

“Youth IS NOT A TIME OF *life*.
IT IS A STATE OF *mind*.”

• SAMUEL ULLMAN



Activating Wellness

Presented by:

Paige Whitney, PhD
Katherine Briner



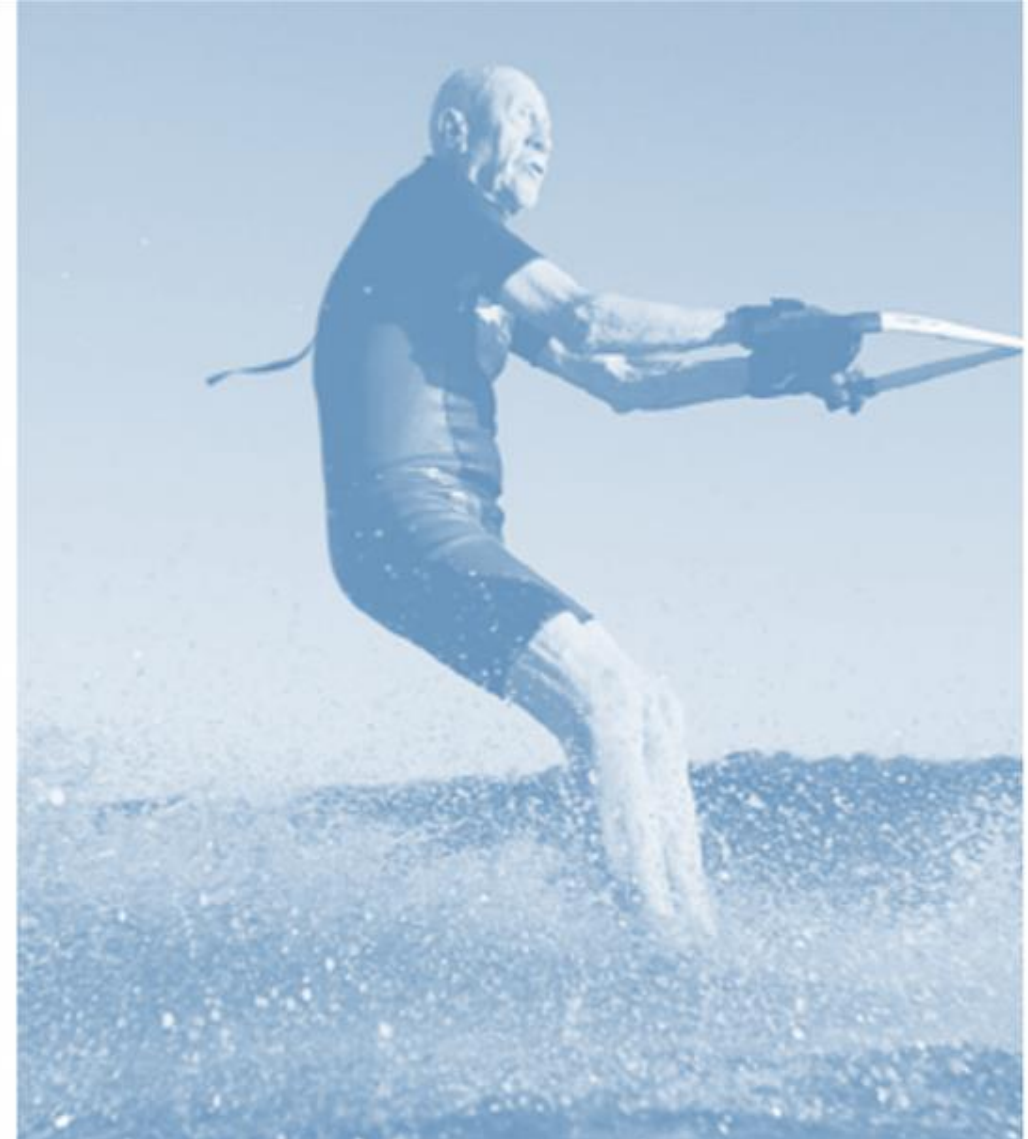
