

Circuit Training for Active Agers

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Overview

In 2022, the world's population of people aged 65 and older was 771 million, which is almost 10% of the world's population. This segment of the population has been growing at an increasing rate and is projected to more than double by 2050, reaching 1.6 billion people. Designing exercise programs to help older adults increase strength, gain better mobility and flexibility, improve cardiovascular health, reduce the risk of falls, improve balance, gain independence, and ward off the negative physical effects of aging, and most importantly STILL have FUN and FIND THE JOY, is going to continue to become a super important skill for fitness and wellness pros to learn. In this workout, learn simple ways to create popular group fitness classes and formats for all ages with exercises that align with your active agers' goals and beyond. You are NEVER too OLD, and it is NEVER too LATE.

Stages of Aging

1. Chronological
2. Functional
3. Biological
4. Social
5. Psychological

Categories of Aging Rikli (et. al.)

Physically Ill or Disabled	Independent and Sedentary
Frail and Sedentary	Independent and Active
Frail and Able	Athletic and Elite

6 Domains of Physical Function Model

1. Mobility	4. Muscular Skeletal
2. Cognitive/ Emotional	5. Cardiovascular
3. Neuromuscular	6. Balance

Age-Related Changes and Considerations

- Visual system
- Vestibular system
- Decrease reaction time: type II fibres
- Decreased strength: sarcopenia/ dynapenia
- Decreased mobility
- Overuse and chronic injuries
- Bones and joints: osteoarthritis/ osteoporosis
- Underuse and health factors

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- Muscular and postural imbalances
- Increased risk of physiological disease

Training Considerations

- Develop a combination of strength, power and endurance as the best strategy for counteracting declines in muscular strength, mass CV fitness, neuromuscular function and functional capacity for older adults
- The program should strike an optimal balance among training variables and work duration for both CV and resistance training

Focus on Function: Train capacity rather than chronological age

- Bilateral bend and lift: hip hinge, deadlift, squats
- Single leg: lunges, step up, gait
- Pushing: vertical and horizontal
- Pulling: vertical and horizontal
- Rotation
- Carry and Lifting

Circuit training is an excellent way to accommodate a wide variety of physical skills and fitness levels while building strength, endurance, stability and cardiovascular function in a social environment.

Strategies: Circuits can be designed with a specific training goal.

Examples: balance training, neuroplasticity, osteoporosis etc.

1. Whole Body Integrated Movement
2. Foot and ankle mobility and stability
3. Lumbo-pelvic stability
4. Core Balance
5. Neuromotor activation and activities

Functional Aging Movement

1. Foot and Ankle mobility and stability
2. Hip stability
3. Core Balance
4. Lower Body Strength: Hinge, Squat, Lunge
5. Upper Body Strength: Push, Pull, Lift
6. Getting down/up

