



HEALTHY

# MOVEMENT HABITS

**FOR THE NEW YEAR (AND BEYOND)**

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# Background

*Process Physical Therapy and Performance exists to provide exceptional care, to help athletes and active adults maximize performance and return to the activities they love pain free. We provide one-on-one care and physical therapy that is tailored to you as an individual.*

## Performance Physical Therapy



## Recovery and Prevention





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## What Is Movement?

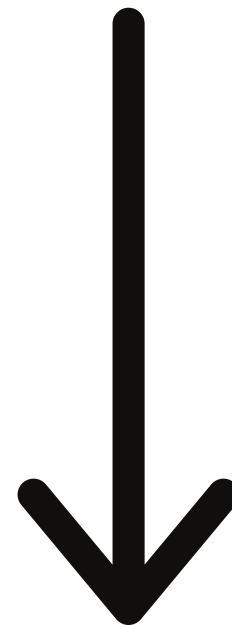
“a specific motion or action performed during physical activity or exercise. These movements are typically designed to target and engage certain muscles or muscle groups, improve strength, flexibility, endurance, balance, or coordination, and contribute to overall physical fitness.”



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# Why Is Exercise Important with Aging?

Exercise offers a wide range of benefits for older adults, significantly improving both physical and mental well-being.



Risk of Chronic Disease

Cognitive Decline

Physical Decline

Frailty

Social Challenges

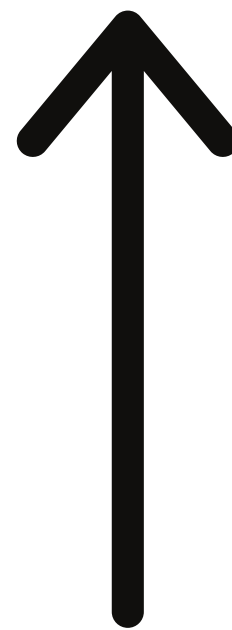
Fall Risk



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# Why Is Exercise Important with Aging?

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Function

Strength/Muscle Mass

Cognition + Mood

Cardiovascular Health

Life Span

Bone Health

Quality of Life

Balance & Coordination



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# Changes Seen in Aging

## *The Problem*

- Gradual loss in muscle mass (sarcopenia)
- Bone density decreases (osteoporosis or osteopenia)
- Joint stiffness
- Decreased lung capacity
- Some cognitive decline
- Increased mortality rate with sedentary behavior



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# EXERCISE GUIDELINES

## Frequency

- Aerobic Activity: at least 150 minutes of moderate-intensity aerobic exercise per week OR 75 minutes of vigorous-intensity activity per week
- Strength Training: at least 2x/week
- Balance Training

