



**Medical
Blueprints**

ELDERLY EXERCISE: LOSING WEIGHT SAFELY AS WE AGE REPORT #2760

BACKGROUND: Being overweight or obese is defined as weight that is higher than what is considered a healthy weight for a given height. Body mass index, or BMI, is the screening tool used to determine overweight or obesity. Obesity affects more than 1 in 3 adults in the United States, and another 1 in 3 adults is considered to be overweight. Both conditions may increase your risk for certain health problems and may be linked to certain emotional and social problems. Health conditions like heart disease, stroke, type 2 diabetes and certain types of cancer. Common treatments for losing weight include healthy eating, being physically active, and making other changes to your usual habits. If you have extreme obesity and related health problems, your doctor may consider other treatments, such as bariatric surgery.

(Source: <https://www.cdc.gov/obesity/adult/defining.html> and <https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity>)

EXERCISE AND SENIORS: Experts say seniors should aim to be as active as possible because exercise can help you live a longer, healthier life. It's considered safe for most adults older than 65 years of age to exercise, and even those who have chronic illnesses like heart disease, high blood pressure, diabetes, and arthritis. Many of these conditions improve with exercise. Improvements with strength and balance are common, as well as more energy, improving your mood, and even improving cognitive function. The four areas to be covered when exercising are endurance, strength, balance, and flexibility. You can cover those by walking, swimming, biking, lifting weights, using a resistance band, standing on one foot, tai chi, yoga, and stretching. Seniors age 65 and older should get at least 2.5 hours of moderate aerobic exercise every week, which averages out to about 30 minutes on most days of the week.

(Source: <https://familydoctor.org/exercise-seniors/>)

MEMORY BOOST IN SENIORS: According to a new study, high-intensity treadmill workouts for seniors can significantly boost memory function. Researchers from McMaster University in Ontario, Canada recruited 64 seniors between the ages of 60 and 88 for a 12 week study. The participants were split up into three experimental groups. One group did moderate treadmill exercise that pushed their heart rates up to 70-75% of their maximum for their age, another did more intense workouts which pushed heart rates up to 90-95%, but for shorter bursts of time, and the third group did gentle stretching exercises. Seniors in the high-intensity exercise group experienced significant improvement on memory tests of up to 30% after the three-month program. "The test looks at the ability to remember the details of new memories without mixing things up," said Jennifer Heisz, an associate professor in the Department of Kinesiology at McMaster University. "I always recommend that people do what they love because that means they will be more likely to do it! It's never too late to get the brain health benefits of being physically active," said Heisz. An important point is that the older adults in the study were otherwise healthy, which may not be the case for many seniors.

(Source: <https://www.forbes.com/sites/victoriaforster/2019/11/03/high-intensity-exercise-boosts-memory-in-seniors/#2ae0c6a959ca>)

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