

# ***“Several Secrets of Successful Aging”***

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# The Surgeon General

(Dr. Richard Cardoma, 2004)

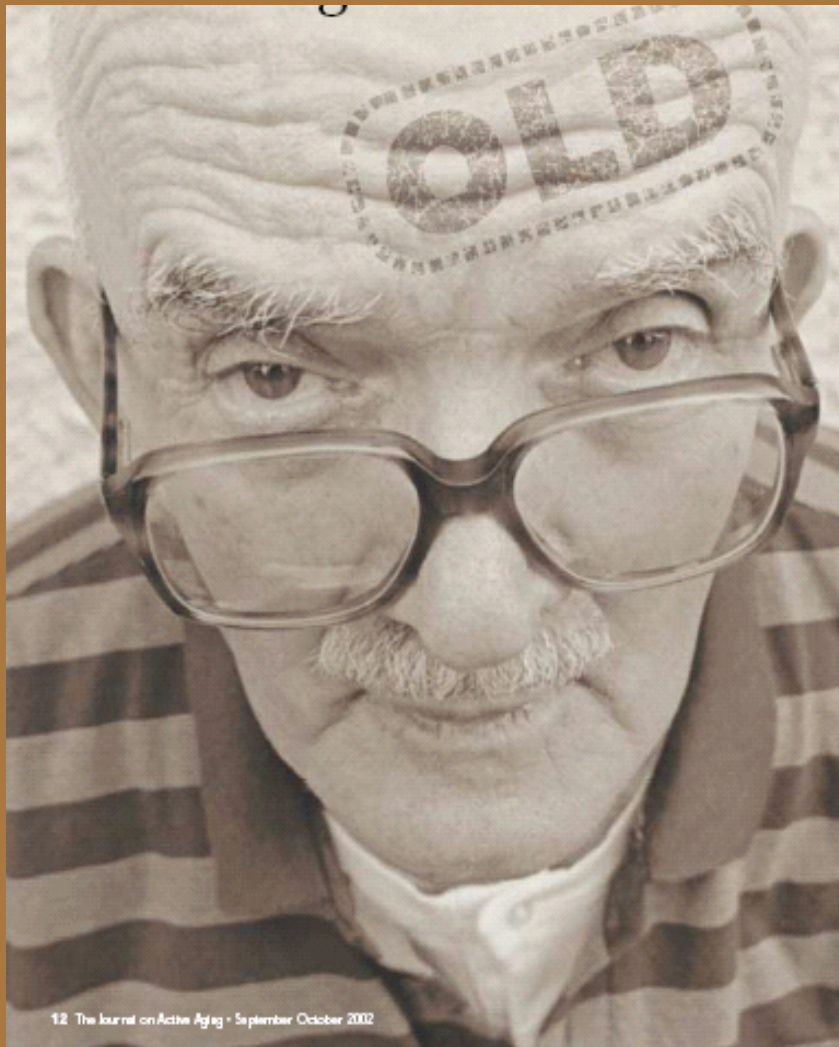
- “In the next 10 years one of the major issues in Health Care will be moving from receiving health care to embracing health prevention and wellness”
- “Being physically active with a good diet and an active healthy lifestyle will not only do us good as individuals but will also dramatically reduce health care costs”

# ***The challenges of a rapidly aging population***

- **Reduced Functional Capacity & quality of life**
- **Disproportionate (and increasing) health care costs**
- **More “Usual Aging” than “Successful Aging”**

*and .....*  
***We “Usually” have an image problem!***



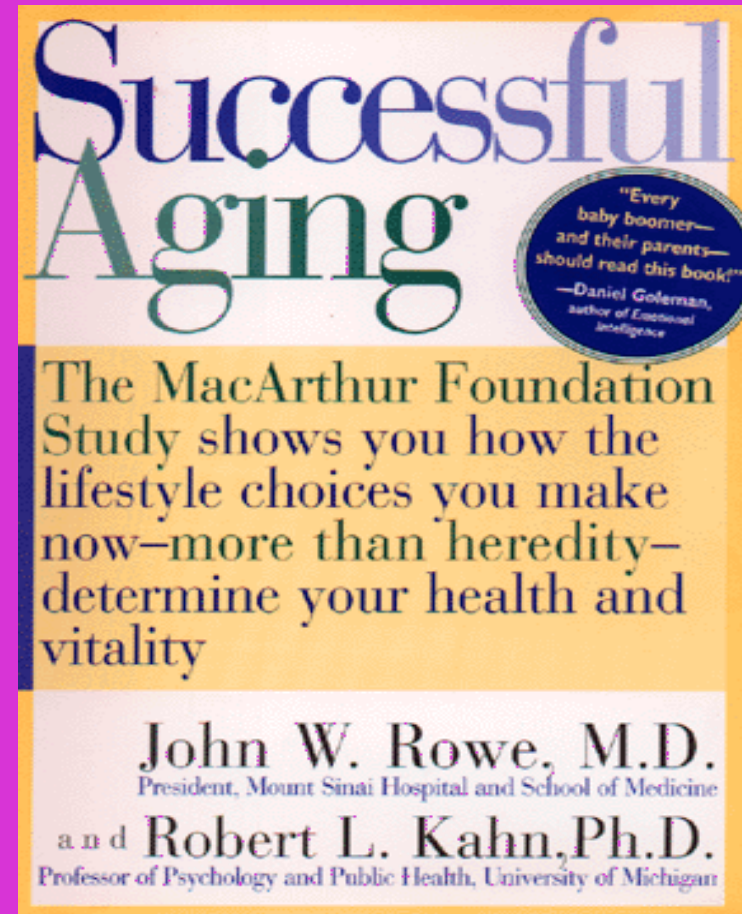


## **“Usual Ager”**

- **“Functioning well but at substantial risk for disease and disability”**

# ***“Successful Aging”***

- **Low risk of disease and disease-related disability**
- **High mental and physical function**
- **Active engagement with life**



# ***Successful Aging Habits***

- 1. Stay strong and physically active**
- 2. Maintain normal weight**
- 3. Adopt good sleep habits**
- 4. Maintain social contacts**
- 5. Keep an alert and curious mind**
- 6. Be self vigilant**
- 7. Engage with your 'environment'**
- 8. Be positive**