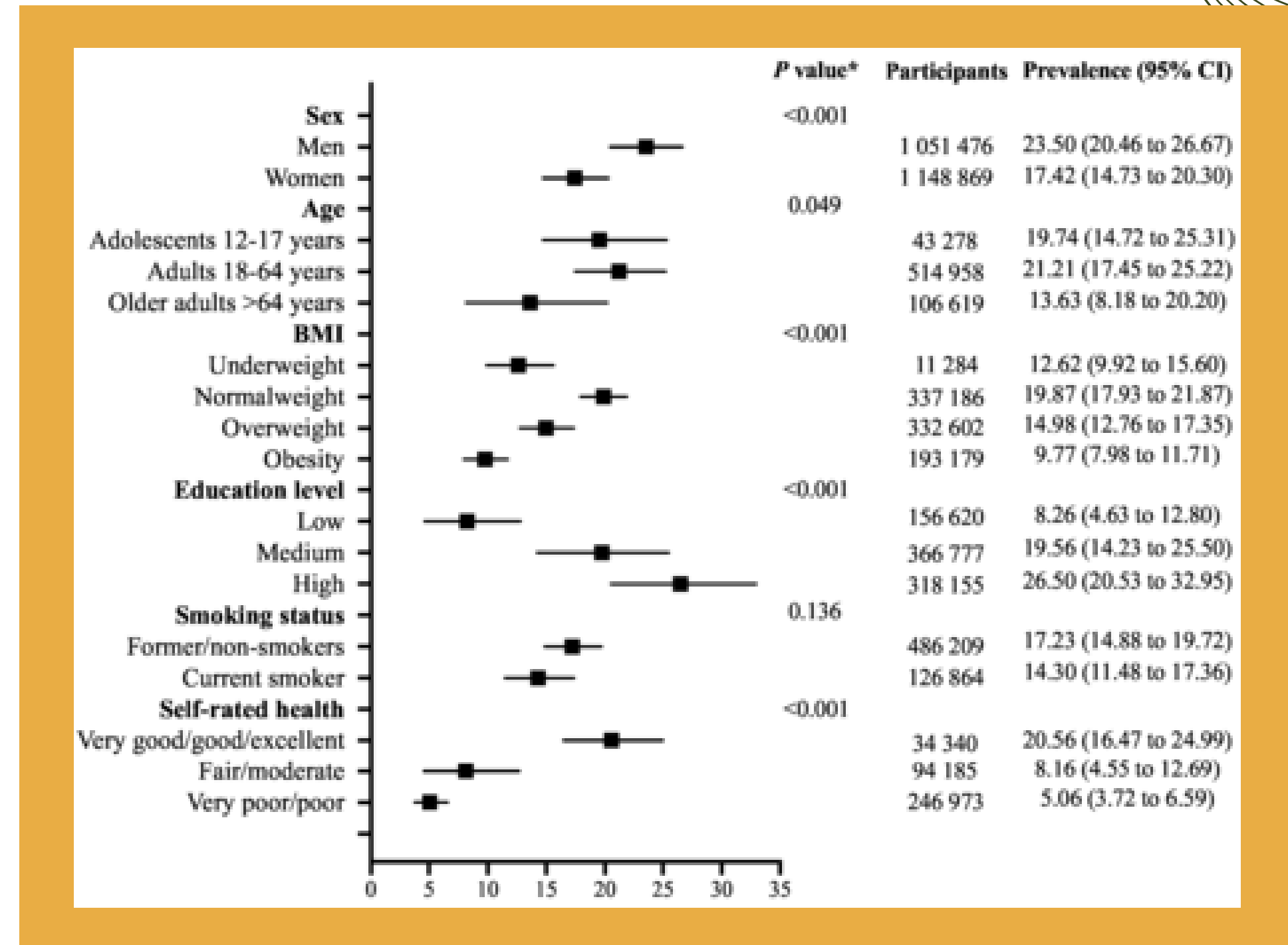
## Intensity

- Moderate: 50–70% of max heart rate
  - Walking, swimming, gardening
- Vigorous: 70–85% of max heart rate
  - Running, tennis, Zumba



# Meta Analysis

- 17% of individuals over 18 hit exercise guidelines
- 13% hit guidelines over the age of 65
- Those who reported poor health it goes down to 5%
- We're not moving enough





