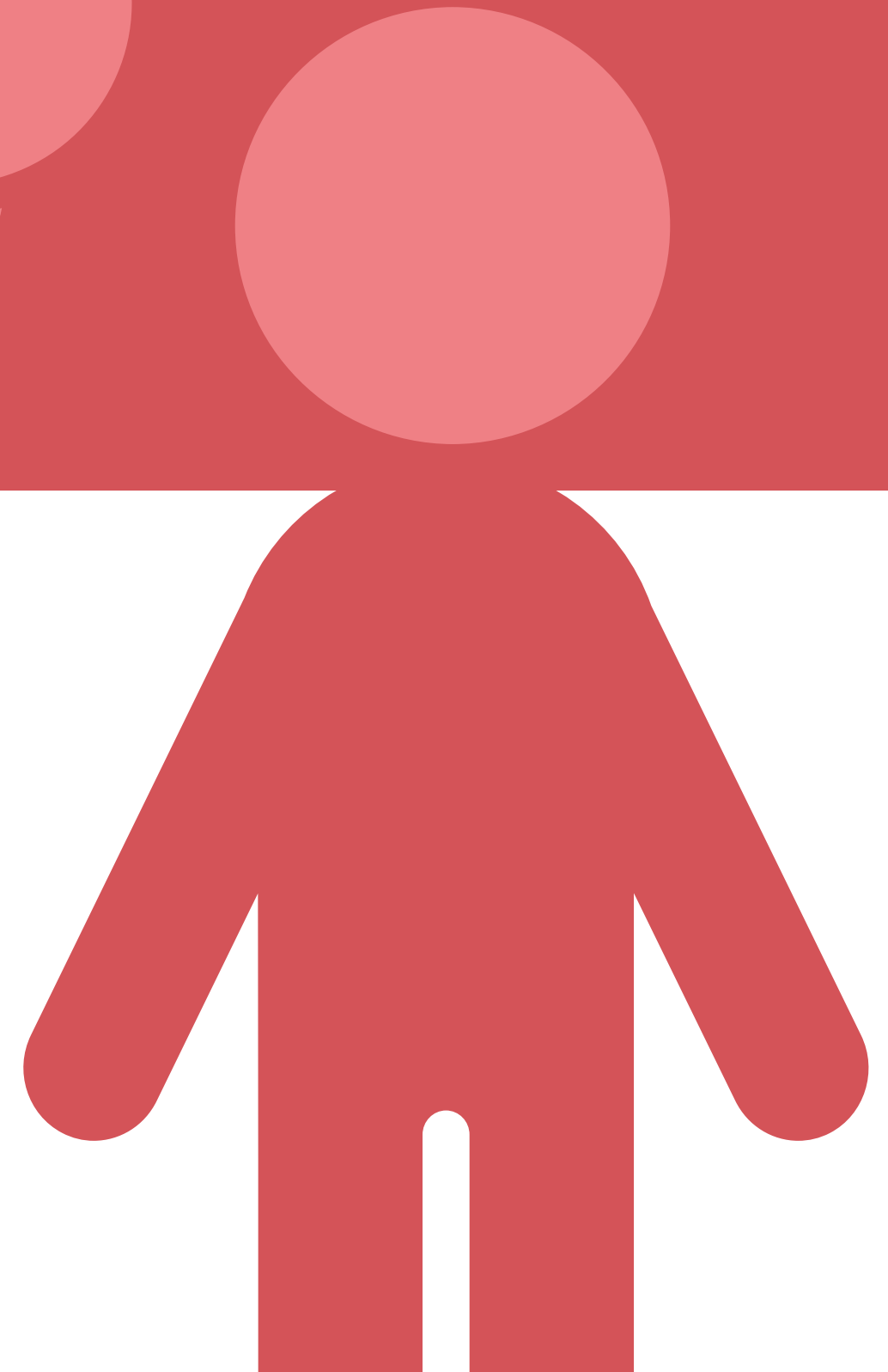


BRAIN & BODY FITNESS

Tackling the two-headed dragon of healthy aging!

