

W1: Create a Vision for 'New Wave' of Active Adult Programming

- Who am I?
- Why am I here?
- Think about aging more positively and there will be major increases in dynamic active living behaviours.

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SENIOR



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ACTIVE ADULT



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Dynamic Aging

- Characteristics of Dynamic Aging
- Active Aging Industry Trends: Visions for the Future
 - # 2 Change = the need to increase lifelong learning, instructor led exercise/fitness.

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Language Is Everything

Dynamic Aging will only be possible if:

- Recreation Program Providers and Active Adults think, talk and act with a *Dynamic Aging* mindset
- 'The Blink Experiment'

Language → perceptions → behaviours/actions

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'The Blink Experiment'

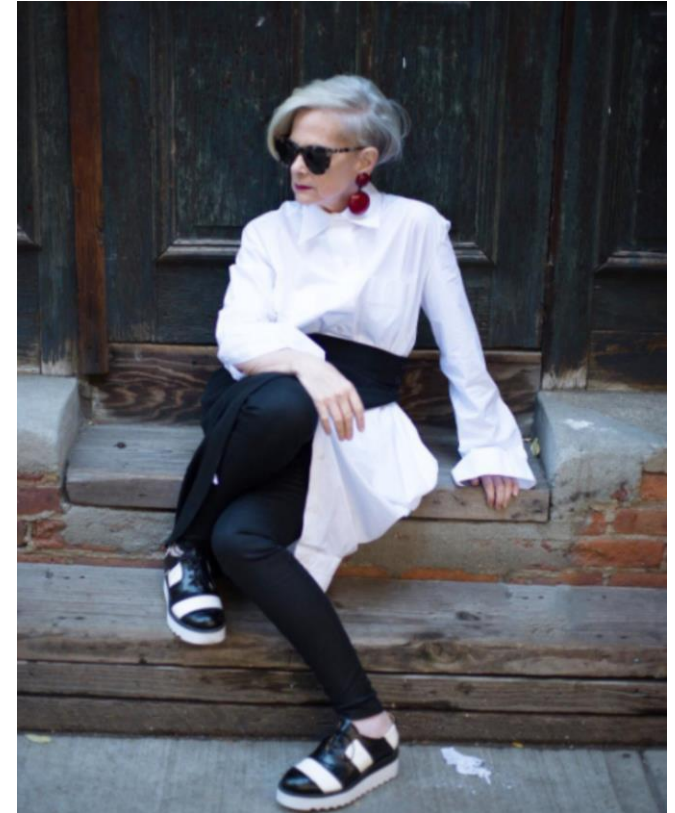
- him was worried she always
- are from Florida oranges temperature
- ball the throw toss silently
- shoes give replace old the
- he observes occasionally people watches
- be will sweat lonely they
- sky the seamless gray is
- should not withdraw forgetful we
- us bingo sing play let
- sunlight makes temperature wrinkle raisins

Language → perceptions → behaviours/actions

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Barriers and Limitations

- Age has a serious image problem
- The cramping effect → self fulfilling prophecies
- Study from York University
- 64 year old Fashionista -
“Don't be afraid of aging”



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What Can You Do?

- Internal and External Language
- Unconscious vs Conscious Mind

- 4 PILLARS OF CHANGE:
 - Acceptance
 - Awareness
 - Accountability - Neuroplasticity
 - Adaptation

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Education → Growth Mindset

- The older you get, the slower and frailer you will become
- It is possible to have a healthy active life to 120 years
- Muscle wasting, pain, balance problems, senior moments, increase in chronic illness are all inevitable as you age
- I am too old to start getting healthy
- It is too difficult to move

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Next Steps to Spread the Word on Dynamic Aging

- Train your staff/superiors to use dynamic aging language
- Ban thoughts of Decline/Disability in your Centres
- TRIPOD EXERCISE to create reasonable doubt
 - Through informal day to day conversations
 - Through seminars - Lunch and Learn
 - Through dynamic aging programs



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Strategies That Work

- Focus on the physical - you know the benefits
- Provide programs that focus on Strength, Balance and Flexibility
- Functional Aging work
- No equipment, no problem
- Lobby for equipment - free weights, stability balls, exercise bands

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“At a time when the world wants me to slow down and step aside, I am going to politely decline. Age is power, Knowledge and experience have no bounds, creativity is limitless.”

JANN ARDEN

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THANK YOU

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