



Functional Fitness After 50
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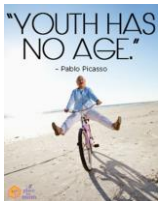


Mo's Approach to Aging

Age by its definition is limiting

Aging is unlimited

Survival of the Fittest





Session Objectives...

1. Review the concept of and research to support a "Functional Aging" Approach and Attitude towards training throughout the ages.
2. Identify a Functional Training Approach to Fitness —7 Functional Training Methods that provides foundational strength, stability and suppleness, beneficial to all ages and essential for building upon...later in life.
3. Present 10 Functional Training Movements & Progressions that support "Functional Aging" by maximizing fitness, health & wellness.
4. Experience a 30 minute Functional Fitness Workout!



What is Functional Aging...





What is Functional Fitness?

- The ability to move optimally for everyday life.
- Training our mind and muscles to work together by simulating activities of sport and daily living.

2019 Top 10 Fitness Trends say it all!





Research on Aging Shows: *Aerobic Exercise Preserves Youthfulness*



There is a **direct relationship** between physical activity levels and mitochondria function and an inverse relationship between mitochondrial function and biological age over a lifespan.

HIIT training is one of the most effective ways to **exercise** at high enough intensity levels to significantly increase oxygen demands and ultimately slow the aging process.



7 Functional Training Methods...

- 1. Move More & Recover Better – NEW 2019 functional fitness guidelines
- 2. Intentional Weight Bearing Exercise
- 3. Postural Training
- 4. Squats and Lunges
- 5. Hip Hinge
- 6. 'Defy Gravity'- unloading weight bearing joints
- 7. 'Brain Gym'- cross-body movements in multiple planes



Functional Program Design/Guidelines...

- 1. Moderate to high intensity to optimize hormone response
- 2. All types of resistance training (including eccentric)
- 3. Walk 4-7x/week (3-4 miles/ 5-6 km)
- 4. Accumulate 150-180 min/week (at bouts 10 min or greater)
- 5. Good/Better/Best program design for optimal results: 12 week, 16 week, 24 week programs.
- 6. *Both CV and RT are needed for optimal training results.
- 7. Intensity is H.I.I.T!



Mo's Top 10 Functional Training Foundational Exercises...

- 1. Spinal Balance
- 2. Dead Bug
- 3. Hip Bridge
- 4. Side Bridge/Side Hover or Plank
- 5. Hip Hike
- 6. Plank/Push-Up
- 7. Lunge to Step Up
- 8. Squats
- 9. Hip Hinge
- 10. Torso Rotation



Exercise Puts the Brakes on Age-Related Slowing



- AGE is only a #!
- AGING is all about A+

Successful ageing is both a mindset and a willingness to move, fuel and restore your body, mind and spirit with healthy choices and habits!

Change your lifestyle to change your physiology.

Change your physiology and you change how you AGE!



Your Presenter... Mo Hagan

- Fitness Industry Council of Canada Leader of the Year- 2019
- Canadian Top 100 Fitness Influencer (2017, 2018, 2019)
- IHSA Woman Leader of the Year (2016)
- Top 20 Most Influential Women in Sport & Physical Activity in Canada (2014)
- IDEA Fitness Instructor of the Year (2006)
- IDEA International Program Director of the Year (1998)
- VP of Program Innovation at GoodLife Fitness & canfitpro (1984-Present)
- Licensed Physiotherapist (1987-Present)



We want your feedback!

Look out for our post event survey to be sent out via e-mail.