EMILY JOHNSON, FOUNDER AND CREATIVE DIRECTOR
StrongerU Senior Fitness



A photograph of three senior citizens sitting at a table. On the left, a Black woman with short grey hair, wearing a maroon shirt and a gold necklace, is smiling. In the center, a man with grey hair, wearing a grey and white striped shirt, is looking down. On the right, an elderly Asian woman with white hair, wearing a bright blue short-sleeved button-down shirt and a gold necklace, is smiling at the camera. The background is softly blurred, showing other people and a bright, indoor setting.

By the year 2030, there will be
over 70 million seniors in the US.

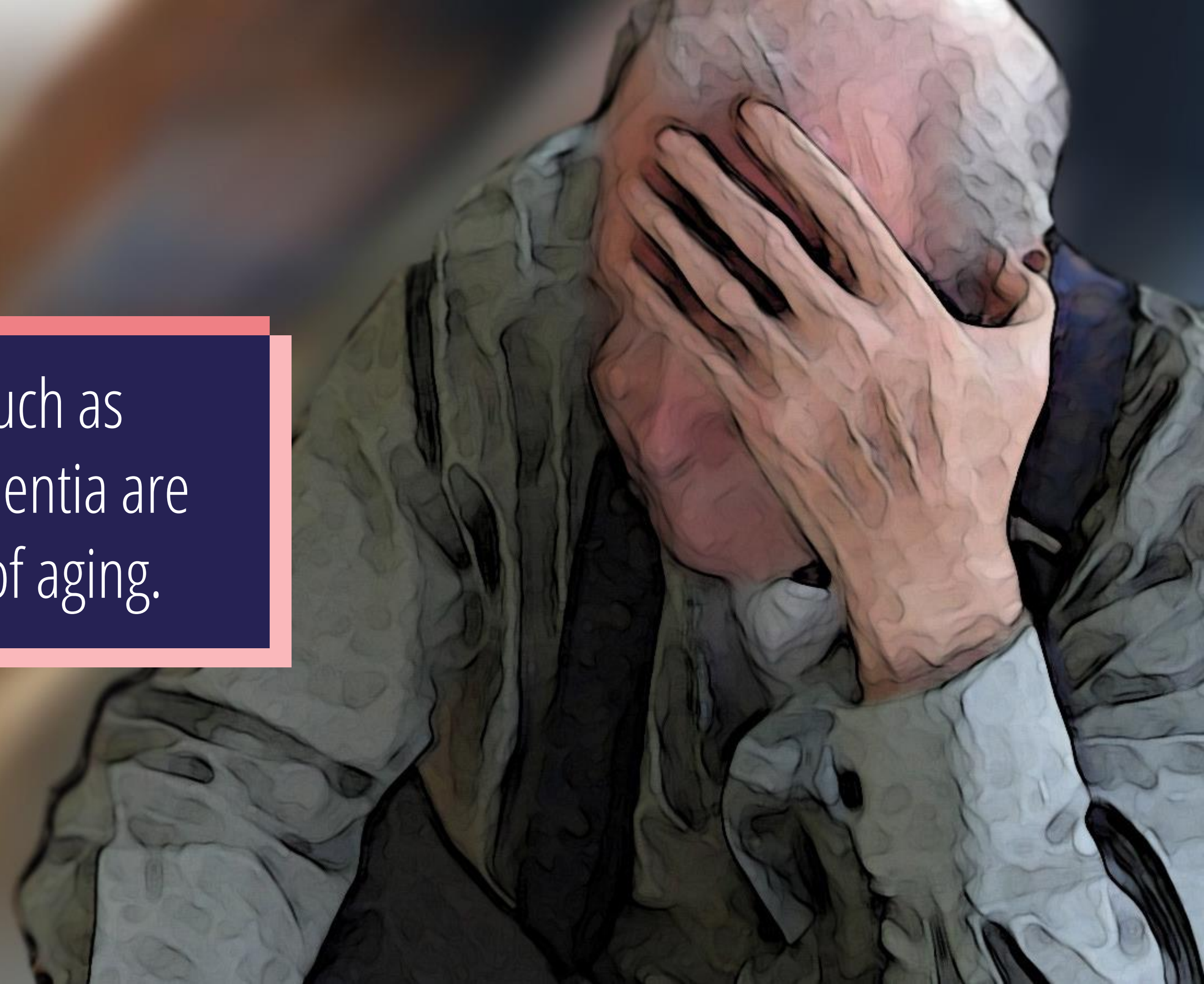
THE TWO-HEADED DRAGON of healthy aging





Being physically active is the best way to **stave off** and even **reverse** chronic conditions as we age.

Chronic Conditions such as
Alzheimer's and Dementia are
NOT a normal part of aging.



