

AGING WITH INSIGHT:

Harnessing Knowledge
for Healthy Aging

Keeping Active & Making Time for Exercise

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Thank you

THE
SLAIGHT

FAMILY FOUNDATION

St. Joe's Update

Our Emergency Department transformation is now complete!

40% more space.

100% donor-funded.



Keeping Active & Making Time for Exercise

Presented by:

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Physiotherapist
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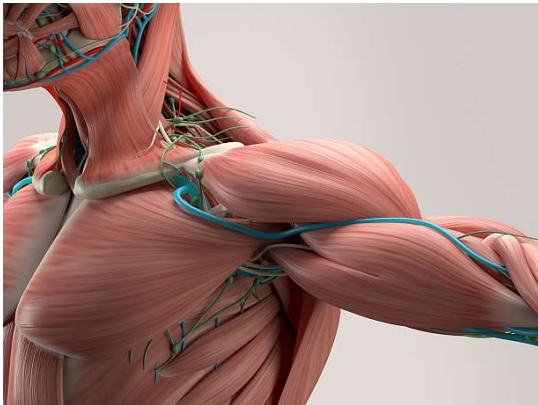
Today's Topics

- Why is it harder to do the things we used to as we age?
- Why is it important to reduce sedentary time?
- What are the important types of exercise?
- How do we prepare for unsteady balance situations and getting up and down from the floor?



How we move and do our daily activities

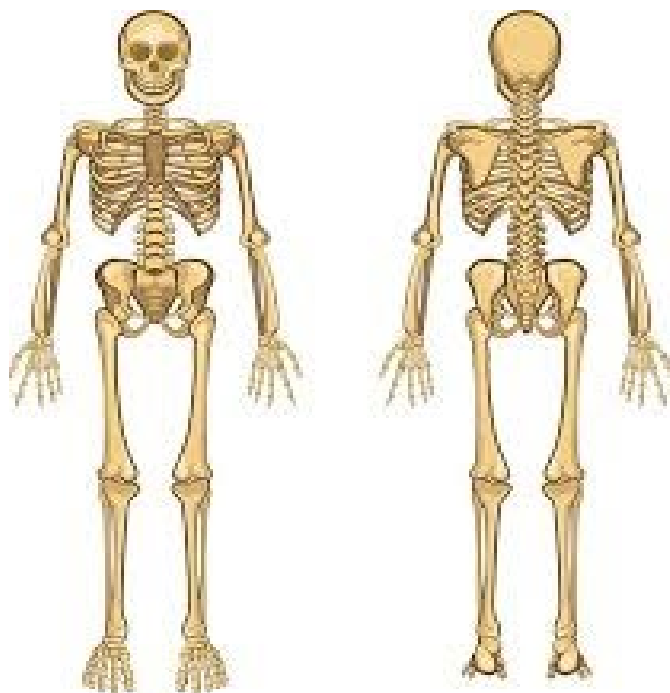
- Musculoskeletal system
- Nervous system
- Cardiovascular system



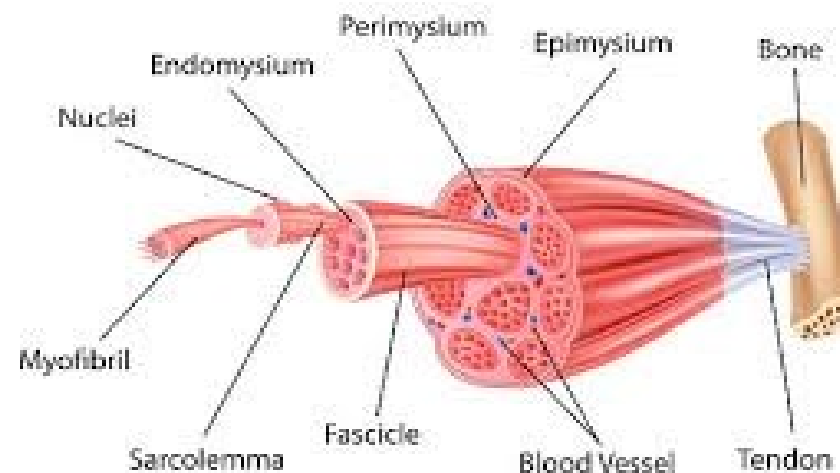
Musculoskeletal

The structure of the body

Strength, flexibility and power decrease over the process of aging



Structure of Skeletal Muscle





Control of movement

Nervous System

The brain works to make the motor plan for your activities, as we age we experience change in:

- Response time / reflexes / agility
- Adjusting to distractions
- Coordination
- Sense of movement
- Harder to complete multi step exercise activities

Cardiovascular Changes with Aging

- Muscles that expand the lungs may weaken, more effort to take deep breaths when active.
- Breathing exercises can help with this.
- The heart and lungs need to adjust to increased oxygen demands, this may be more difficult with aging, but exercise training can help.