Future Memory

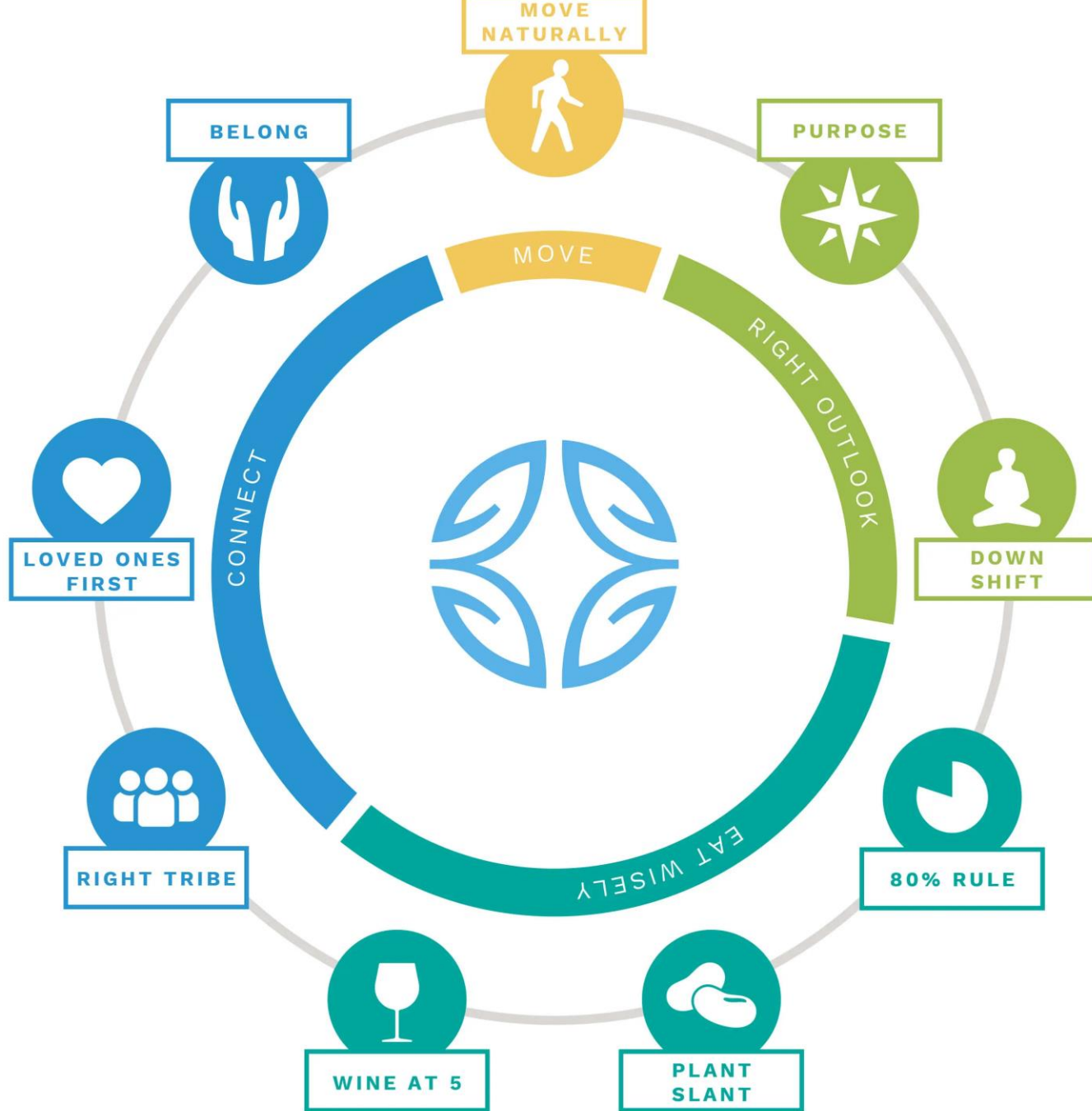
Determinants of Perceived Health

- Health Conditions
- Stress
- Mobility
- Gender
- Age
- Income
- Education
- Culture