AGING

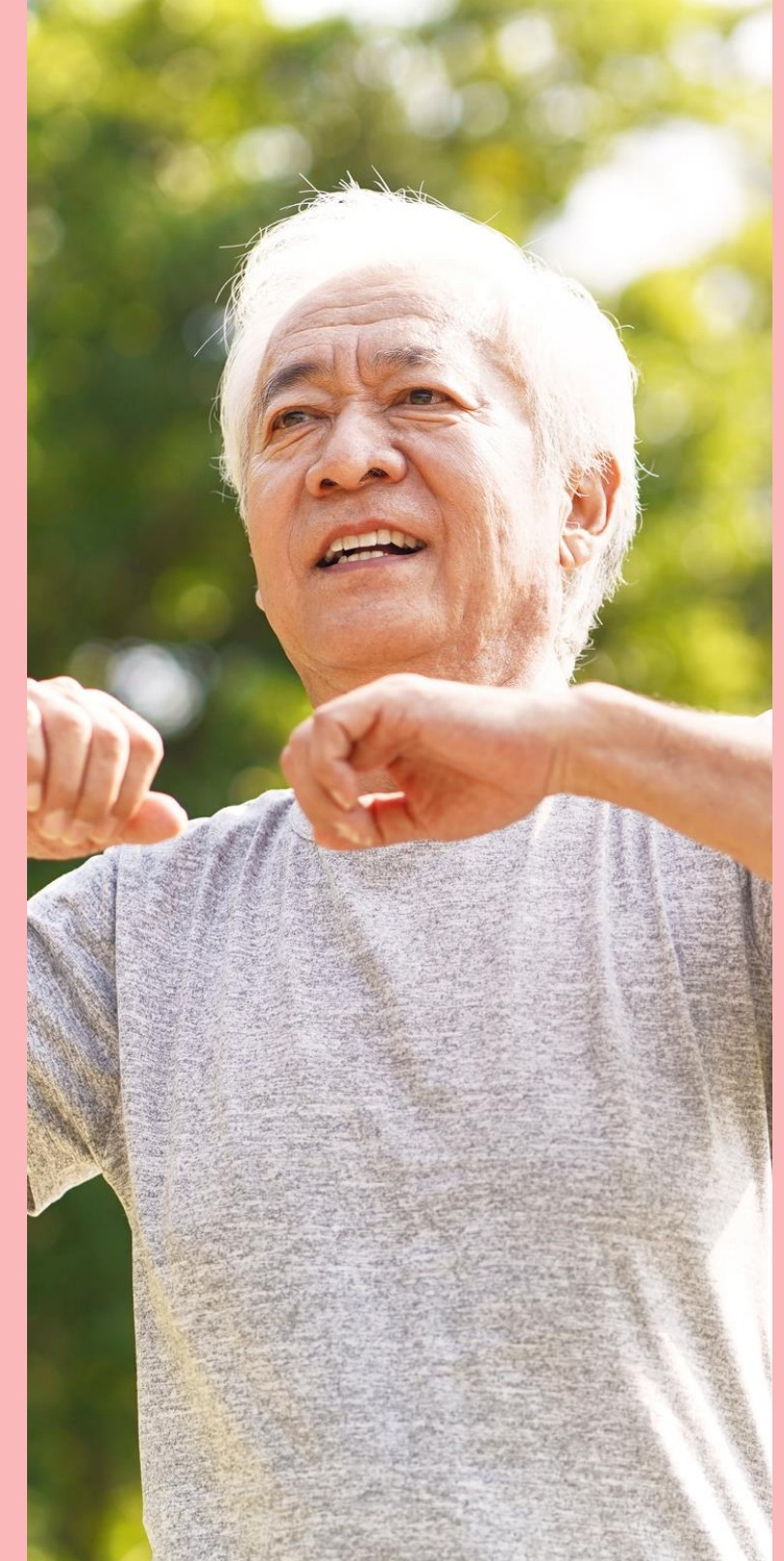


**CHRONIC
DISEASE**

INACTIVITY



**CHRONIC
DISEASE**



ACTIVITY ALONG THE LIFESPAN

The background of the slide features a repeating pattern of human brains, viewed from a slightly elevated, lateral perspective. The brains are a light peach or pinkish-orange color and are arranged in a grid-like fashion across the entire frame. They cast soft, dark shadows onto the surface