

TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic - 100 Old Billerica Rd., Bedford, MA 01730

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Why do I need Physical Activity and how much Physical Activity or Exercise do I need?

By Deb McNiven, Director Aquatics and Fitness

The Benefits of Regular Physical Activity

The benefits of regular physical activity occur throughout life and are essential for healthy aging.

Adults ages 65 years and older gain substantial health benefits from regular physical activity. However, it is never too late to start. Being physically active makes it easier to perform activities of daily living, including eating, bathing, toileting, dressing, getting into or out of a bed or chair, and moving around the house or neighborhood. Physically active older adults are less likely to experience falls, and if they do fall, they are less likely to be seriously injured. Physical activity can also preserve physical function and mobility, which may help maintain independence longer and delay the onset of major disability.

Promoting physical activity and reducing sedentary behavior for older adults is especially important because this population is the least physically active of any age group, and most older adults spend a significant proportion of their day being sedentary as reported by the CDC.

Most, but not all, have one or more chronic conditions, such as type 2 diabetes, cardiovascular disease, osteoarthritis, or high blood pressure, and these conditions vary in type and severity. Nevertheless, being physically active has significant benefits for all older adults.



Exercise is the key to preventing and managing chronic disease. Other benefits include a lower risk of dementia, better perceived quality of life, and reduced symptoms of anxiety and depression according to the International Council on Active Aging.

So, how much daily physical activity do you need to reap its benefit?

“For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity physical activity. Preferably, aerobic activity should be spread throughout the week.” These guidelines were published in Journal of the American Medical Association (JAMA), November 2018. Older adults who have chronic conditions or other health challenges that prevent them from doing the equivalent of 150 to 300 minutes of moderate-intensity aerobic activity a week should set exercise goals that meet their abilities. They should talk with their doctor and/or CWV Fitness Staff about setting physical activity goals. They should avoid an inactive lifestyle. Physical inactivity is among the strongest predictors of physical disability in older people. Even small amounts of moderate-intensity aerobic activity provide some health benefits.

Doing physical activities with others can provide opportunities for social engagement and interaction. Carleton-Willard offer many classes that address this type of social interaction. The Fitness Room is also a good meeting place for Residents. For others, we offer personal fitness training for a small fee.



The Physical Activity Guidelines for Americans have recently added strength training to their recommendations. Muscle-strengthening activities of moderate intensity that involve all major muscle groups should be performed 2 or more days a week. The Fitness Staff can recommend the type and amount of weight a Resident should use.



How does Carleton-Willard Village Residents physical activity compare to the national average? According to the latest US federal monitoring data, for those people over 65, only 26% of men and 19% of women perform enough physical activity. At CWV, our average physical activity for last year was 65% of Residents living in Cluster Homes, Apartments and Llewysac Lodge.

It is important to remember that all activities or exercise, whether it is of light or moderate intensity count towards maintaining a healthy lifestyle. It is also important to be consistent. Slow and steady wins the race!



Health Education Lecture

For Women Only:

Bladder Control and Pelvic Health With Judy Curless

One in four women experience bladder problems and 40% of women do pelvic floor exercises incorrectly.

Join us to learn about ways to help leaky bladders, incontinence, pelvic pain and constipation.

**Wednesday,
February 13, 2019
10:30am—11:30am
Auditorium Center**

FAQs for [The Age Well Study](#)

Q: When will we receive our 2019 surveys?

A: You should receive them during the first or second week of February.

Q: What is the deadline to complete and return the surveys?

A: The deadline is Friday, March 15.

Q: How many residents do we need to complete the surveys in order to participate?

A: The more the better! Since we will need the participation of the same residents for the next four years, we need to ensure the numbers remain high enough for the data to be statistically valid. We'd prefer 50 participants, but every community must have at least 30 participants or they will not be eligible to participate.

Q: Can we recruit more residents next year?

A: No, this is the last year we're adding new participants.

Q: Can residents take the survey online?

A: Yes! It's quick and easy for people to go paperless at TheAgeWellStudy.com.

Q: How can we get our annual report?

A: We'll email a Community-Specific report to each community staff person each January. We'll also mail a summary version of the full