# *Successful Aging Habits*



# *Stay Strong.*

- Strength training is a very powerful force in maintaining independence and quality of life for older adults. It also positively impacts a range of diseases and health conditions

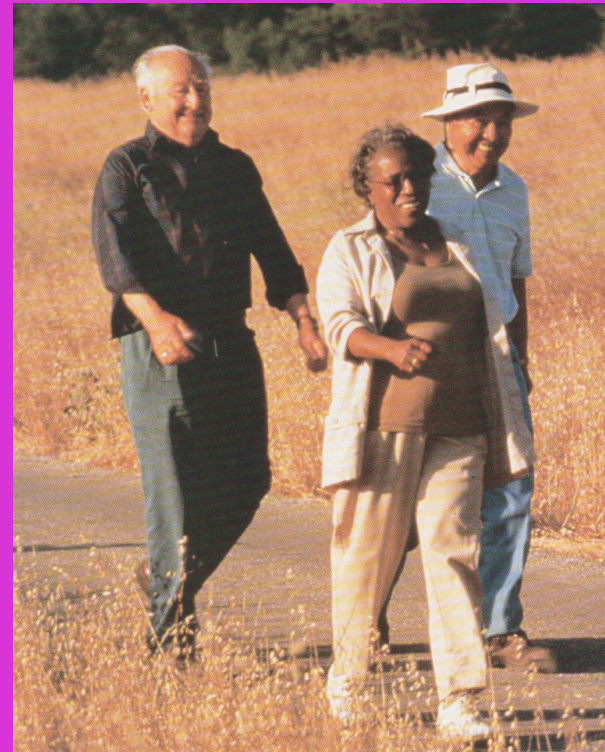


See CDC recommendations @ <http://bit.ly/WJ2BI>



# *Stay Physically Active.*

- For great health benefits walk briskly for a minimum of 30 minutes on most, preferably all days of the week
- You can accumulate this time in sessions of 10 mins or so throughout the day



The Surgeon General's Report on Physical Activity and Health 1996

# ***Maintain normal weight.***

- **Eat Food!**
- **Not too much**
- **Mainly Plants**



Michael Pollan: In Defense of Food. Penguin Books 2008

# ***Adopt good sleep habits***

- **Sleeping Well Leads to Aging Well”**



- **Establish a regular bed- and wake-time schedule**
- **Avoid coffee or other drinks with stimulants at least 2 hours before sleep.**
- **Keep your sleep area cool, dark and quiet**
- **Exercise**



<http://www.sleepfoundation.org/alert/sleep-well-leads-aging-well>



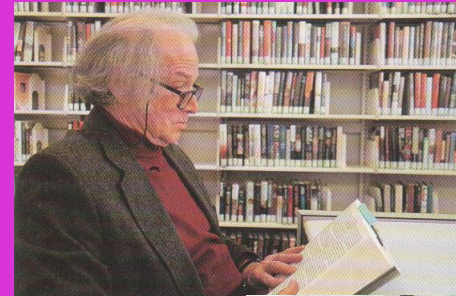
[illegible]

- Initiate and maintain meaningful relationships
- Turn off the TV
- Unplug the iPod
- Be part of a community
- Own a pet!
- Give and receive hugs!

# *Keep an alert and curious mind*

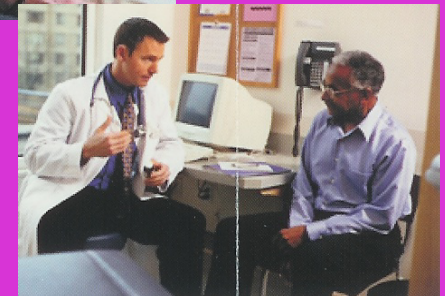
## **Expand your Horizons!**

- Courses, Classes & Conversations
- Debates with friends
- Keep up with the news
- Have an opinion - and share it!
- Spend time with grandchildren, mentor, educate and explain



# *Be self vigilant*

- Check your condition and have regular self- and doctor-initiated medicals
- Ask yourself “How do I feel (and where do I feel it?)”
- Check with your doctor and check your doctor!



