

"It Hurts When I..."
Experiencing Aging to Elevate
Training Programs

Rhonda Hamer
CPT-SFS, FAS, MedFit OFS



Rhonda Hamer



ACE Certified Personal Trainer
NASM Certified Personal Trainer
RYT 200 Yoga Teacher
FAI Fitness Assessment Instructor
MedFit Education Foundation Approved
Osteoporosis Fitness Specialist
MedFit Education Foundation Approved
Orthopaedic Fitness Specialist

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Today's Topics:

- understand the physical challenges of aging
- explore how mobility limitations impact exercise
- awareness of what it feels like to move in an aging body
- craft empathetic, effective workout programs
- firsthand accounts and insights from older adults

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What is the purpose of pain?



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How well do we understand?

As our population ages, how are we preparing to serve them as our clients?
What challenges do they face and how can we better understand what it feels like to have an aging body?



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BY 2030, ALL BABY BOOMERS WILL BE OLDER THAN 65

How old are your clients?



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How old are you?



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BOOMERS
GEN X
MILLENNIALS
GEN Z
GEN ALPHA

Who has money to spend?

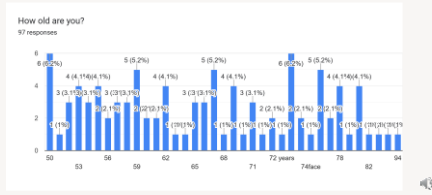
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Respondent Groups

Rural Senior Center	Urban Senior Center	Suburban Senior Center	Suburban/Rural Independent Gym w/ CrossFit affiliation
Metropolitan Hospital-Based Wellness Center	Rural Wellness Center	Suburban Wellness Center	No Specific Affiliation/Independent Respondents

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Survey Data



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What are the most noticeable physical changes you've experienced as you've aged?

BODY

joints/back/hip/knee/wrist/feet
ache
pain/discomfort
stiffness
sore
arthritis
osteoporosis
menopause

ENERGY LEVELS

sleep
tired/fatigued/nap
energy
stamina/endurance
slow

APPEARANCE

skin
hair
sag/fell/flabby/wrinkle
posture
weight

ATTITUDE

less/loss
lack
decrease/loss
trouble
gain (used negatively)
can't

MOVEMENT

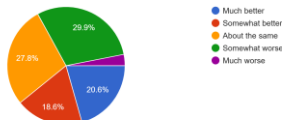
balance
mobility
flexibility
muscle/strength/strong
recovery



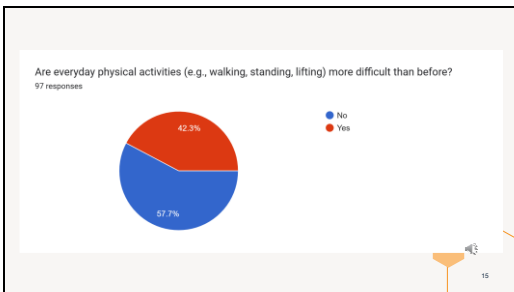
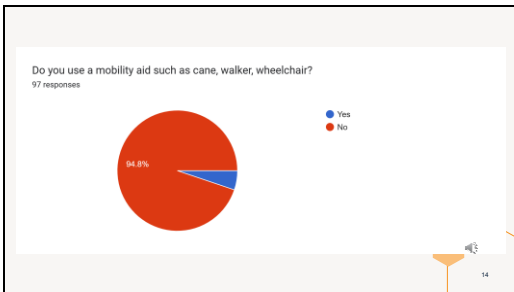
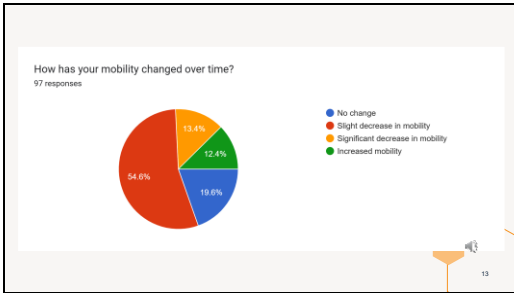
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Describe your overall physical health compared to 10 years ago?

97 responses



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Are there activities that have become more challenging, or you no longer do?

