



BOLDER NOT OLDER: EXERCISE STRATEGIES FOR ACTIVE AGING

ERIKA QUEST

MODULE: 1 INTRODUCTION & INTAKE ACTIONS

ABOUT ERIKA

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INTRODUCTION

As the active aging market continues to grow in numbers clients are looking for trained professionals to help them manage their aches and pains, injuries and post-surgery exercise plans. This discussion will focus on the general protocol and common considerations facing this demographic and intake actions and exercises to meet their needs.



INTRODUCTION

We will also introduce the use and advantages of The 4B Categorization System to help facilitate successful training sessions, no matter what your moving environment, for this population.





LEARNING OBJECTIVES

- Understand general concerns of the Active Aging market and the 5 types of aging.
- Review specific intake actions to use in your moving environment to assess and re-evaluate clients.
- Introduce The 4B Categorization System for Active Aging clients which is designed to improve functional, social, and psychological age.

FAI: Types of Exercisers





ACTIVE AGING SPECIFIC PROTOCOL

Population: 50+

Heterogeneous

Types of Exercisers:

- Dependent
- Independent
- Elite

Our Audience: Independent Exerciser

- Can wake up, perform all activities of daily life without assistance

ACTIVE AGING SPECIFIC PROTOCOL

5 types of aging

1

Chronological: → years

2

Functional Age: → ability to perform ADLs

3

Biological Age: → physical & mental at cellular level

4

Psychological Age: → cognitive performance (neuroplasticity)

5

Social: → self-efficacy

THANK YOU FOR JOINING!

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