# ***Engage with environment***

- **Physically**
- **Socially**
- **Spiritually**

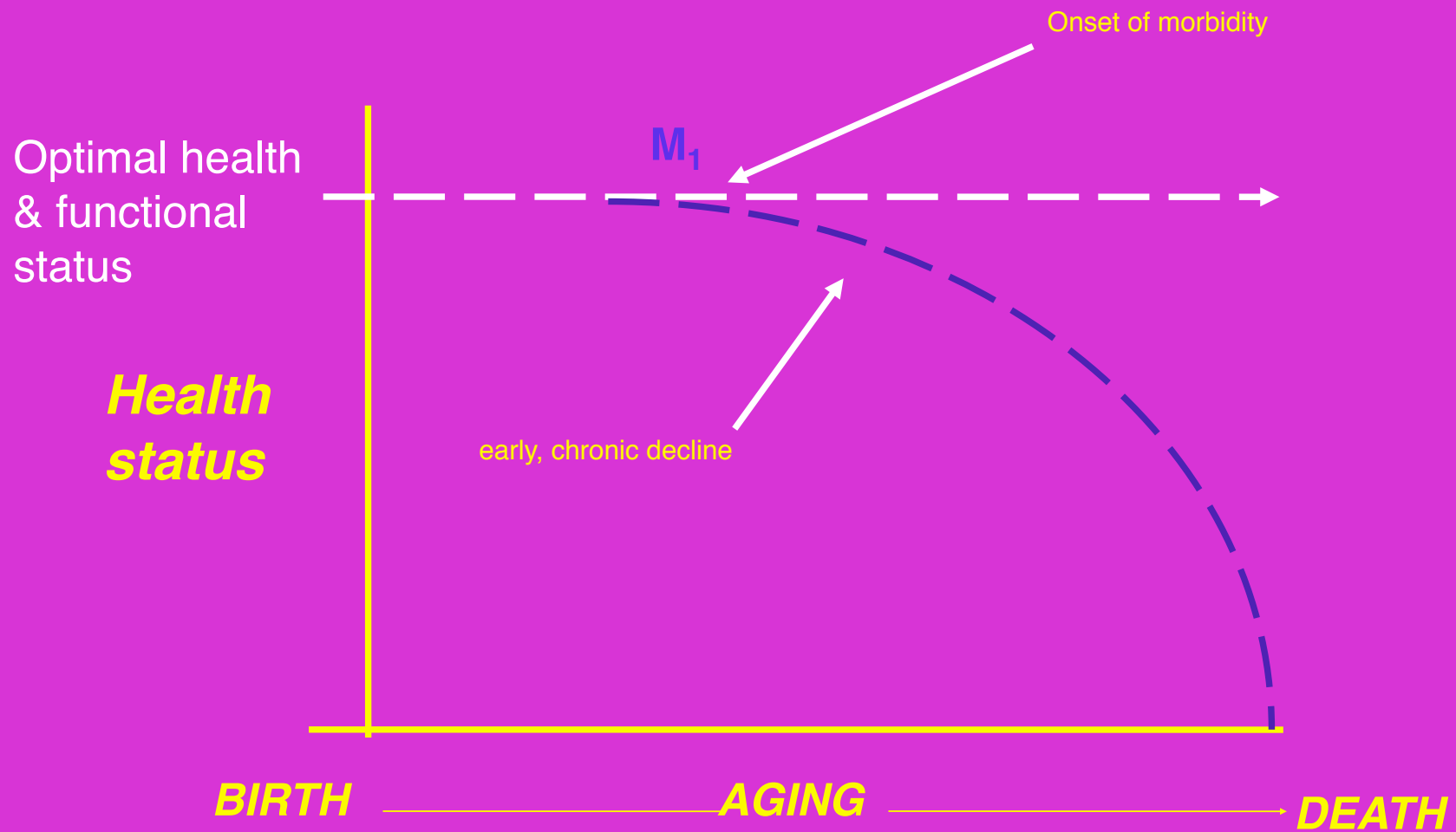
# *Spirituality/Transcendence*

- Awe/appreciation of the beauty and excellence in the world
- Gratitude
- Hope for the future
- Having coherent beliefs about the higher purpose and meaning of the universe and about life



