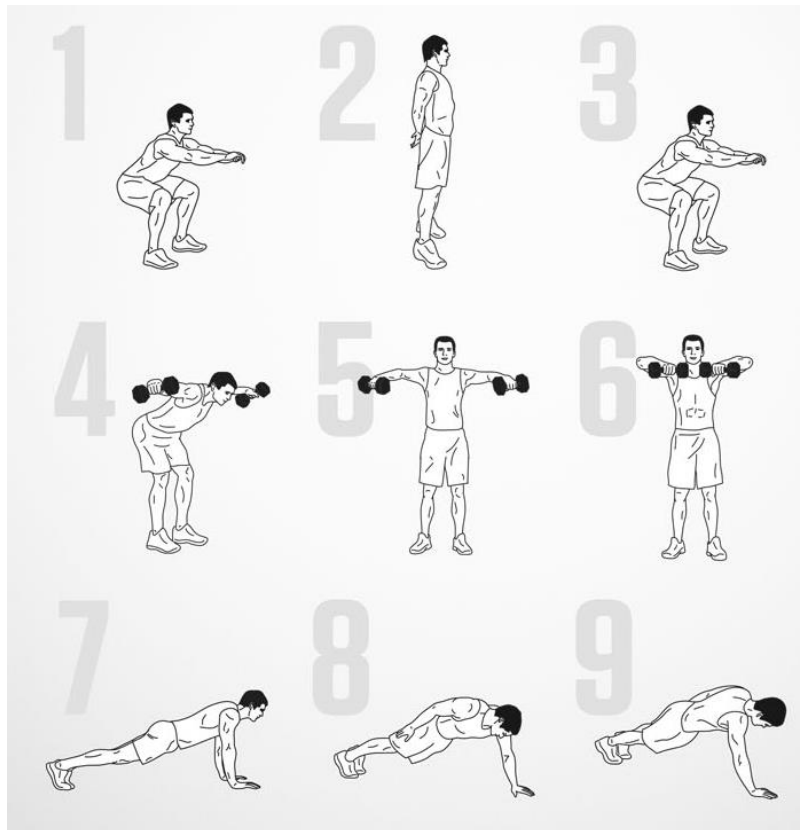
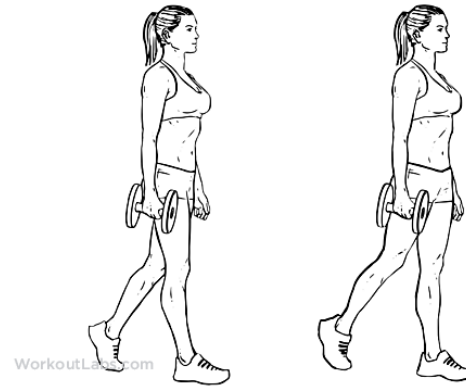
Exercise routines should include variations of these movements including combining them to mimic real life requirements.



RESIST

Resisting Motion is just as important as creating it.

- Stand on your toes / Keep your toes up
- Holding an item away from you
- Carrying an item in front or to your side





FOCAL POINTS OF LONGEVITY

The body should be able to:

- **PUSH**
- **PULL**
- **ROTATE**
- **RESIST**



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THANK YOU



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