Perceptions of Aging

Ingrand, 2018; Bronner et al, 2017

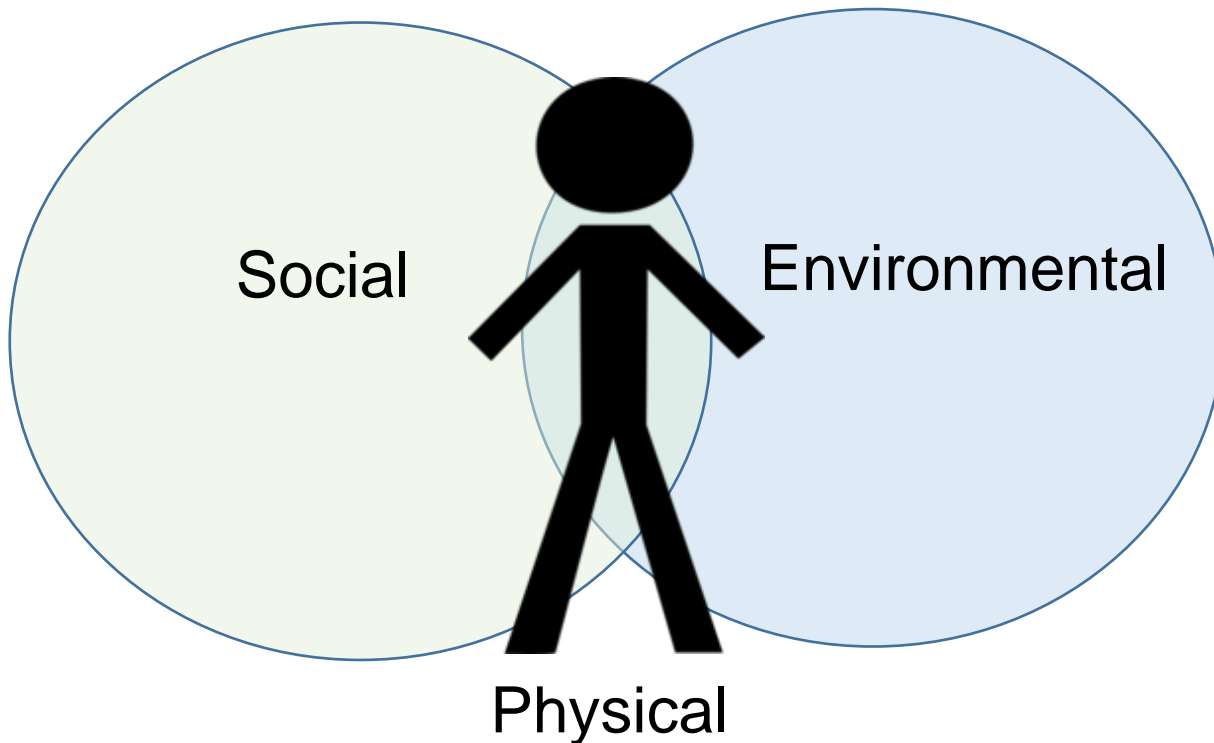




Blue Zone Secrets

Health Promotion

Health promotion is the process of enabling people to increase control over, and to improve, their health.

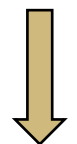
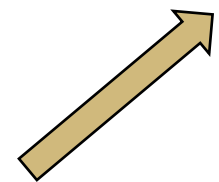


5 Foci for 65+

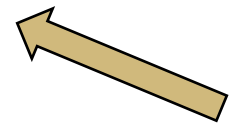
1. Increase Functional Capacity
2. Maintain or Improve Self-care
3. Stimulate Social Networks
4. Maintain Independence
5. Increase Quality of Life



**Increased
Quality of Life**



**More
Memories**





Physical Activity



Recommendations

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Break it up over the whole week however you want!

CDC, 2020

Practice all 4 types of exercise for the most benefits.

Endurance

So you can



climb steps



dance the night away



Strength

So you can



lift groceries



carry grandchildren



Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



Flexibility

So you can



drive



get dressed



NIH, 2020

Exercise Tips & Tricks

- **Large Muscle groups**
- **Dual function**
- **Multicomponent**
- **Shoes!**
- **Move with intention**
- **Make sure it is enjoyable!**