below them, giving a sense of depth. The overall background color is a solid, light pink.

Exercise Training Increases Size of the
Hippocampus and Improves Memory.

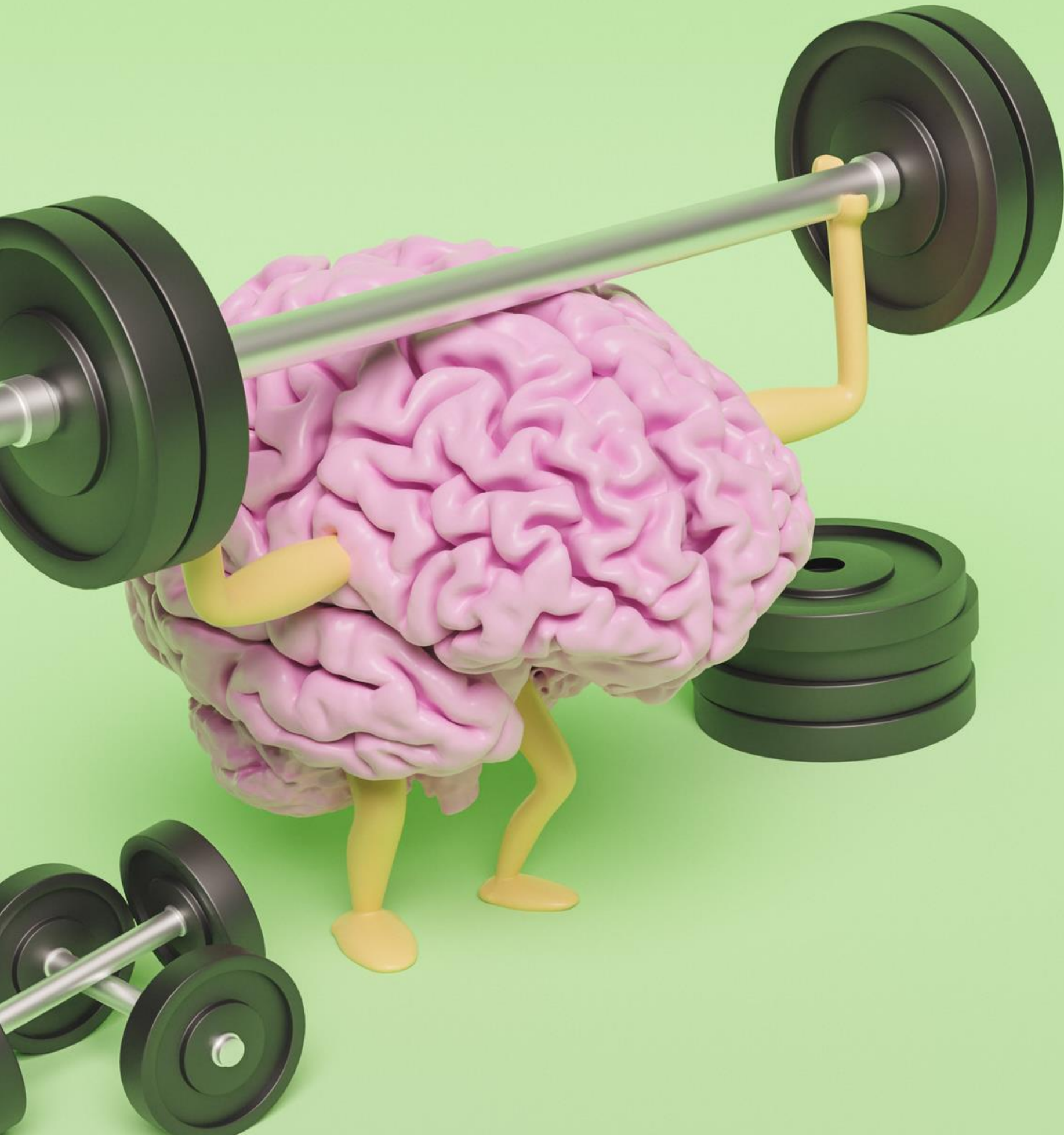
The background is a dark blue gradient. In the center, there is a light blue silhouette of a human brain. Overlaid on the brain and the background are faint, light blue binary code (0s and 1s) and circuit-like patterns.

