Demographics

Growing old is not for sissies!

- Today 13% of Americans > 65 yrs old
- By 2030 22% will be older than 65
- Over the next decade the most rapid population increase will be in the age group > 85 yrs old
  - MOST OF THOSE INDIVIDUALS ARE WOMEN
What is the Goal?

Reaching Your Potential

- Health is a state of complete physical, mental, spiritual and social well-being, and not merely the absence of disease or infirmity.

- We must continuously improve our function, not simply delay “inevitable” losses.
Top 10 Causes of Death

1. Heart Disease
2. Cancer
3. Accidents
4. Chronic lung disease
5. Stroke
6. Alzheimer’s Disease
7. Diabetes
8. Flu / Pneumonia
9. Kidney Disease
10. Suicide

“Live sensibly – among 1000 people, only one dies a natural death... the rest succumb to irrational modes of living.”
Risk Reduction

Lifestyle Modifications

- Exercise daily (150 min/week)
- Don’t smoke
- Weight maintenance
- Mediterranean diet
- Restorative sleep
- Cognitive growth
- Social engagement
- Treat co-morbid conditions
Physical Fitness

Health and Performance

Impact on

- improving performance
- sharpening attention and focus
- enhancing efficiency
- reducing disease risk and morbidity
- improving recovery from injury

Sitting is the new smoking!!
Fitness

**Endurance**
Aerobic Training
- Distance, duration, speed

**Mobility**
Anaerobic Training
- Plyometrics, speed, agility

**Strength**
Force and Power
- Weight training, core strength

**Flexibility**
Injury Prevention
- Static stretching
Physical Activity

Cross Training and Diversity

- Aerobic exercise = 150 minutes / week
- Diversify your workout
  - Importance of weight resistance
  - Improve your flexibility
  - Challenge your mobility
- Concept of staying active
Nutritional Fitness

“The banquet is in the first bite”

- Phenomenon of obesity
  - 61% adults are overweight or obese
  - Profound impact on disease prevalence and management

- Concept of balance, moderation, and variety
  - Personal discipline
  - Individualized eating program
Nutritional Fitness

Not a lot

 Mostly plants

Eat food
Sleep

Luxury vs Necessity

- Sleep deprivation and “sleep debt”
- Cognitive deficits
- Accidents
- Quality of life
- Impaired organ systems
- Changes in appetite

“Waste not life. In the grave will be sleeping enough.”
Sleep

Function and Quality

- Restorative function
- Restructures learning and memory
- Skill mastery
- Energy conservation
- Vital to creativity

“To achieve the impossible dream, try going to sleep”
Sleep Hygiene

Give yourself a sleep makeover!

- Make your bedroom a cave
- Use your bed for sleep or sex….ONLY
- Keep regular sleep hours
- Sleep enough to feel refreshed
- Avoid evening tobacco, alcohol and caffeine
- Relax before bed
- Get daily exercise
- Don’t “horribilize”
Health Maintenance

Principles and Practice

Know your own body
Practice prevention
Avoid risk behaviors
Maintain fitness
Restorative sleep
Immunizations

Regular medical care
Comply with therapy
Recognize warning signs
Know when to ask for help
Resilience
Know your limits

Diagram showing the relationship between performance and stress level, highlighting the optimal zone of focused and motivated states, as well as the unhealthy states of fatigued, exhausted, and diseased conditions.
Resilience
Commitment to Self

- Define your roles and goals
- Personal integrity
- Sense of purpose
- Sense of accountability

*Integrity*
is choosing your thoughts and actions based on values rather than personal gain
Resilience

Define Your Internal Compass

- Keep your focus on what truly matters in your life
- Assess the quality of your life
- Refine your personal priorities
- Identify your “pressure points”
- Develop your support network
- Determine how you measure success
Resource Management

FORGET: “I can do it myself!”

- Know where to turn
- Look for opportunities to connect
- USE THEM!!
Resources and Support

Know how to get their attention  Know your limitations with each other

Your Spouse...

Work as a Team

Discuss and recognize warning signs

Make time for each other
Resources and Support

A Healthy Family

- Appreciation expressed
- Good communication patterns
- Time spent together
- Commitment to family
- High degree of spirituality
- Ability to handle crisis in a positive manner
- The three “R’s” of memory making
Resources and Support

Peers:

✓ Develop a circle of “Confidantes”
✓ Re-establish contact with a mentor

Command Resources:

✓ Know What’s Available
✓ Make an Introductory Call
✓ Know how to Muster Support
Community Resources

Stay Connected

- Your military community
- Keep other interests, personal and professional
- Volunteer
- Faith community
Spiritual Vitality

Focus on Mindfulness

- Centers on a sense of our own meaning
- Provides an opportunity to make a difference
- Put principles into practice
- Re-enforce spiritual “cues”

Be open to the "awe" in your life
Relaxation and Reflection

Avoid “Vacation Deficit Disorder”

- An opportunity to live in the present
- Choose, don’t drift!
- Time to do everything but think
- Internal jogging
- Concept of solitude
- Practicing gratitude
Balance in Your Life

Defining Priorities

- Define your roles and goals
- Distinguish importance vs urgency
- Know your limits
- Schedule time for self-development
- Keep a sense of humor and humility
Staying Healthy

The “Top Ten” List

1. Exercise 150 minutes a week
2. Don’t smoke
3. Eat a healthy diet
4. Get 7-8 hours of sleep a night
5. Foster sexuality
6. Stay current on health maintenance
7. Stay socially connected
8. Use your resources
9. Do something for yourself daily
10. Nurture spirituality