Medical Conditions and Exercise

Be sure to check with your doctor about recommendations for activity and exercise if you have a medical condition that can affect your ability to exercise safely

- Heart or lung disease
- Arthritis
- Osteoporosis
- Injuries to spine
- Diabetes
- Kidney disease
- Neurologic conditions like Parkinson's or Stroke
- Other conditions...

What can we do about this?

- Keep the body active, keep the mind active and reduce sedentary time
- Set aside time for exercise which will slightly challenge your current abilities
- Prevent falls and have a plan for how to get up



Recommendations for Exercise to Optimize Your Function

At least 150 minutes of moderate intensity physical activity including:

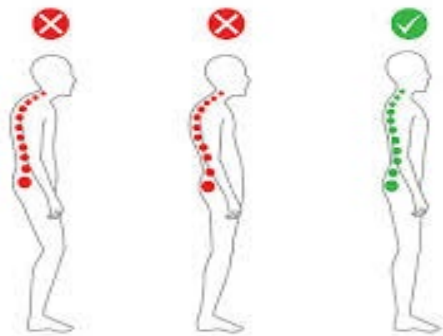
- Movement and stretches
- Resistance training – weights
- Aerobic exercise
- Balance training

Moderate Intensity– feeling a little bit sweaty and tired tells us we have challenged our muscles



Range of motion, stretch and mobility

- Moving through normal functional range is important to maintain the ability to do the things you do each day.
- Stretching and moving through full available range maintains joint mobility
- Correct upright posture naturally improves standing stability and dynamic balance when we move



Strength Exercise

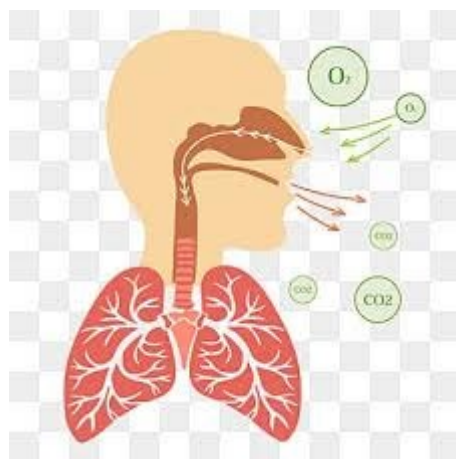
- Build muscle to support joints and maintain bone density
- Move against resistance, increase weights over time to progress strength gains
- Ankle weights, hand held weights, resistance elastics, water resistance, water bottle, books, every day objects around your home



Aerobic Exercise

Cardiovascular Endurance

- Improving your tolerance for aerobic exercise can reduce shortness of breath, reduce fatigue and improve the efficiency of delivering oxygen to active muscles
- Exercise such as walking, cycling, treadmill walking or swimming can build endurance in the heart (muscle)



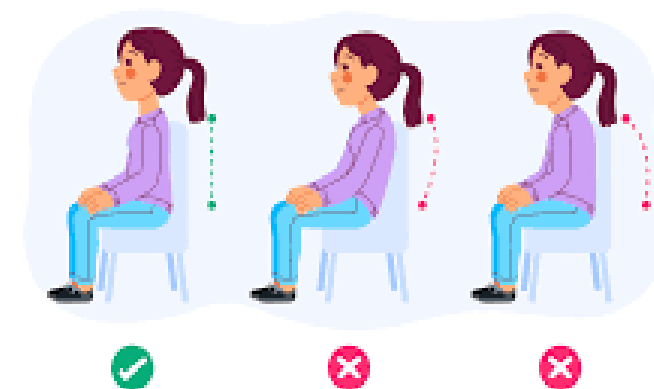
Balance, Coordination and Agility

- Balance activities give our muscles practice in agility to be better able to recover from a loss of balance
- Coordination exercises helps the brain practice processing a busy environment
- Agility – moving to adjust to disturbance of balance



Exercise – Tips

- **Good posture helps prevent injury** – Keep the back straight, shoulders back
- **Support you back with strong abdominal muscles** – Tighten across the tummy muscles
- **Practice deep breathing** – Inhale slowly to expand lungs fully, exhale slowly with controlled breath



Self Monitor Your Exercise

- Level of exertion 6 on a scale of 0 to 10
- Fatigue after exercise is expected
- Heavier breathing – but still able to pass the “Talk test”
- Challenging exercise causes a bit of sweat
- Some aches in muscles that are being strengthened
- Some aches in joints that are moving more than they usually may move.