MEMORY

SPATIAL
NAVIGATION

LEARNING





CHANGES TO
BRAIN STRUCTURES

STIMULATES NEW
CONNECTIONS IN THE
BRAIN

AIDS IN THE RELEASE OF
HORMONES

DELIVERS
NUTRIENTS AND
OXYGEN

REDUCED CAROTID
ARTERY STIFFNESS

OTHER INDIRECT
BENEFITS



Cognitive Activity and Onset Age of Incident Alzheimer Disease Dementia.

START WITH CANADA'S PHYSICAL ACTIVITY GUIDELINES

**150 MINUTES A WEEK OF
MODERATE TO VIGOROUS
INTENSITY AEROBIC ACTIVITY**

**2 DAYS A WEEK OF
MUSCLE AND BONE
STRENGTHENING**

**ACTIVITY TO
ENHANCE/PREVENT FALLS**

A close-up portrait of a middle-aged woman with short, wavy brown hair, smiling warmly at the camera. She is wearing a light pink jacket with white piping on the sleeves. She holds two bright pink, heart-shaped dumbbells, one in each hand. She is also wearing small pearl earrings and a gold ring on her left hand. The background is a solid, neutral grey.

#1 Movement Combinations



#2 Asynchronous Movements



#3 Brain Games




Let's Move!

- 
- 1 Base Moves
 - 2 Create Combo
 - 3 Changes in Speed
 - 4 Arms
 - 5 Direction
 - 6 Reverse It

#1 Movement Combinations



#2 Asynchronous Movements

- 
- A group of elderly people are seated in a room, likely a community center or a care home. They are all raising their right hands, indicating they are participating in an activity. A woman with long dark hair, seen from the back, is standing on the left, facing the group. The room has a warm, slightly dim lighting. In the background, there are tables with white tablecloths and chairs. A clock is visible on the wall.
- 1 Counting
 - 2 Alphabet Game
 - 3 Tongue Twisters
 - 4 Association or Cued Recall

#3 Brain Games

QUESTIONS & Reflections





Contact me at
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ThankU

For Engaging

www.StrongerUSeniorFitness.com

