

Functional Aging

Presented by Helen Vanderburg

Overview

Aging is inevitable but how we age is a choice. By the year 2030, it is predicted that 20-25% of the total population will be over the age of 65. With the continued growth in this demographic, trainers need to understand the importance of functional exercise programming to meet the needs of these clients. In this workshop, you will learn common concerns, corrective exercises, and programming for the aging client.

Stages of Aging

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

Functional Age-Related Changes

- Visual system
- Vestibular system
- Decrease reaction time
- Decreased strength
- Decreased mobility
- Overuse and chronic injuries
- Under use and health factors
- Muscular and postural imbalances
- Increased risk of physiological disease

Most Common Concerns among BOOMERS

1. Overall health
2. Functional capacity
3. Musculoskeletal degeneration (Joint Replacement)
4. Neurological degeneration

Strategies

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

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Programming

1. Current Overall Function
2. Movement Assessment
3. Realistic regressions and progressions
4. Understanding the role of healthy fascia for efficient movement

Functional Aging Movement

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

Movement Experience

Breathing Exercises
Deep Diaphragmatic Breathing
Foot and ankle mobility and stability
Ball rolling
Loop band stability
Lumbo-pelvic stability
Standing hip rock and reach
Hip bridge
Clam (with or without a band) (standing or floor)
Core Balance
Quadruped
- Scapular protraction/ retraction
- Tail wag
- Cat/ cow
- Contralateral arm/ leg lift
- Ipsilateral arm/leg lift
Prone Breaststroke
Forearm Plank with alternate knee taps
Side lying lateral trunk flexion/ extension with Pilates ball

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Side lying hip flexion/ extension with Pilates ball
Seated core + rotation with Pilates ball
Lower Body Strength
Hip hinge – split stance with and without load (loop band)
- Single leg balance
Squat – to chair
Intentional step – step to knee balance
Lunge – Rear lunge with rotation
- Lateral lunge with balance
- Front lunge to kneeling/ Kneel to lunge
Full Body Get up/ down
Roll-Crawl-Stand

Thank you for attending.

Helen Vanderburg

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