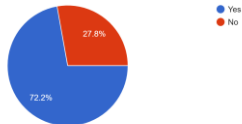
- activities w/ balance
- basketball
- bicycling
- cardio
- climbing
- CrossFit
- dancing
- gardening
- getting up from a chair
- getting up in the morning
- getting up off floor
- golf
- heavy lifting, lifting
- hiking
- hills
- horseback riding
- ice hockey
- jogging
- jumping
- kayak
- lifting leg to get into car
- lifting overhead
- motorcycle riding
- on my knees
- opening bottles
- running
- skiing
- snow shoveling
- standing
- tennis
- twisting
- using my hips/knees/feet
- volleyball
- walking, long walks
- working out
- yard work



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Have you noticed changes in your senses (vision, hearing, touch)?

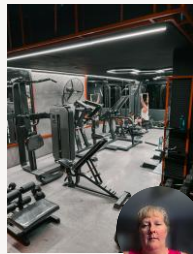
97 responses

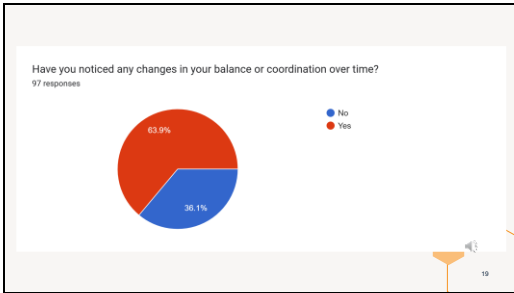


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Sensory Changes:

- Eyesight - eye floaters/blurry vision, macular degeneration, distinguishing colors, bi- and multi-focal lenses
- Hand dexterity
- Hearing
- Hearing - background noise/crowds, tinnitus
- Memory
- Neuropathy - Finger tips, feet, tingling in arm
- Smell
- Taste

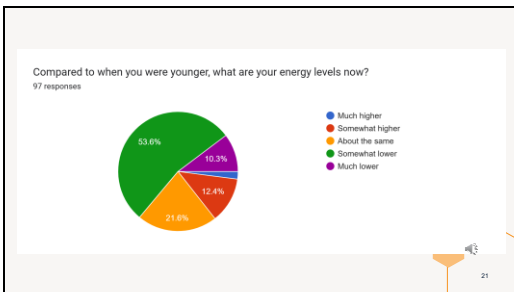


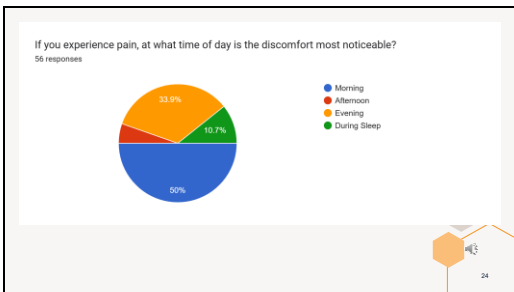
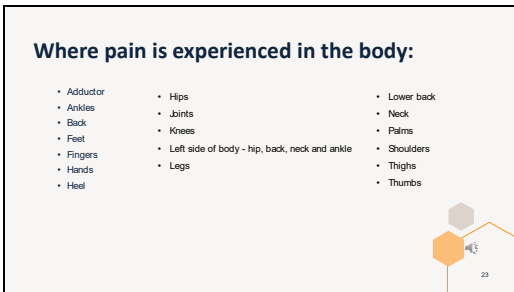
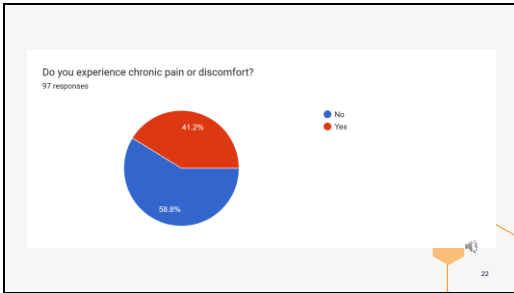


Balance changes:

- awkward ambulating
- careful on curbs
- clumsy/slower reaction time/ fine motor skills not sharp
- dizzy/frequent vertigo
- focus more when I move about
- have to catch myself
- less confident/coordinated/stable
- mindful of falling/more careful/cautious
- single leg activities
- steep stairs
- uncoordinated/ tip more easily
- uneven surfaces
- unsteady gait/very wobbly
- walking and turning head to one side/slight dizziness when turning
- use a railing/walking stick to navigate stairs

A decorative graphic of a house outline with a grey roof and orange walls, located in the bottom right corner. The slide number '20' is in the bottom right corner.