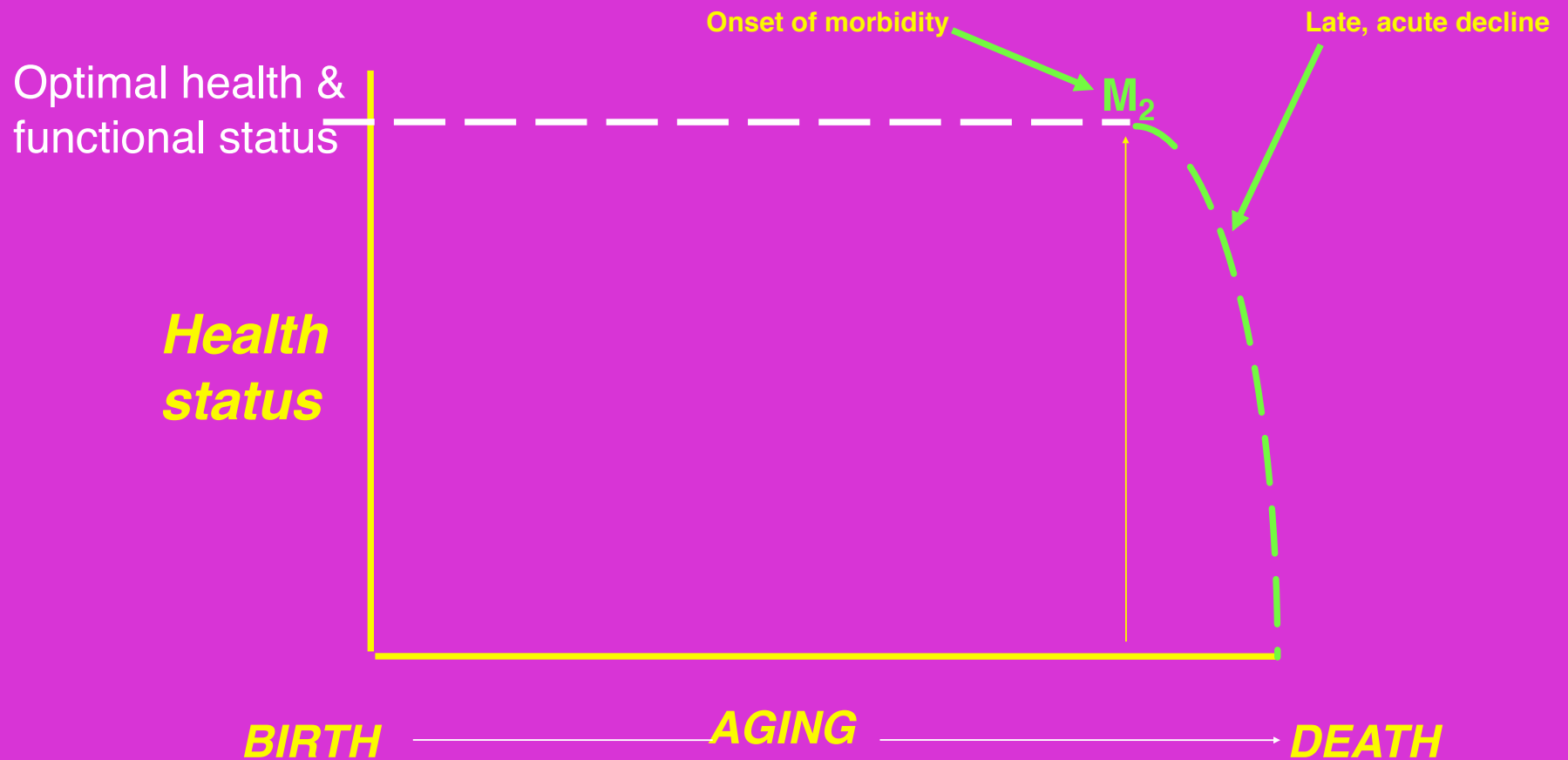
***Be Positive***

# ***“Usual Aging”***





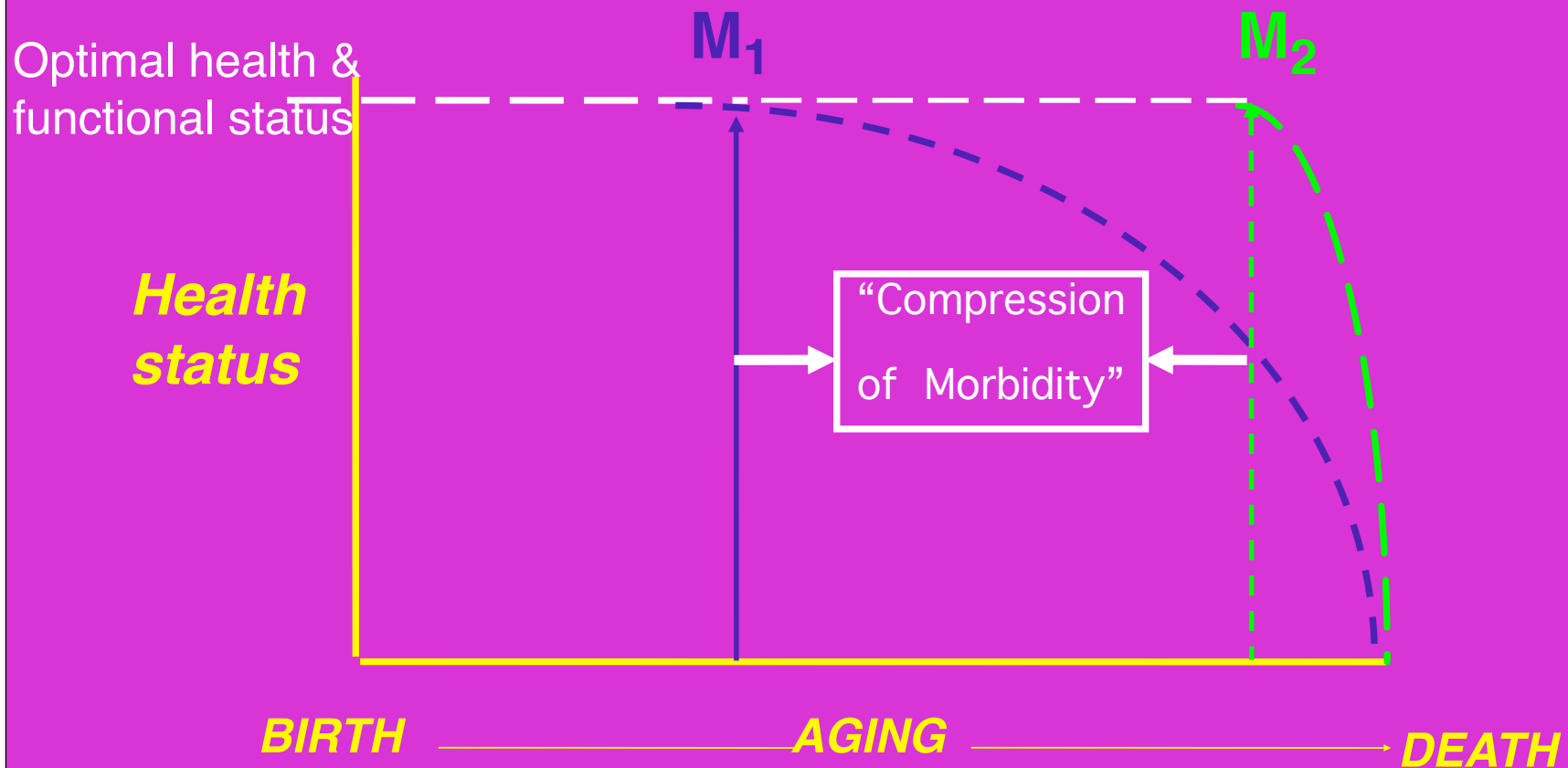
# ***“Successful Aging”***





# ***“Successful Aging”***

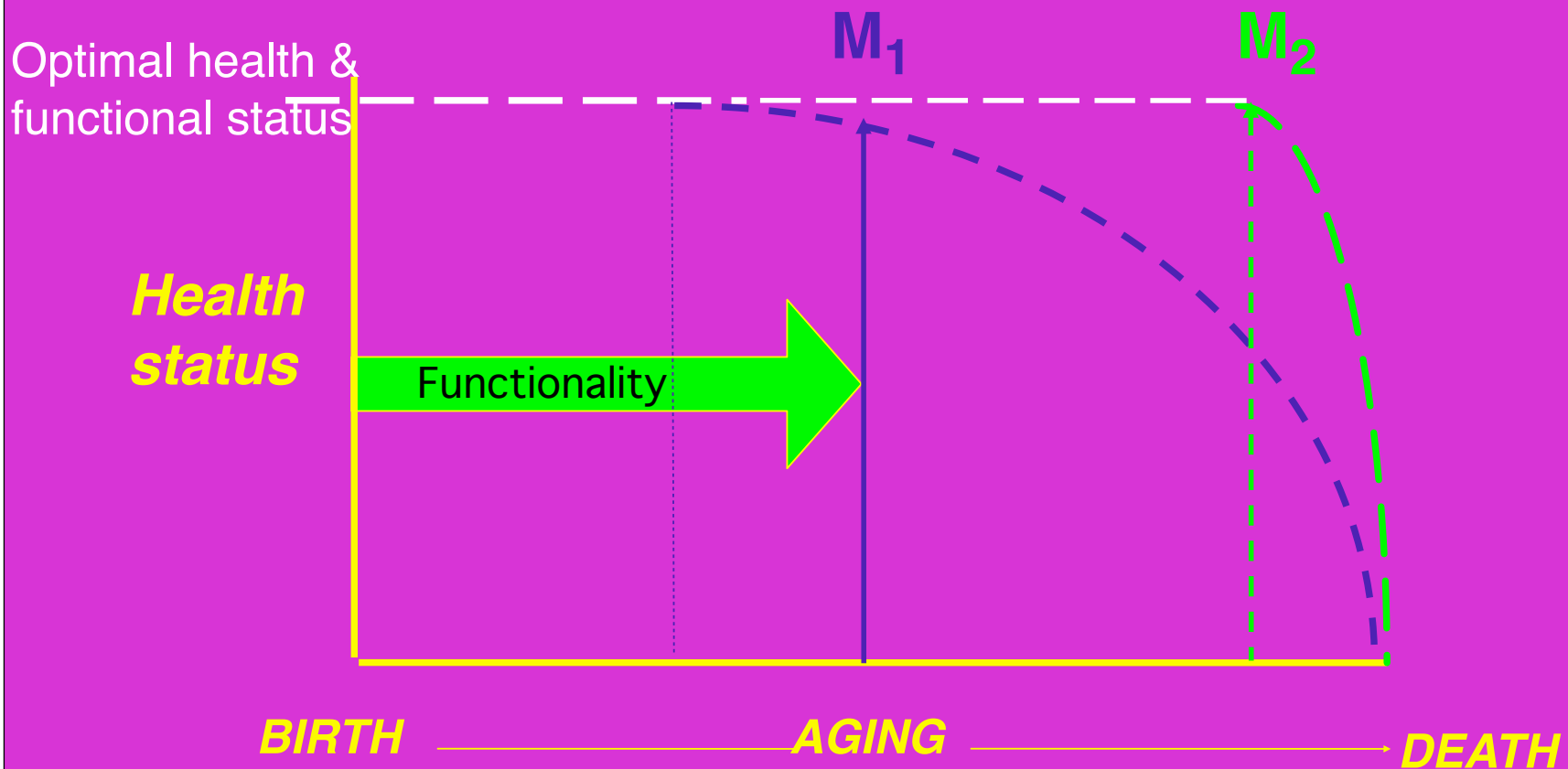