Exercise Level Of Exertion: Aim for 5, 6, 7

- 0 completely resting
- 1 sitting with tall posture
- 2 standing still
- 3 walking slowly
- 4 mowing the lawn
- 5 walking briskly or carrying heavy groceries**
- 6 riding bicycle or hiking for 15 minutes**
- 7 walking on treadmill slight uphill**
- 8 going up several flights of stairs
- 9 carrying something up several flights of stairs
- 10 walking or running on treadmill uphill

Safety: Fall Prevention

- Bright lighting and floors clear of clutter
- Handrails on all stair cases
- Bathroom safety: grab bars, shower seat, raised toilet
- Telephone or medical alarm pendant within reach to call for help
- Use your gait aide (cane, walker)
- Wear glasses and hearing aides if you have them
- Slowly sit up from lying in bed, slowly stand from sitting to allow time to adjust to the transition
- Have your medications reviewed by your family physician or Geriatrician
- Ask for help if you are worried about falling



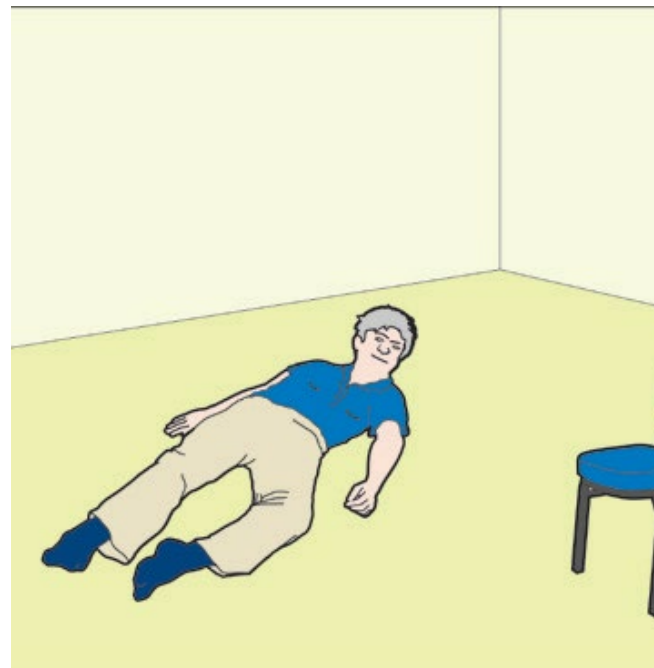
How to get up from a Fall

Do NOT get up quickly.

If hurt, call for help using Lifeline or a telephone.



Find something sturdy such as a piece of furniture.



How to get up from a Fall

Roll onto your side, turning your head, shoulders, hips, then leg.

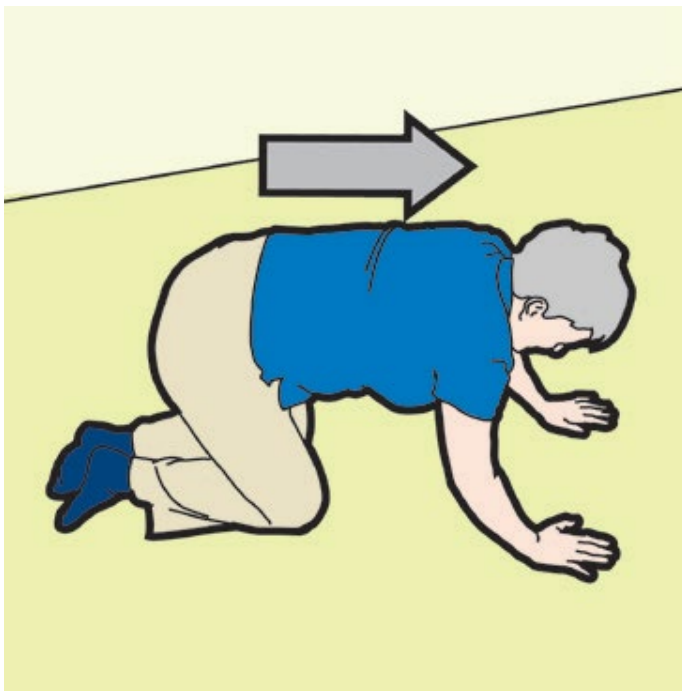


Push your upper body up. Lift your head, pause, and steady yourself.

