

COACHING STRATEGIES AND CONSIDERATIONS FOR THE ACTIVE AGER

Presented by: Krista Popowych, BHKin

IDEA Fitness Instructor of the Year; canfitpro Canadian Presenter of the Year
Keiser Global Director of Group Education; Balanced Body Integrated Movement Specialist
Vancouver, BC, Canada info@kristapopowych.com

Overview: Active ager? Senior fit? Fit and 50? No one wants or needs a label. Learn how to change the trainer/client mindset and the subsequent dialogue around age and fitness. In this session, you'll explore what needs to get done today and tomorrow for increased longevity and quality of life. Develop the skills to move better, move more often and move with power—no matter what stage of life you're in.

Working with Older Adults

- Age and Fitness
- Is age just a number?

Improving Quality of Life

- What is the number one goal?

What Is Needed to Move Better? The Three M's

- Mindset
- Motivation
- Movement

Research Behind the Benefits of Resistance Training

Sarcopenia & Osteopenia

Sarcopenia: progressive loss of skeletal muscle mass, strength and quality

Osteopenia: insufficient bone mass

Bone health follows muscle health

- Weak muscles=weak bones

Leads to increased risk of falls, fractures, and physical disability

Osteoporosis & Bone Density

Study: Strength Training in Postmenopausal Women: Effects on Bone and Body Composition: one year high intensity strength program: 3 sets of 8 at 80% 1RM

- Bone density increased by 6.3% and decreased in the control group by 3.7%

"Resistance training remains the most effective intervention for increasing muscle mass and strength in older people." (Borst 2004)

Falls Risk is a Major Concern

Decreased muscle leads to decreased strength and power

Leads to decreased balance and stability

Leads to higher risk of falls

Thinning bone leads to higher incidence of injury when the fall occurs

Leads to more inactivity and fear of falling

Leads to the cycle starting again

- Resistance Training can help to interrupt and reverse this cycle

Type 2 Diabetes and Exercise

Traditionally cardiovascular exercise has been promoted for those diagnosed with type 2 diabetes or pre-diabetes to help control the disease

- Resistance training found to be very effective in decreasing visceral fat, lowering A1c levels, improving insulin sensitivity and raising glucose utilization

Study: Resistive Training Lowers Insulin Levels and Increases Insulin Sensitivity in Older Men: strength trained 3 times per week for 16 weeks: Insulin Sensitivity increased by 23%, strength by 38%, with an increase in muscle and decrease in body fat

Power Why Train Power?

- **Power = Force x Velocity**

A muscle loses its power over time more quickly than it loses strength

Studies have shown that sedentary males experience a decrease in Type 2 (fast twitch) muscle fibers by 50% by age 80

By speeding up resistance training safely, more fast twitch muscle fibers are activated

- These fibers are involved in higher levels of strength such as ascending & descending stairs and getting into and out of a chair

How?

Pneumatic (Keiser) strength equipment uses air pressure, creating a safer way to power training with older adults:

- Consistent resistance at any speed
- Negligible stress to muscles, connective tissue and joints
- Easy to set-up and use

Other options

Resistance Training Considerations

Recommended load assignments based on:

- Age & Gender
- Experience: beginner, intermediate, advanced
- Current fitness level
- Underlying medical conditions or limitations

Coaching For Success

Due to inactivity, the average adult loses 5 pounds of muscle every decade, which doubles in those over 50

This muscle loss contributes to an increase in fat, diabetes and cardiovascular disease and a decrease in metabolism, bone density and overall functional ability

Research shows that in as little as 10 weeks, older adults that enter into a resistance training program have the ability to change the trajectory of their health and independence.

Pneumatic equipment allows for safe activation of fast twitch muscle fibers, which are involved in higher levels of strength like:

- ascending & descending stairs
- getting into and out of a chair or car

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