Nutrition

MyPlate for Older Adults

STAY ACTIVE
60 minutes each day

Drink plenty of FLUIDS

- Water
- Milk
- 100% Juice
- Coffee
- Tea
- Soup

Make half your plate FRUITS & vegetables

Make half your grains WHOLE GRAINS

Flavor foods with herbs and spices instead of salt

Choose brightly-colored VEGETABLES

Move to low-fat or fat-free MILK or yogurt

Vary your PROTEIN routine



Antioxidants

Calcium

Vitamin D

Lean Protein

Fiber

Vitamin B12

Eating the Rainbow

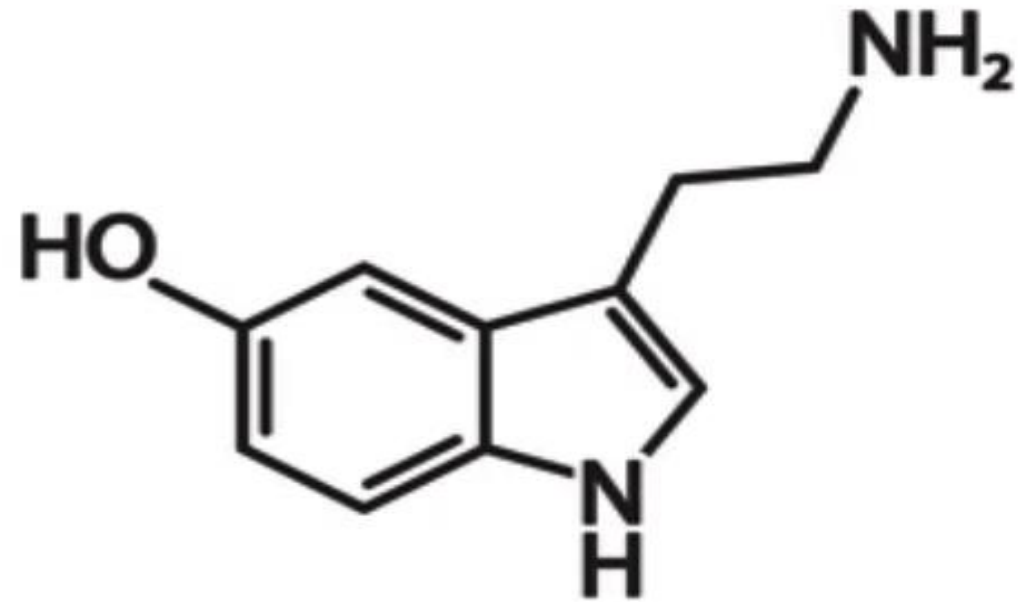
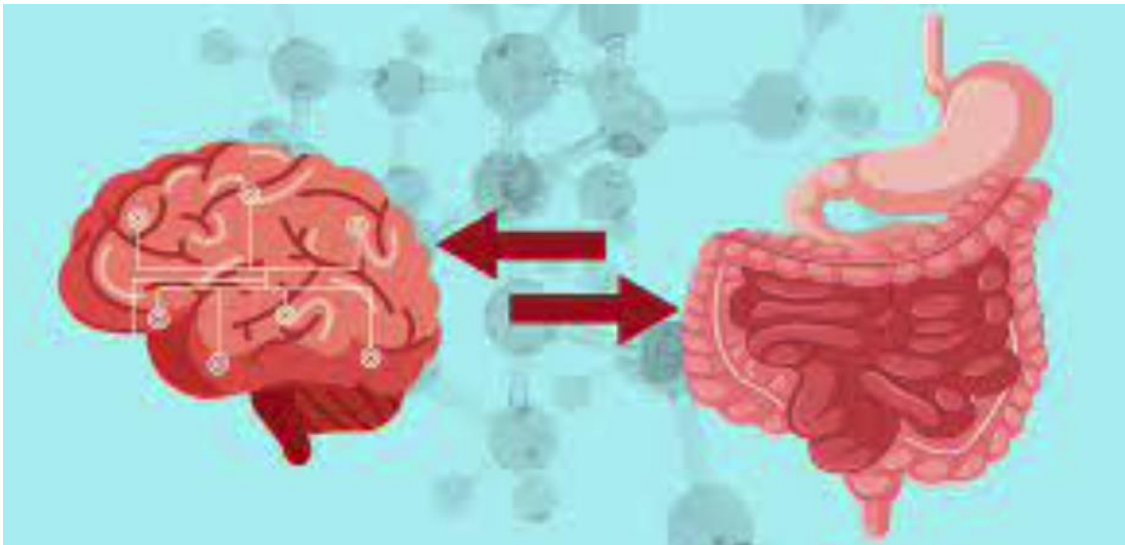
- Phytonutrients
- 2 ½ cups of vegetables
- 2 cups of fruit daily



Brain and GI Connection

Serotonin

- Important neurotransmitter
- Mood
- Memory
- Behavior
- GI homeostasis



Healthy Diet and the Brain

- Norwegian study with 11,621 participants
- Reduced anxiety/stress
- Insufficient nutrient intake considered a risk factor for depression



Mediterranean Diet

- Mediterranean diet
- 38 studies show prevents cognitive decline
- Plant based
- Healthy fats



Mediterranean Diet Pyramid

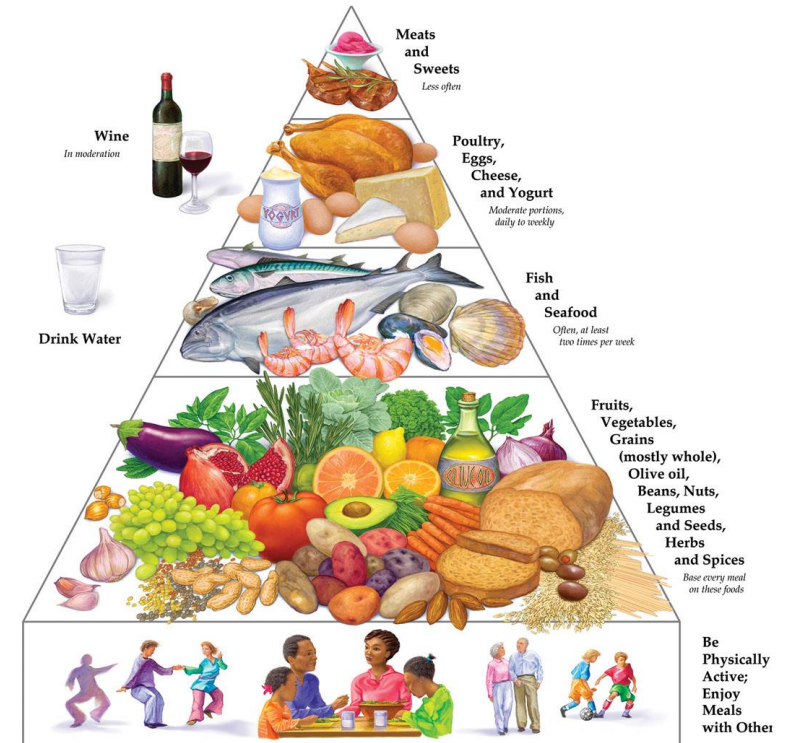


Illustration by George Middleton
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www.oldwayspt.org

