



LIMITLESS

Move Laugh Connect
Expo Booth #443

PRESENTED BY

Carla Sottovia, PhD & Kris Flabiano, BS



MOVE
LAUGH
CONNECT

EXTENDING YOUR **FUN**CTIONAL YEARS

What is MLC?

MLC is a balanced program for total well-being that addresses one's physical, emotional and social dimensions in a group setting.

Participants can:

- preserve functionality
- embrace humor
- engage with fellow classmates

MLC Group Classes are Ideal for:

- Older Adults with limited mobility and stability
- Older Adults challenged with health issues
- Adults desiring to improve Brain Health and Fitness

Why Move?

Exercise Benefits

- Feel healthier
- Feel happier
- Decrease risk of heart disease

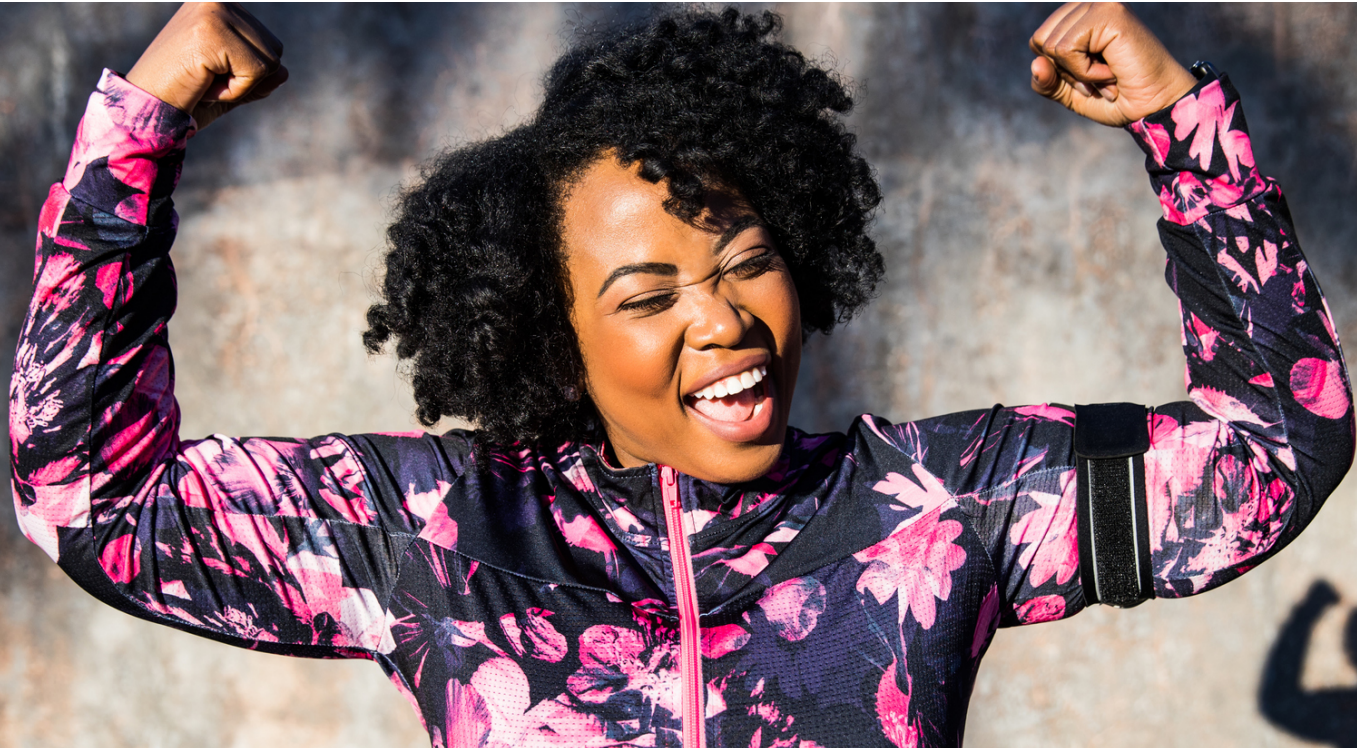


20-YEAR ADVANTAGE



Cooper Fitness Center™
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A Powerful Pill



BRAIN FITNESS





Cognitive Impairments- "Dementia"

