

EMPOWERED—FITNESS AND HEALTH AS WE AGE

Each participant will select a topic and lead the workshop in the discussion of that topic. Typically, workshops will begin with a 20-25-minute presentation that leads into a discussion. Though most use slide presentations, any format for presentation is welcome. In this workshop, we generally anticipate that the first hour would include a presentation on a substantive topic while the second hour would include a sample exercise or discussion of an exercise modality. This could change based on the numbers in the group and the wishes of the participants.

SUGGESTED TOPICS

Use the sign-up sheet that follows this list of topics once you make a decision about your topic selection and share it with the facilitators once your decision is made.

For Weeks 1-4, the presentations will follow the sequence of numbers below.

1. Fitness recommendations for Canadians and world-wide

Organizations such as the WHO recommendations, Canadian Guidelines etc.

- [WHO Guidelines on physical activity and sedentary behaviour: Web Annex Evidence profiles](#)
- [CSEP PAGuidelines 0-65plus en.pdf](#)
- How do Canadian guidelines compare to other countries?
- How do these recommendations change with age?

2. What happens to muscles as we age and what is the link to healthy bones

- Sarcopenia, osteoporosis etc. (Use it or lose it?)
- What causes these conditions and how can they be avoided?

3. What are the nutritional requirements for reversing muscle loss

- Role of protein in muscle maintenance and development
- Other essential nutrients for muscle mass and maintenance
- Sample diets that might support improving muscle loss

4. What is the science behind the benefits of exercise(the fitness imperative) with an emphasis on seniors

- [Science of Exercise | Coursera](#)
- [Hacking Exercise For Health. The surprising new science of fitness. | Coursera](#)
- Sedentary –What is it and what are some possible effects? We are no longer hunter-gatherers. Is sitting the new smoking?

Weeks 5-8-Choose a topic of your choice and share your selection with the facilitators. Some of these titles lend themselves to more than one presenter as they are quite extensive.

A. Role of the breath and sleep

- How to breath, breathing during exercise, nose breath
- Recent theories of breathing (James Nestor-Breath-The new stags of a Lost Art)
- Amount of sleep and stages etc.

B. Specifics of the benefits of exercise for the prevention and mitigation of any of the following:

- immunity, cancer, cardiologic events, brain issues, Parkinson's, fall prevention, osteoporosis, arthritis, mental health, fractures, illness recovery, pain reduction, asthma, life longevity, etc.

C. Types of exercise explained and the benefits of each

Examples of functional exercises that would help to support these areas include:

- Strength – planks, push ups, lunges squats, weights, planks, push ups, bridges etc.
- Aerobics-running, swimming, biking, hiking, weight training, strength training
- Balance- yoga tree pose, quad stretch, standing on one leg
- Flexibility-yoga stretches and others

D. Understanding the various exercise modalities, and their history. There is often overlap between categories for benefits. (What are the challenges and negative effects that can emerge from some in the options below?)

- Aerobic -running, walking, swimming, biking, rowing machines, dancing, Zumba+++
- Strength-(weights (reps vs. more mass, HIIT, Pilates, Essentrics, kettlebells, isometrics+++)
- Flexibility- yoga, stretching+++
- Balance- yoga, tai chi, balance balls, bosu, stand up paddleboards+++
- Intensity of exercise vs slow and steady? Walking vs. running....

For Weeks 9-12, the presentations will follow the sequence of numbers below.

9. How to get motivated to move

- Tips what work- how to get more committed and do exercise on a more regular basis
- What makes people happy generally and how important a role might exercise play
- Examples of exercise in people with ailments and the possible effects
- Exercise during a pandemic and how to enact
- Brain body connection and aging with or without exercise

10. Establishing attainable goals, making a plan

- What would the plan entail
- steps to goals
- sample plans
- Is 'No Pain No Gain' true?

11. What's available and interesting

- YouTube, in-person classes, zoom and online.
- Summary of various websites and analysis of these
- Amazing stories of senior athleticism

12. Summary and wrap up session

ACADEMY FOR LIFE LONG LEARNING
EMPOWERED—FITNESS AND HEALTH AS WE AGE

Workshop schedule

Week	Topic	Presenter(s)
Pre-week 1	Complete a survey about your interests in fitness and what you are currently doing to support your fitness.	Online survey monkey Possible meet and greet
1	Fitness recommendations for Canadian and world-wide	Priscilla and Sue
2	What happens to muscles as we age and what is the link to healthy bones?	
3	What are the nutritional requirements for reversing muscle loss?	
4	What is the science behind the benefits of exercise (the fitness imperative) with an emphasis on seniors?	
5	CHOOSE YOUR TOPIC FROM A-D above	
6	CHOOSE YOUR TOPIC FROM A-D above	
-----BREAK -----		
7	CHOOSE YOUR TOPIC FROM A-D above	
8	CHOOSE YOUR TOPIC FROM A-D above	
9	How to get motivated to move?	
10	Establishing attainable goals, making a plan	
11	What's available and interesting	
12	Summary and wrap up session Course Evaluation and Next Steps	Priscilla and Sue