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# EXERCISE GUIDELINES

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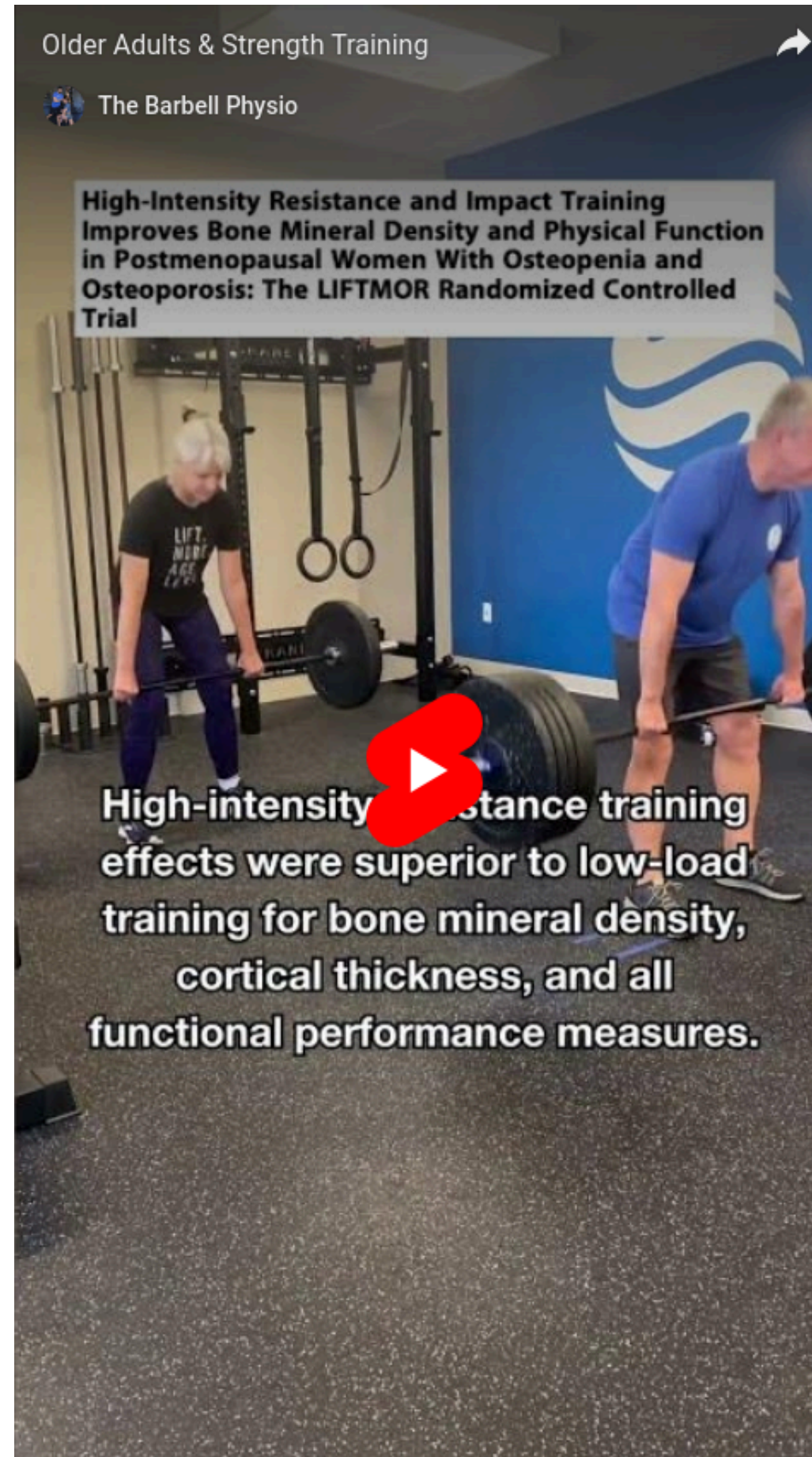
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# Should Older Adults Lift Heavy Weights?



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# Where to Start

## *Healthy Habit #1: Aerobic*

- Brisk walking
- Light jogging
- Cycling at a moderate pace
- Swimming at a moderate pace
- Gardening (e.g., digging, raking)
- Dancing

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# Where to Start

## *Healthy Habit #2: Mobility*

- Hip Flexor Stretch
  - 1/2 Kneel
  - Standing
- Figure 4 Stretch
  - Seated
  - Floor
- Mid Back Rotation
  - Open Books
  - Seated

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# Where to Start

## *Healthy Habit #3: Strength/General Movement*

- Sit to Stand
- Heel Raises
- Butt Kicks
- Seated Hinge
- Standing Hinge
- Standing Marches
- Step Over Target
- Push Press
- Banded Row



WHAT'S  
THE BEST  
EXERCISE?

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# The Exercise and Activity You're Most Likely to Complete!

It's about realistic goals and compliance.  
**SOMETHING** is better than nothing.





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# It's Never Too Late!



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# It's Never Too Late!