- Alzheimer's
- Lewy Body
- Vascular and Front temporal



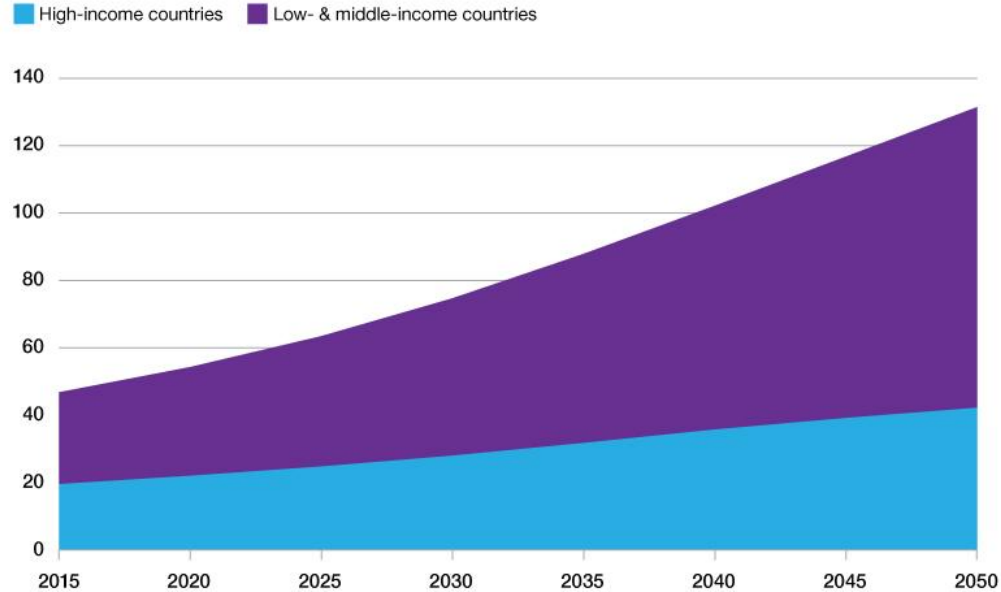
Brain x Aging: Truths & Misconceptions

Healthy aging is not associated with a loss of independence.

Alzheimer's

A Growing Health Crisis

The projected number of people with dementia, *millions*



Source: Alzheimer's Disease International – World Alzheimer Report 2015

Takeaways

- Aging does not equal loss of Cognitive Abilities
- Exercise and Keep Fit
- Eat a Healthy Diet
- Stay Mentally Active
- Stay Social
- Manage Stress
- Get Plenty of Sleep
- Control your Health

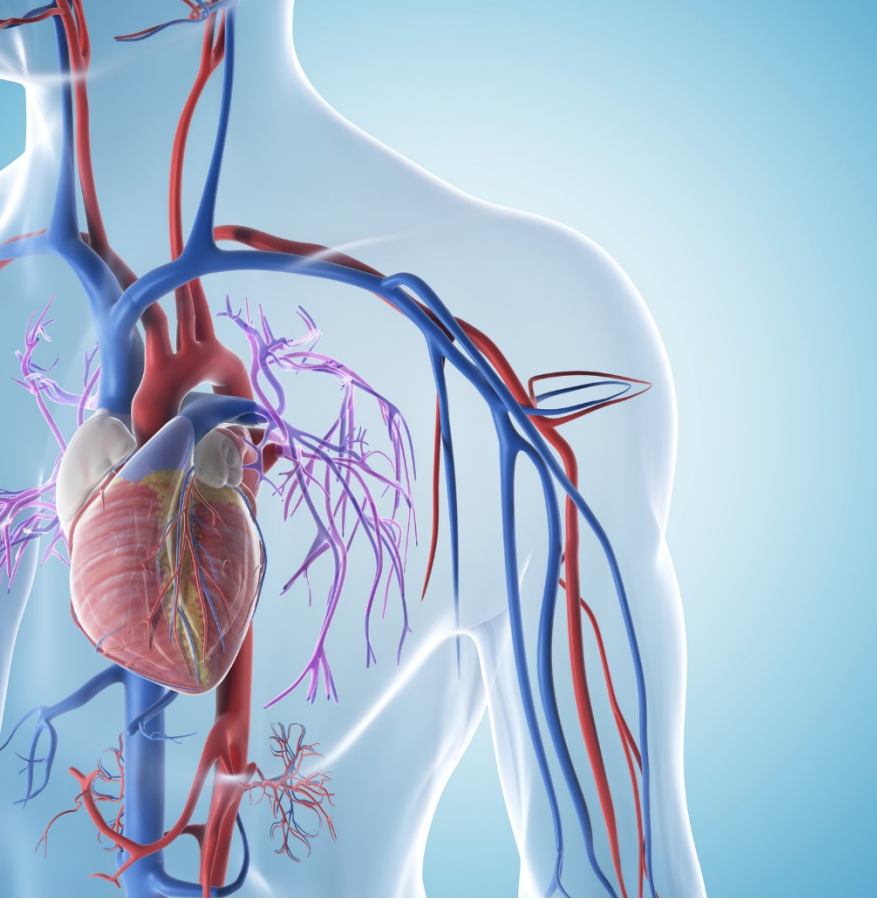


Why Laugh?



Laughter is UNIVERSAL





Blood Vessels: Comedy x Drama

Laugh Teacher



Why Connect?



Lack of Social Connectedness



- **Anxiety**
- **Depression**
- **Antisocial behavior**

Social Connectedness



SOCIAL
+
EMOTIONAL
+
PHYSICAL
WELL-BEING



Cooper Fitness Center™
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Social Connectedness



- Increases Cardiovascular health
- Decreases stress
- Decreases loneliness and depression



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