## ***The “compression of morbidity”***



Positive Model

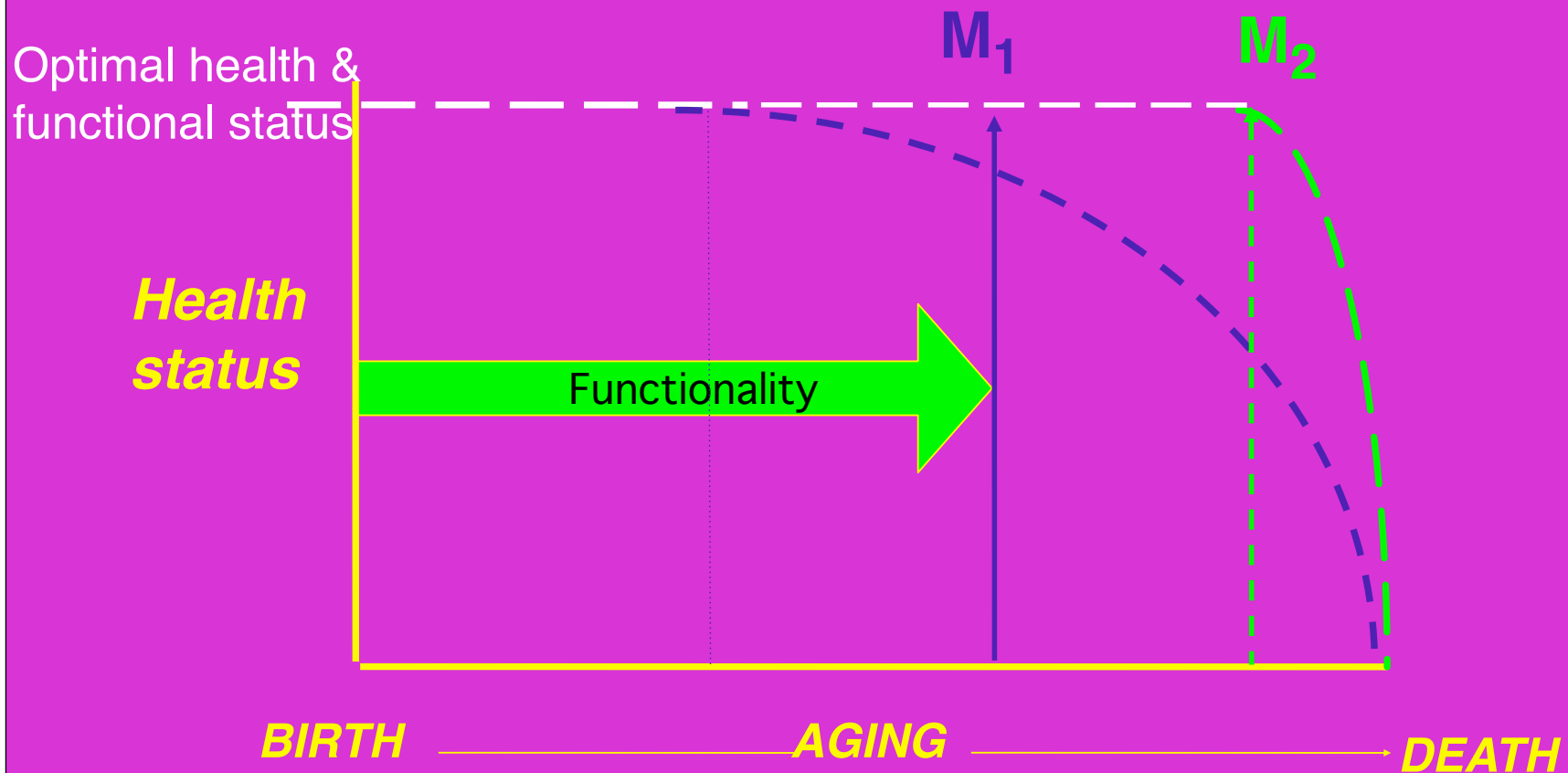
# **“Successful Aging”**

*The “expansion of functionality”*