Hydration

Essential for brain & body function

- Cognition
- Energy
- Blood pressure
- Regulate body temp
- Eliminate toxins

Homeostasis and fluid balance



Recipes

Mediterranean Chicken Bowl



Peanut Butter Power Bites

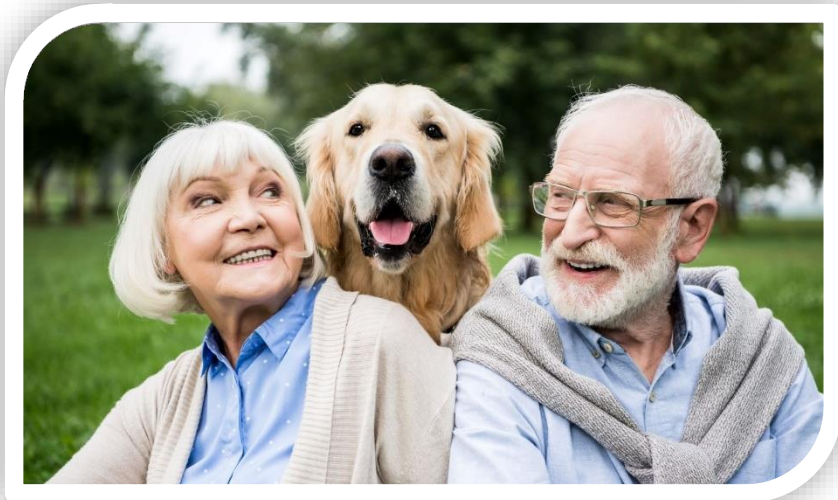


Salmon, Sweet Potato, Kale & Quinoa Salad



Mini Quiches

Social Connection



Benefits of Social Connection

- n=5,148
- Higher life satisfaction
- More frequent social contact with friends associated with positive health ratings
- Contact via phone/written communication higher life satisfaction



Community Groups

- Significant reduction in loneliness
- Increasing connections helpful following life events/changes
- Optimize healthy aging
- Lots of options for community groups
- Enhances mood reduces negativity



Volunteering

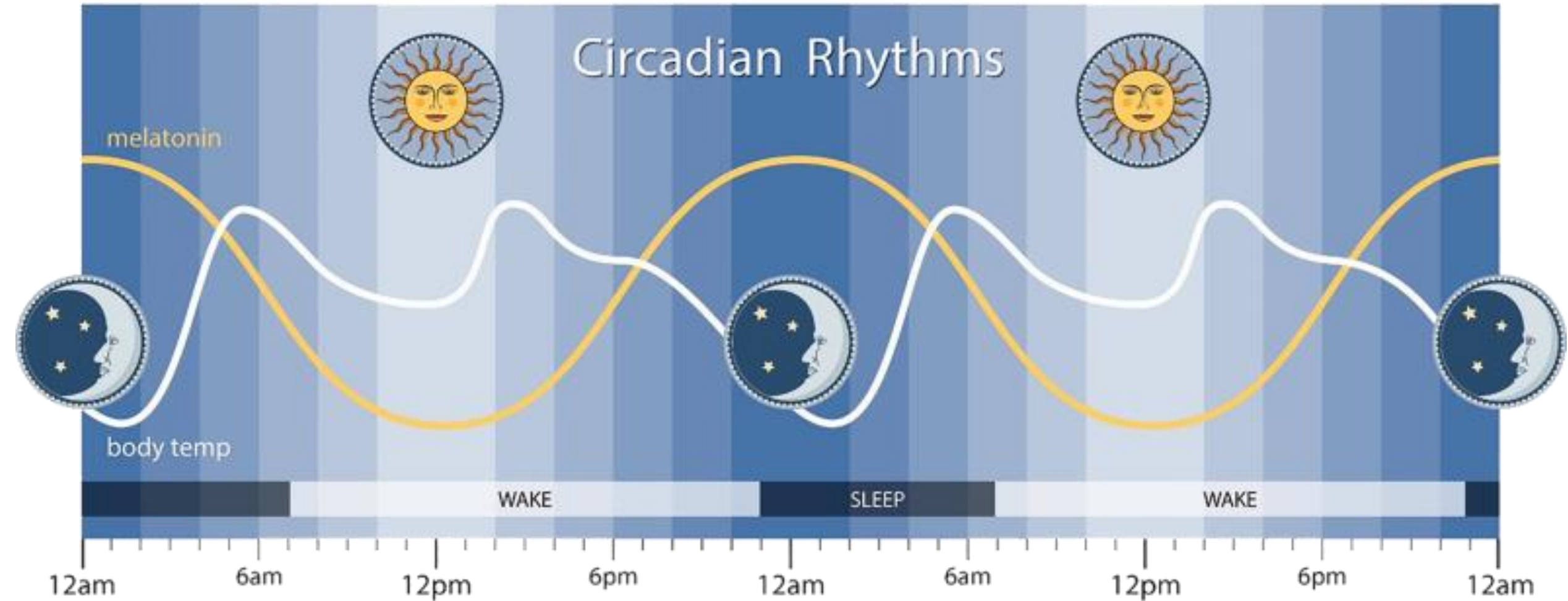
- 84% report improved health
- Improved sociability and inclusion
- Sense of belonging/purpose

