

AGE WELL COURSE

How to move to age well

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Resources

The Age-Well Project

Website: <https://agewellproject.com>

Instagram: [@agewellproject](#)

Facebook: [@theagewellproject](#)

Susan Saunders Health

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Books

[*The Age-Well Project*](#) Easy Ways to Live a Longer, Healthier, Happier Life

[*The Age-Well Plan*](#) The 6-week Programme to Kickstart a Longer, Healthier, Happier Life

Disclaimer

I'm not a doctor or a nurse. I can't prescribe, I can't give you advise on individual health issues. You need to talk to your GP about those. I'm here to guide you to make your own healthy choices, and to coach you to discover what's right for you.

This session is all about my third rule for ageing well: movement.

SO TONIGHT I WILL :

1. GIVE YOU A VERY SIMPLE UNDERSTANDING OF THE KEY ELEMENTS OF MOVING WELL TO AGE WELL
2. I'VE GOT 5 KEY ACTIONS (plus a couple of bonuses!) TO FOLLOW TO KEEP YOU ON TRACK WITH MOVING TO AGE WELL – AND I'LL TALK ABOUT THE SCIENCE BEHIND EACH ONE AS WE GO.

WHY IS MOVEMENT SO IMPORTANT AS WE AGE?

Research papers referenced here:

Physical activity and telomere length: Impact of aging and potential mechanisms of action

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5546536/>

Physical activity trajectories and mortality: population based cohort study

<https://www.bmj.com/content/365/bmj.l2323>

QUIZ: HOW ARE YOU MOVING NOW????

1. How many steps do you walk each week?
2. How many times do you get breathless each week? And how long for?
3. How many hours do you sit down for each day?
4. Where are you most sedentary? At work, watching TV in the evenings, on your commute?
5. How much time do you spend outdoors? And how much of that time is in nature rather than urban streets?
6. How do you feel about your body? Fit or flabby?
7. How often do you exercise with friends or family? AND I INCLUDE THE GOLDSTER TRIBE IN THAT!

FIVE TIPS FOR EXERCISING SAFELY

I'm going to throw a lot of ideas and inspiration for exercising at you this week. Take it slowly and don't go too far beyond your comfort zone, you've got the rest of your life to work out, remember

Stay hydrated. Working out requires plenty of water. Carry a refillable water bottle with you every time you exercise.

Don't work out through pain. If you think you're injured, rest and consult a doctor/physio.

Have a least one rest day to allow muscles to rest and repair. I usually take two a week.

Stretch before and after exercise – increasingly important as we get older

Don't just do one type of exercise – complement cardio or high-impact workouts with more gentle stretch-based movement like yoga or pilates

1. DON'T SIT STILL FOR MORE THAN AN HOUR

Research papers referenced here:

Dose-response associations between accelerometry measured physical activity and sedentary time and all cause mortality: systematic review and harmonised meta-analysis

<https://www.bmj.com/content/366/bmj.l4570>

Replacing sedentary time with physical activity: a 15-year follow-up of mortality in a national cohort

<https://www.dovepress.com/replacing-sedentary-time-with-physical-activity-a-15-year-follow-up-of-peer-reviewed-article-CLEP>

Associations of Accelerometer-Measured and Self-Reported Sedentary Time With Leukocyte Telomere Length in Older Women

<https://academic.oup.com/aje/article/185/3/172/2915786>

Fidgeting is associated with lower mortality risk

<https://ebm.bmj.com/content/21/3/109.long>

Desk-side stretching routine:

- Start at the top of your head, moving it from side to side and up and down to loosen out your neck muscles.
- Roll your shoulders backwards and forwards. Stretch your arms out to the side and up to the ceiling, circling your wrists as you do so.
- Point one arm down to the floor and the other up to the ceiling, tilt in the direction of the of the arm pointing downwards so you feel a stretch in your obliques (the side of your waist).
- Put your arms down and wiggle your hips from side to side.
- Clench and relax your buttocks three times.
 - Lift each leg, straighten it out and rotate your foot. Put your feet on the ground and roll through each one, from toe to base of heel and back again. Workout completed!
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2. HOW FAR CAN YOU WALK EACH DAY?

Research papers referenced here:

How many steps/day are enough? for adults

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3197470/>

Associations of Physical Activity and β -Amyloid With Longitudinal Cognition and Neurodegeneration in Clinically Normal Older Adults

<https://jamanetwork.com/journals/jamaneurology/article-abstract/2738357>

Self-rated walking pace and all-cause, cardiovascular disease and cancer mortality: individual participant pooled analysis of 50 225 walkers from 11 population British cohorts

<https://bjsm.bmj.com/content/52/12/761>

3.THE POWER OF BREATHLESSNESS AND INTERVAL TRAINING

Cardiorespiratory Fitness and Gray Matter Volume in the Temporal, Frontal, and Cerebellar Regions in the General Population

[https://www.mayoclinicproceedings.org/article/S0025-6196\(19\)30522-1/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(19)30522-1/fulltext)

4 MUSCLE v FRAILTY: WEIGHTS AND RESISTANCE TRAINING

Is strength training associated with mortality benefits? A 15 year cohort study of US older adults

<https://www.sciencedirect.com/science/article/abs/pii/S0091743516300160?via%3Dihub>

5. YOGA AND STRETCHING

101 Health Conditions Benefited by Yoga

<http://warriorsatease.org/wp-content/uploads/2011/06/101healthconditionshelpedbyyoga.pdf>

BONUSES!

Importance of looking after your teeth:

<https://www.ncbi.nlm.nih.gov/pubmed/30746447>

Importance of looking after your feet:

<https://www.janebakerphysio.com>