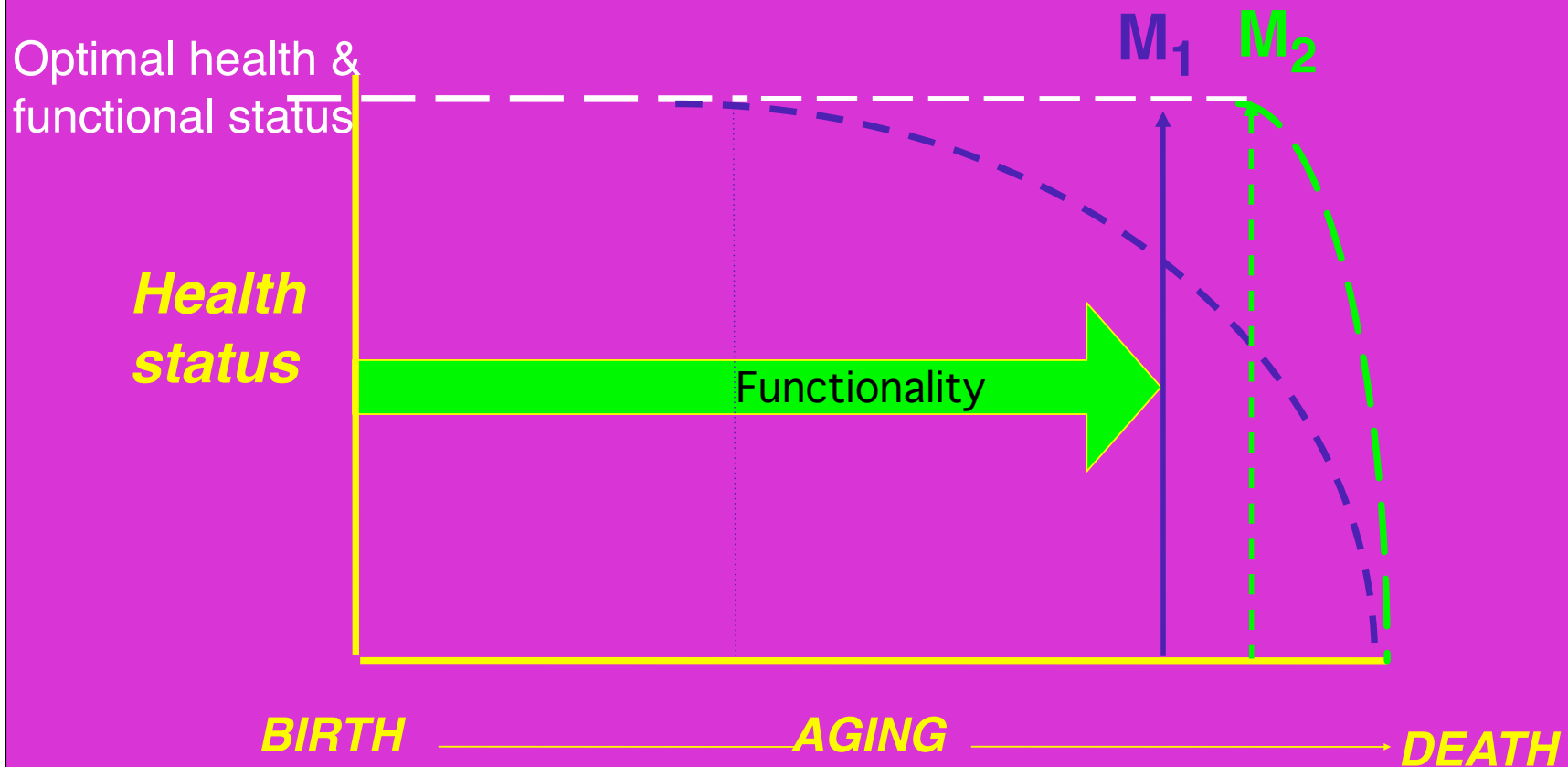
# ***“Successful Aging”***

## ***The “expansion of functionality”***



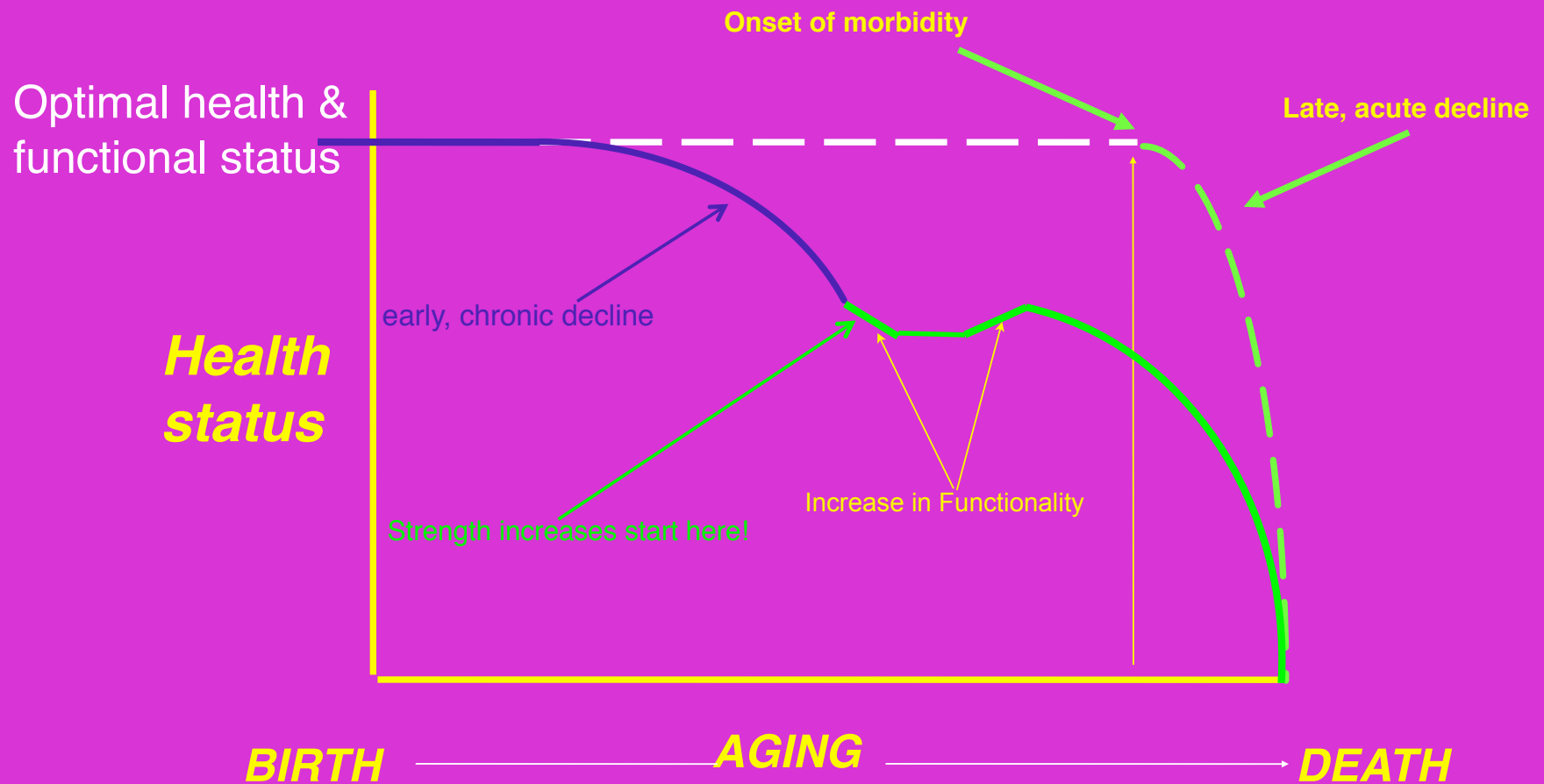
# ***“Successful Aging”***

## ***The “expansion of functionality”***