Volunteering in the Springs

- Children's Hospital
- Catholic Charities
- Cheyenne Mt. Zoo
- Care and Share Food Bank

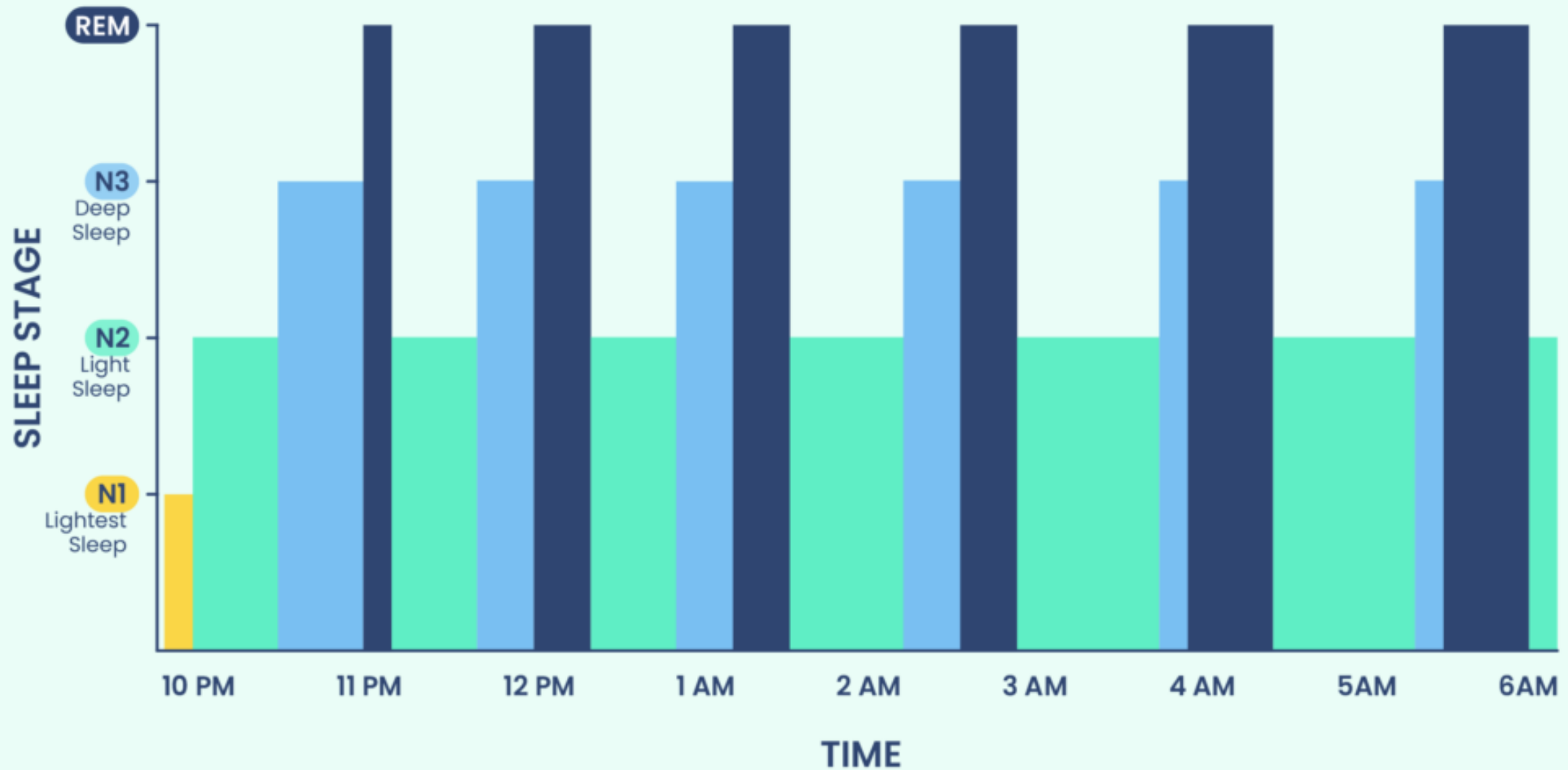


Sleep



(NIH, 2023)