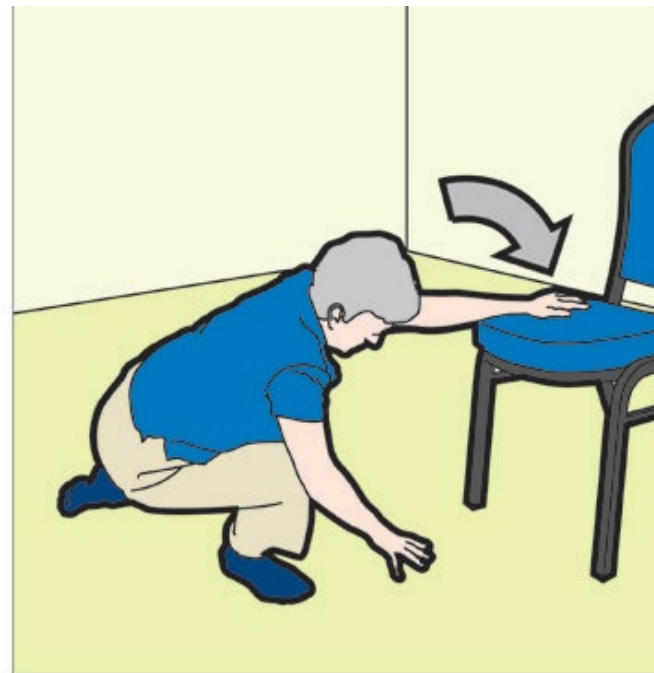


How to get up from a Fall

Rise slowly onto your hands and knees. Crawl to something sturdy you can hold on to.



Slide one foot forward so it is flat on the floor.



How to get up from a Fall

Keep the other leg bent with your knee on the floor.



Rise slowly and turn your body to sit in the chair.



Review – Beginner Exercises

- **Walking program**, over time increase time or distance walked or other aerobic activity (peddle bike, arm bike, treadmill, seated elliptical, swimming or other activities)
- **Stretch** by moving arms and legs through comfortable range of motion, hold stretch 15 seconds or more to maintain mobility
- **Strengthen** major muscle groups using resistance, challenging the muscles slightly and gradually with progressions (increase load and repetitions)
- **Balance** practice while holding support, stand with narrow stance, stand on one leg, stand toe to heel



More advanced exercises

- Progress difficulty of activity by increasing intensity of aerobic exercise – walk faster in intervals, on incline surfaces
- Balance on different types of surfaces (foam, uneven ground, step over obstacles)
- Coordinate arm and leg movement with range of motion or strength
- Combine resistance training with balance exercises



Review

- It takes time and energy to stay ahead of changes to function and mobility as we age
- Plan for a dedicated time to exercise
- Mild Challenge is needed to optimize the benefit of exercise
- Practice exercises with good form, posture and technique to prevent injury
- Prepare for instances of balance unsteadiness to prevent falls
- Practice movement / exercise activities that makes it easier to get up
- Sometimes things get in the way of exercise time, that's okay, just start back up when you are ready!





Local Resources

- You aren't alone! There are many facilities in the west-end offering a variety of programs and services
- Programs range from walking groups and yoga to dance and badminton
- View or download the [free guide](#) with a round-up of nearby programs just for older adults



Stonegate Community Health Centre

- An inclusive, community-focused health centre supporting individual and neighbourhood well-being
- Fitness programs include: Gentle Fitness for Seniors & Yoga
- Located at 10 Neighbourhood lane (approx. 3Km from St. Joe's)



CommunitiCare Health

- A community health agency
- Programs promote well-being across all ages, with specialized options for older adults.
- Fitness programs include: Yoga 50+, Nordic Pole Walking, and Strong & Steady (a 10 week program)
- Multiple locations at 1700 Bloor St. W & 3446 Dundas St. W

Questions?



Thank you for joining us!

Next session:

Cardiac Health with Dr. Anjali Anselm
Wednesday, September 3 at 10:30AM

Visit **supportstjoes.ca/agingwithinsight** to learn more!



Get in Touch!

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