Movement that INCREASES pain:

- bending
- bending knees
- body weight pressure on my shoulders
- CrossFit
- fear of pain affects exercise - I am afraid to get hurt so I limit weight
- front squats
- hanging
- impact
- makes me not want to exercise
- kneeling
- knees
- less workout days per week
- lifting weights
- lunging
- overhead
- hands flat on the floor
- repetitive knee movements
- running
- shifting positions
- squats/squatting
- standing
- twisting knees
- twisting motion
- walking/hard fast walking



Movements that DECREASE pain:

- band exercises
- cycling
- drinking water
- hot Plates
- massage/lymph drainage
- mobility exercises
- modifications
- physical therapy
- proper warmup
- strength training
- stretching
- swimming
- tai chi
- very light weightlifting
- walking
- yoga



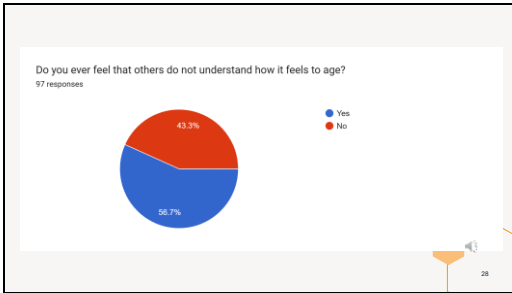
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How does pain affect your mood or mental state?

- aggravated
- angry
- annoyed
- anxiety
- deal with it
- depressing
- difficult to experience joy
- discouraging
- draining
- exhausting
- frustrated
- grouchy
- grumpy
- irritated
- less patience
- less tolerance
- lethargic
- makes me feel old
- scared
- tired
- unfocused
- worrying



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Positive aspects of aging:

- Awareness of how important to keep moving
- Focused more on mobility and staying active
- I am stronger than I was when I was younger and can continue to garden and accomplish heavy work. That makes me happy!
- I am stronger now and have more endurance than 10-15 years ago.
- Regular exercise the last ten years has me better at 59 than my 40's
- Appreciate each day
- Enjoyment of life's simple pleasures is enhanced.
- I appreciate living. I'm here for a reason.
- I like myself more no matter the number I see on the scale.
- My knowledge and appreciation of the little things in life.
- Pace of life slowed down.
- Really appreciate the little things in life.

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Questions not asked:

Recovery

- What recovery techniques do you utilize?
- Do you feel it takes longer to recover as you age?
- Do you feel sore or fatigued after exercise?

Demographics

- Gender
- Income levels
- Marital status

Where & how do you exercise?

- Do you attend a gym?
- Community fitness classes?
- Work with a trainer?
- How many days per week?
- What types of exercise do you do?



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Aging Simulation:

Visual Impairment

- wear glasses smeared with soap or vaseline to simulate cataracts
- use sleep masks for total blindness
- darken glasses and leave a hole in the middle to simulate glaucoma
- put a dark circle in the middle of the glasses for macular degeneration

Arthritis in Hands and Feet

- taping together the thumb and forefinger of your student's dominant hand and binding three fingers of the other hand restricts movement and fine motor skills
- popcorn kernels placed in socks and shoes simulate the foot pain associated with poor circulation, neuropathy and arthritis

- placing hands in gloves filled with unpopped popcorn kernels dulls the fingers' ability to feel, also simulating arthritis

Loss of Tactile Sensation

- try different types of gloves
- wearing several thick gloves while writing, tying a shoe or buttoning a shirt
- wearing gloves while filling pill bottles
- wrist and hand braces to simulate loss of dexterity or restricted range of motion
- wearing thick socks

Hearing Impairment

- use ear plugs for full, partial or one-sided hearing loss
- tinnitus (ringing in the ears) could be simulated by simply playing a sustained, high-pitched noise



How do we do better?



Listen

- To our clients/patients
- To what we are saying
- Ask better questions



Look

- Watch our clients/patients move (or not)
- Observe outside of session time
- Read facial cues



Live

- Experience what they are experiencing
- Imagine life from their perspective



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Rhonda Hamer
hello@wellness365.fit
www.wellness365.fit