



SESSION 1401
THE ULTIMATE
WORKOUT FOR
HEALTHY MIND
BODY AGING

canfitpro | VANCOUVER
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Maureen (Mo) Hagan & Lisa Mastracchio

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BScPT, BA PE

ACE, canfitpro certified
 Canadian Fitness Industry Leader of the
 Year 2019
 IHRSA Women Leader of the year 2016
 OPTIMYZ Top 100 Canadian Influencers,
 2017, 2018, 2019



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Lisa Mastracchio
 canfitpro FIS, PTS,HWL, PN Coach

2019 canfitpro Fitness Professional of
 the Year—FIS
 2015 Energie Cardio Instructor of the
 Year



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Attitude & Ability
vs. Age

Retirement at age 65 yrs—a concept born in WW1 when life
 expectancy was 47 years

By 2021, 1 in 5 Canadians will be over the age of 65 and 1 in 3
 Canadians will be over the age of 55

Muscles don't know age if managed—only mindsets do
 (what you focus on expands)

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Aerobic
Fitness/Conditioning

- **Functional – Core** On & Off the Floor

- **Functional**
- **Mobility Training**

Functional Strength
Training

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The Best Of All Worlds in Fitness...


Training for the demands of everyday living all in one workout.

BONUS!

**Latest research shows that
Movement & Mindfulness is the
Ultimate anti-aging ELIXER**

• "A Scientifically Proven Way To Reverse The Aging Process-What Strength Training & HIIT can do to make you younger" by John Bianchi

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Research shows...Mitochondrial 'dysfunction' associated with aging is REVERSIBLE


STRENGTH TRAINING can reverse up to 40 years of aging by up-regulating and down-regulating your genes -179 genes!

There is a direct relationship between physical activity levels and mitochondria function and a inverse relationship between mitochondria 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 positive cellular changes in the mitochondria

- 49% increase in mitochondria function in 18 to 30 year olds
- 69% increase in mitochondria function in 65 to 80 year olds


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7 Functional Training Methods...

1. 10,000 steps daily supported by Physical Activity Guideline
2. Squat and Lunges: isolation and integration
3. Hip Hinge (aka forward leaning or dead lift)
4. Posture (& Power Posing)
5. Intentional Stepping
6. Defying gravity (un-loading the weight bearing joints)
7. Brain Gym

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•AGE is just a number!

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 physiology and you change how you age.

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Thank you! 😊

Maureen (Mo) Hagan
Licensed Physical Therapist and
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canfitpro, ACE, CALA and Les Mills certified


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WE WANT YOUR FEEDBACK!



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

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