Sleep Cycles Through the Night



Sleep and Prospective Memory

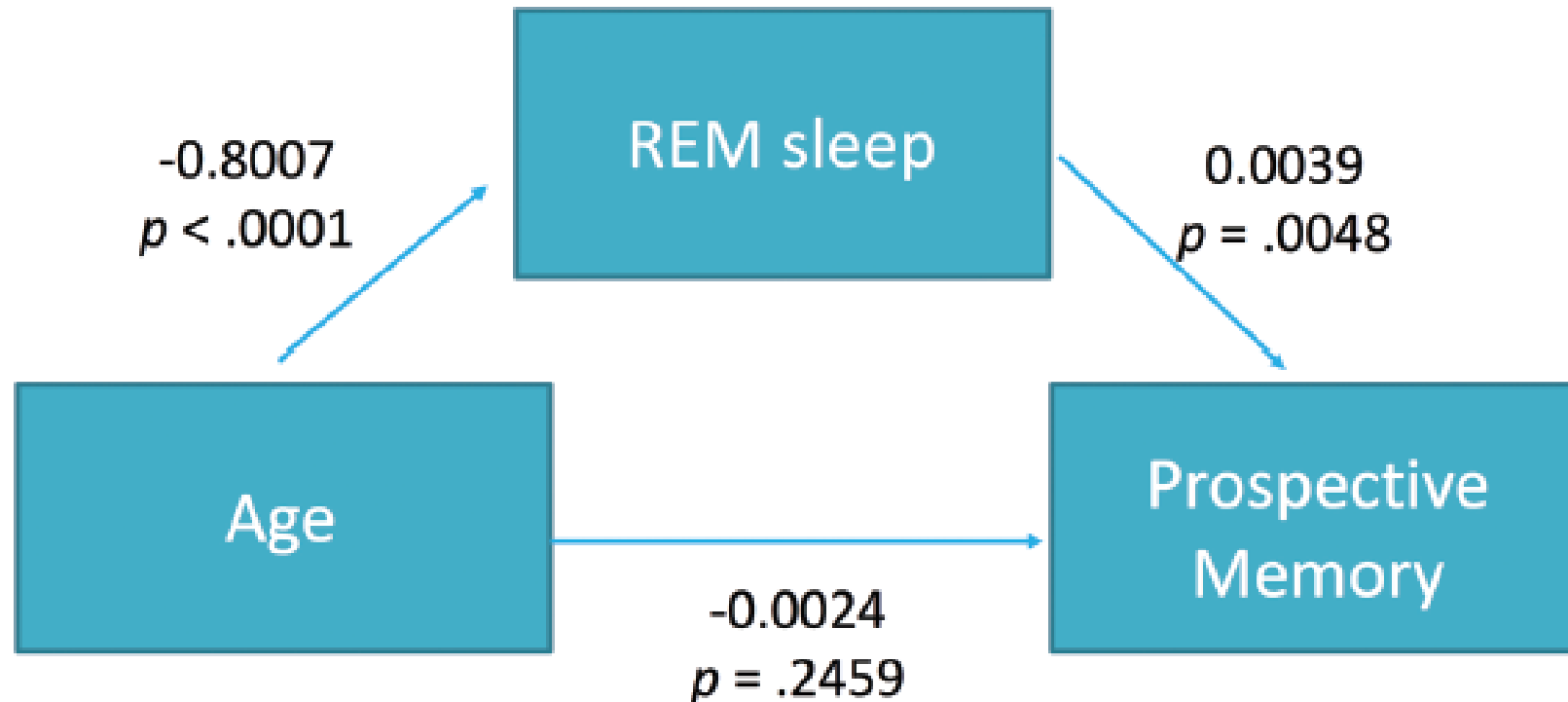


Figure 4. REM sleep duration mediated the effect of age on prospective memory. The values are unstandardized regression coefficients (top) and p values (bottom).

