

Inspire
Be the change

August 11, 2009

**IDEA
world**
Fitness Convention

The OC (Anaheim, CA • August 12-16, 2009)

Creating
Boot Camps
for
Zoomers

PRESENTED BY
Leigh Crews

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Senior Partner: **STOTT PILATES**

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Who's a ZOOMER?

The post WWII "Baby Boom" lasted from 1946 until 1964, making the "Zoomer" an active Baby Boomer from 45 to 63 years young.

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Values Driven – Goal Oriented

- Aesthetics are still important
- Internal values are becoming more important
 - Age acceptance
 - Gains in strength and stamina
 - Increased energy
 - Forestalling age related illness

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Discretionary Income

- Zoomers have more discretionary income to support an active lifestyle
 - Quality time with grandchildren
 - Adventure vacations
 - Recreational activities
- 8 million gym members over age 55 in 2005
 - 314% increase from 1990
 - Membership among 18-34 year olds increased only 38.7% in the same time period

I has a money.
What I do wit it?

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Realities of Aging

- Hip and knee replacements
- Previous injuries
 - Shoulder
 - Knee
- Arthritis
- Osteoporosis
- Peri-menopause and Menopause

Growing Old Is Not For Sissies

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ACSM Guidelines

- Aerobic
 - Minimum of 5 days/week (moderate) or 3 days/week (vigorous)
 - Moderate: 30 min/day, bouts of at least 10 min.
 - Vigorous: at least 20 min./day
- Muscle Strength
 - Minimum 2 days/week, 8-10 exercises for major muscles, 8-12 reps each.
 - Bone health: 2-3 days/week
- Flexibility/Balance
 - Minimum of 2 days/week
 - For those at risk for falls, include balance training
 - Older adults: daily flexibility and balance activities

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Danger, Will Robinson!!



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Precautions



- Osteoporosis
- Arthritis
- High Blood Pressure
- Hip/Knee Replacement
- Previous Injuries

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Osteoporosis



- Systemic skeletal disease affecting 55% of women over the age of 50
- Contraindications include spine flexion, rotation and side bending
- Many times the first indication of osteoporosis is a bone fracture

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Arthritis



- Osteoarthritis (also called degenerative joint disease) usually affects people after middle age and is characterized by gradual loss of cartilage in the joints
- This loss of cartilage can cause pain, stiffness and limited joint motion

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High Blood Pressure



- HBP directly increases the risk of coronary heart disease, which can lead to heart attack, and stroke
- More common in middle age and older
- Avoid
 - Breath holding or straining
 - Isometric contractions
- Begin program with large muscle groups

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Hip/Knee Replacement



- Nearly 500,000 knee replacements are performed every year in the US

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IDEA world Fitness Convention Previous Injuries


- Zoomers are more likely to have suffered shoulder, hip or knee injuries than younger participants



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IDEA world Fitness Convention Boomeritis




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- Sports related injuries among baby boomers
 - Bursitis
 - Tendonitis
 - Sprains/Strains
 - Stress Fractures




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- Prevention
 - Adequate warm-up
 - Cross training
 - Customize the workout based on individual needs
 - Identify weak links and modify exercise accordingly
 - Focus on positive lifestyle changes
 - Listen to your body




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IDEA world Fitness Convention Designing Your Zoomer Boot Camp

- Offer a wide variety of activities
 - Cardio
 - Strength
 - Flexibility/Balance
- Core training
 - Stability rather than flexion
- Thorough dynamic warm-up
- Individualize intensity
- Positive feedback
- Role model



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IDEA world Fitness Convention Sample Weekly Schedule

Day 1	Day 2	Day 3	Day 4
Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up	Yoga/Tai Chi
Cardio Interval Trng	Steady State Trng	Cardio Interval Trng	Meditation
Foam Roller	Balance/Core	Foam Roller	
Athletic Stretching	Targeted Stretching	Athletic Stretching	
TOTD	TOTD	TOTD	Homework

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- Arthritis and Exercise
- Healthy Backs
- Strength Training Do's and Don'ts
- Osteoporosis
- Mid-life changes
- Healthy Eating for Boomers
- Staying Motivated
- Finding Time to Exercise
- Meditation
- Camper's Request



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Download the
Sample Workout
and more...
leighcrews.com/zoomer



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