# **“Successful Aging”**

***The potential impact of increasing strength***



**GET STRONG!!!**

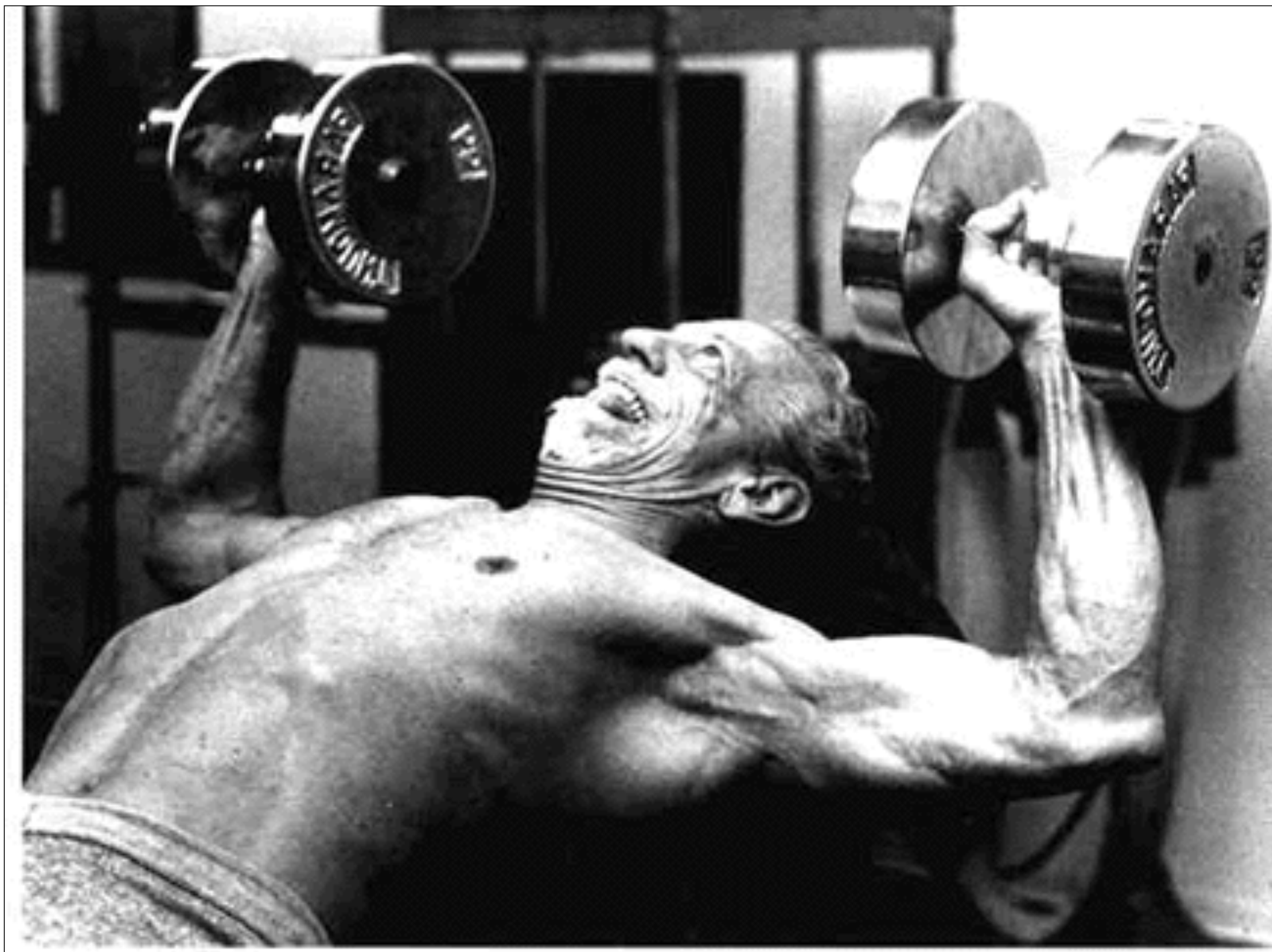
**and go from this ...**

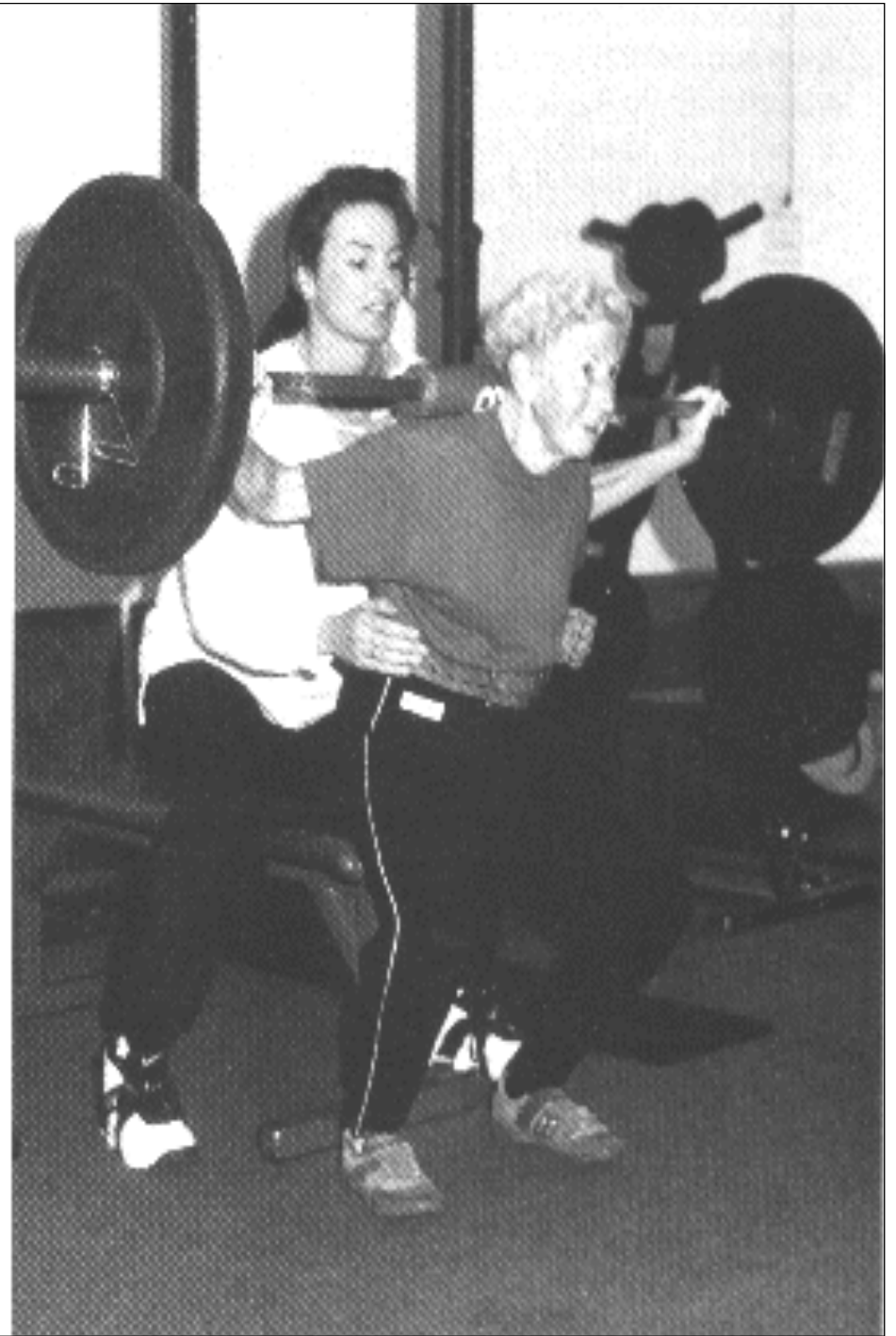