Attitude

GRIT

GRATITUDE

RESILIENCE

HOPE

HUMOR

POSITIVITY

MINDFULNESS

Happiness Chemicals and how to hack them



DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN

THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



Barriers to behavior change

Environmental

- Transportation
- Proximity
- Financial
- Lack of time



Psychological

- Cognitive decline
- Self-efficacy
- Attitudes/beliefs
- Self-discipline
- Knowledge

Physiological

- Disease
- Pain
- Discomfort
- Fatigue



Engagement & Motivation

- Readiness
- Attitude
- Meaning & Value
- Support system
- Intergenerational connections



The Lane Center for Academic Health Sciences



4th Floor

Lyda Hill Institute for Human Resilience

3rd Floor

The Aging Center
Veterans Health & Trauma

2nd Floor

Peak Vista UCCS Primary
City Clinic Peak Nutrition

1st Floor

Center for Active Living

UCCS Center for Active Living Community Based Programs



MISSION: To provide health promotion programs and services for Colorado Springs community members while simultaneously training the future healthcare workforce.

More Resources



**CAL's Community
Wellness Page**





Quality of
Life

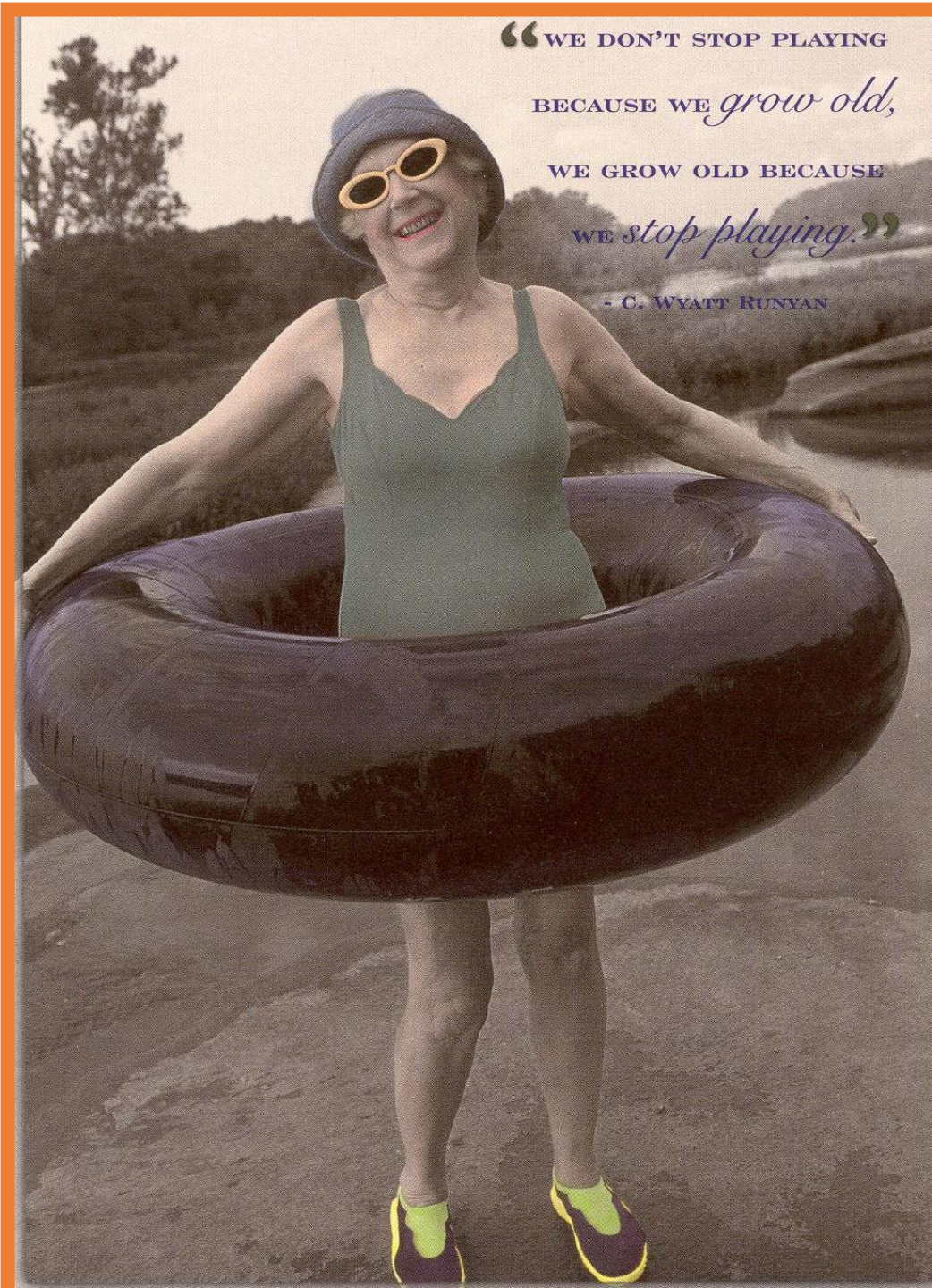
Thank you!

Paige Whitney
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HealthCircle
Center for Active Living

UNIVERSITY OF COLORADO
COLORADO SPRINGS



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