

A stylized sun in the top right corner and several light blue clouds in the top left corner against a blue background with a faint grid pattern.

IGNITE!

Senior Health & Fitness Programming

FRPA September 1, 2016



Active Seniors?

- Ages 65 – 74
 - 28% - 34% engage in ZERO leisure time activities
- Ages 75 & over
 - 35% - 44% engage in ZERO leisure time activities
 - **ONLY 25% - 35%** of older adults achieve recommended activity level



Biggest Offenders?

- Women – less likely to be active than men
- African Americans – less likely to be active than *all* whites



What's the impact?

- o Direct Medical Costs

- o 1987 - \$29 billion

- o 2000 - \$76.6 billion



What's the impact?

- \$4.50 return
- What you get for every \$1 spent on physical activity for older adults with hip fractures.
- \$5.6 billion in reduced costs for heart disease
- What you get if only 10% of adults began a walking program.



What is Healthy Aging?

- Encompasses all facets of being
 - Physical Health
 - Emotional Health
 - Social Engagement
 - Spiritual Wellbeing
 - Intellectual Stimulation



What is Healthy Aging?

- Encompasses all facets of being
 - Internal Dimensions:
 - Beliefs, Attitudes, Intentions
 - External Support:
 - Social Networks, Community Services, Public Policies, Environment (built & natural)



Topic #1

o What are your 5 most successful health or fitness programs currently being offered?



Topic #2

○ What are the partnerships you are currently using to create broader programming?



Topic #3

- o What amazing programs could you be offering if time, staff & money weren't an issue?



Bringing it home

- o Favorite current programs
- o Really great partnerships
- o The next amazing program you'll be trying