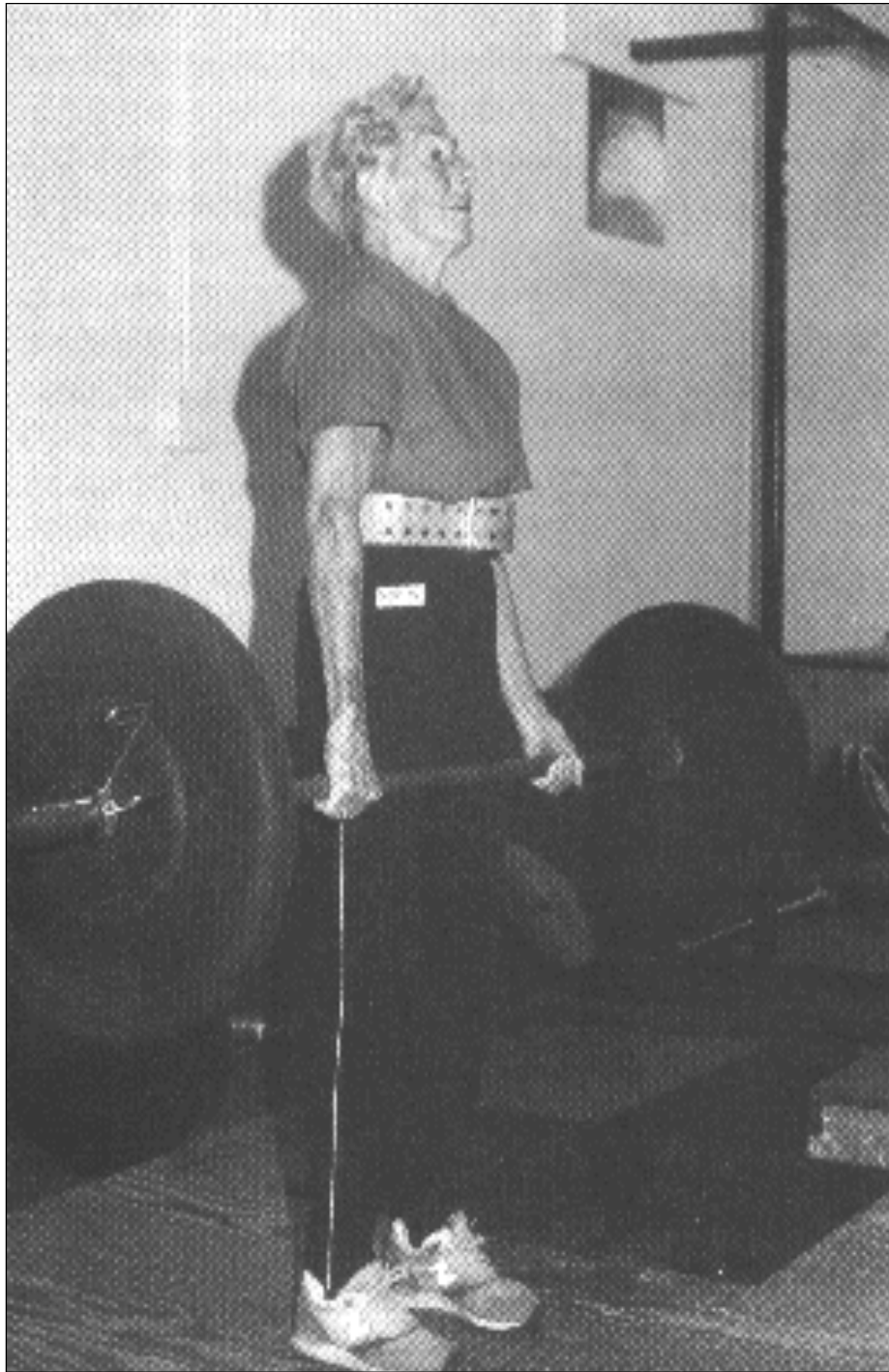


Source: <http://www.roadtraffic.gov.uk>



**to this .....**





**it can even help with the housework...**







**YIPPEE!**

**Energize  
your aging!**