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# Keep In Touch With Us

## **Contact**

301-531-5347

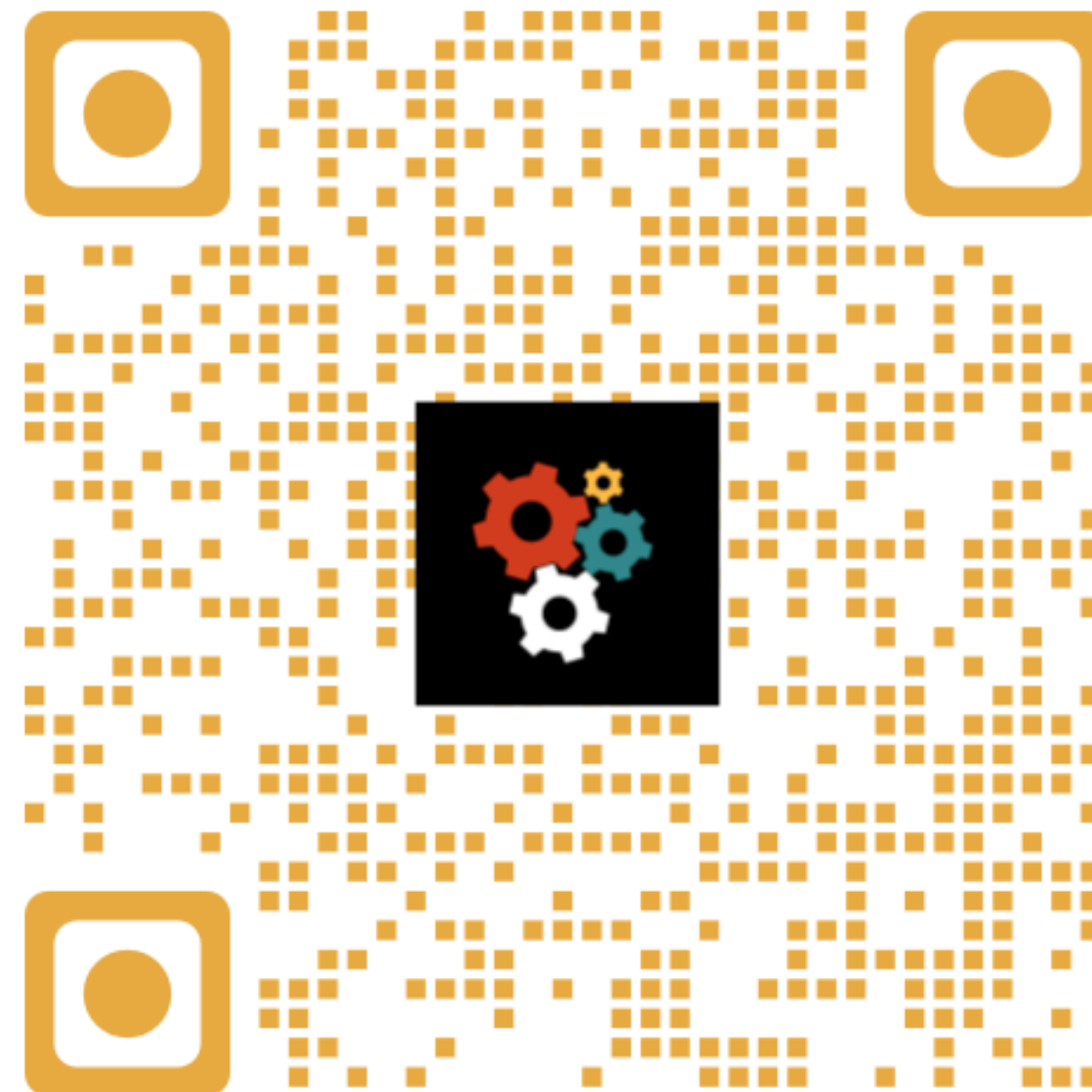
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## **Visit Us**

Riverdale Park, MD

Manassas Park, VA



# THANK YOU



Process Physical Therapy  
and Performance

-Doc Jasmine