

Welcome to

The Slippery Slope of Aging




2020



Aging is normal and is caused by a combination of reasons...

- Biological Aging of Cells
- Environmental Influences

Consequences of Aging:

- Loss of Physiological Functions
- Loss of Muscles
- Loss of Bone Mass
- Stiffness
- Slower Reaction Time
- Vision Changes 



Consequences of Inactivity & Immobility

- Accelerated Aging
- Risk of injury & falls 
- Mobility-Disability
- Younger Age Onset of frailty
- Fewer Years of High Quality of Life
- Increased Mortality



Factual examples of these:

- Natural Aging produces a strength decline of 10% per decade.
- Mobility limitations are often the first sign of functional decline.
- Weakness is the most common initial manifestation of Frailty.
- People who are **physically active** have a **33% lower risk** of all-cause mortality compared to those inactive.



“

“People who think they have no time for physical activity will sooner or later have time for illness.”

~ Edward Stanley



So, Use It or Lose It!

It Is Never Too Late!



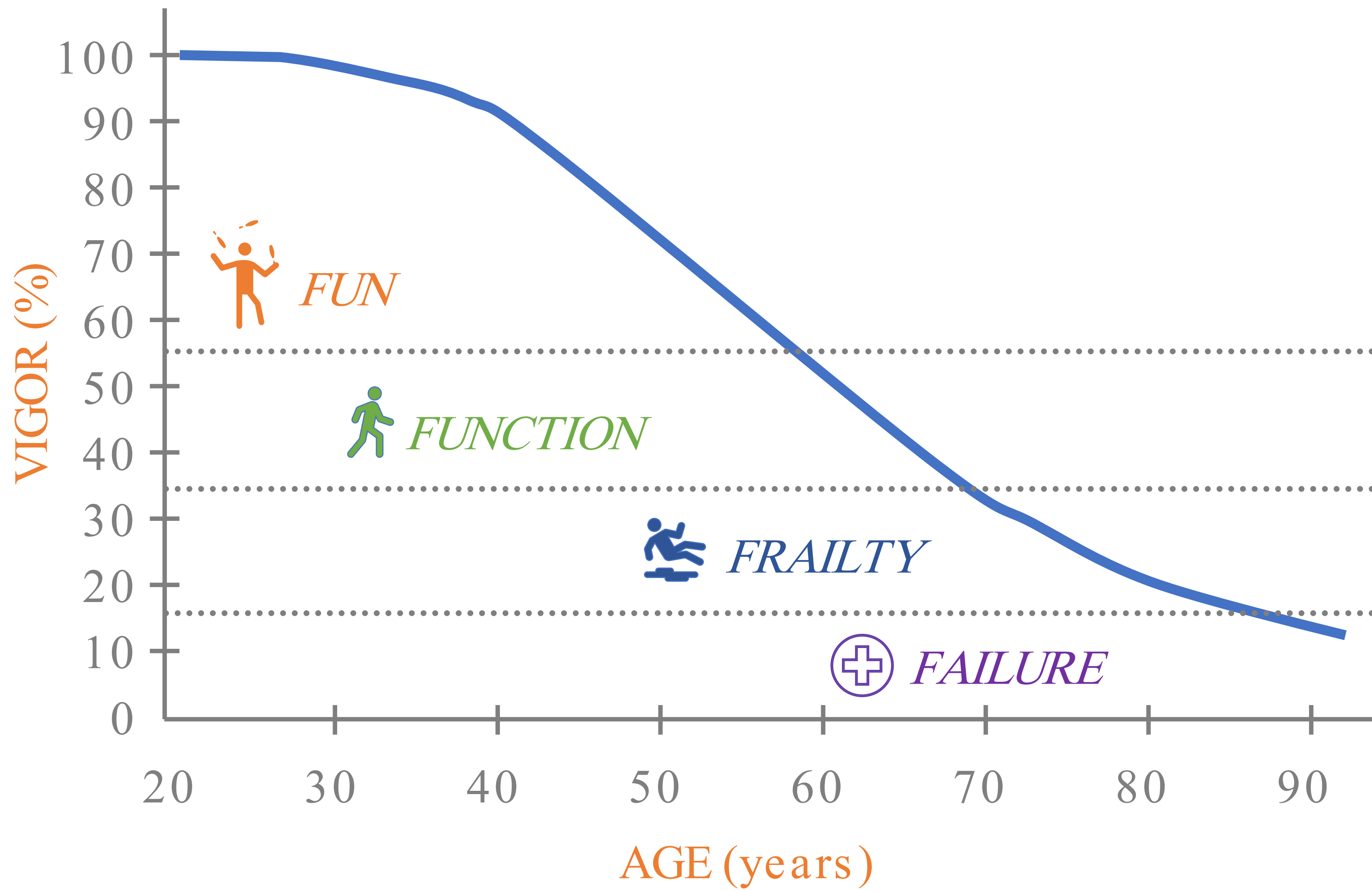
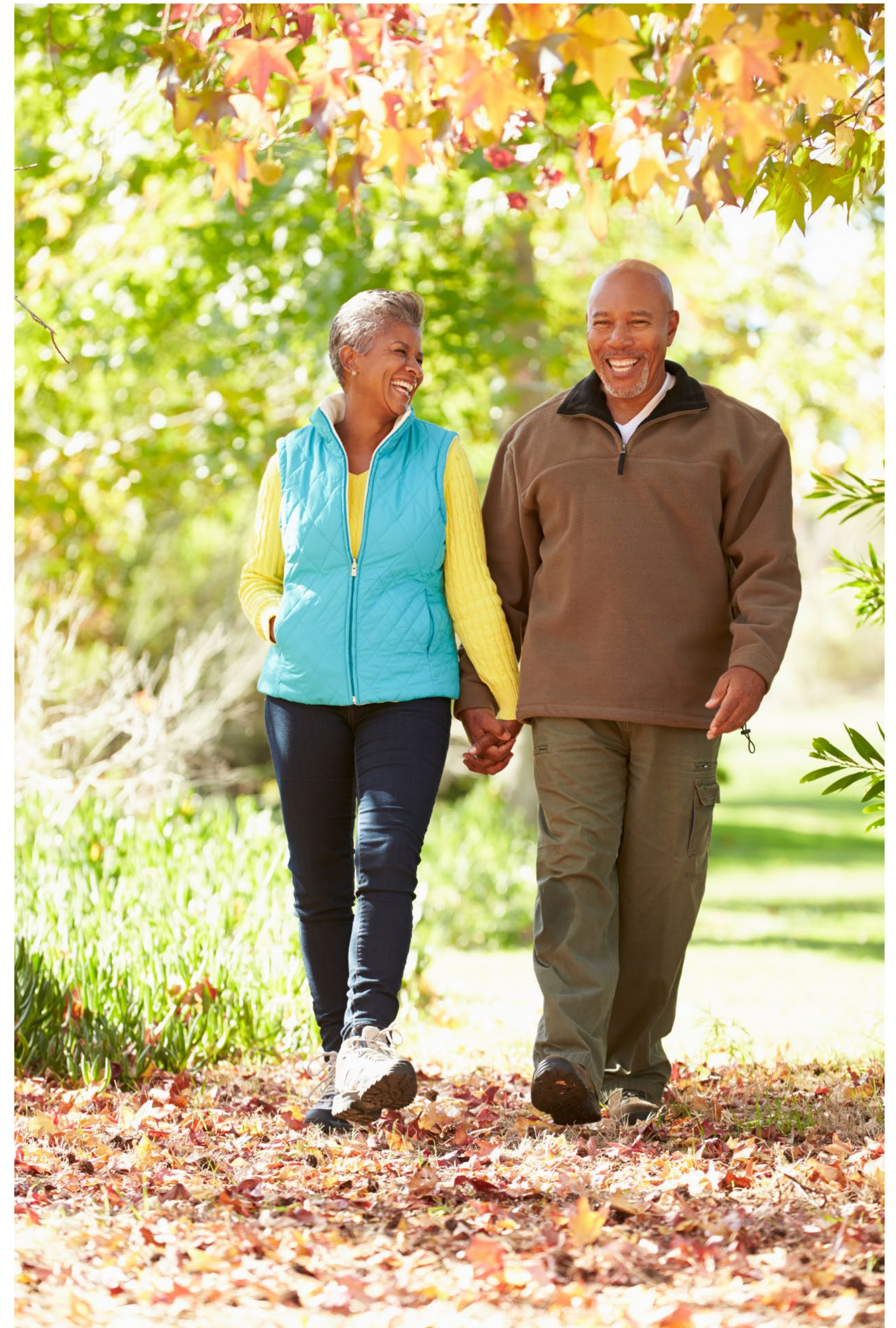






Figure 3: Slippery Slope of Aging (Schwartz)



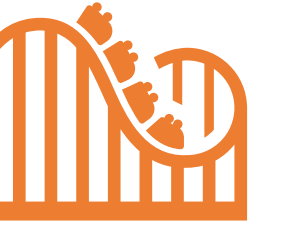
The Slippery Slope of Aging Chart

The Slippery Slope Test...

The following simple functional markers will help determine where you are currently on this slippery slope.

Test/Vigor:	Fun 	Functional 	Frail 	Failure 
	(55+% Vigor)	(35-55% Vigor)	(15-35% Vigor)	(0-15% Vigor)
TUG:	< 8 sec	9-20 sec	> 20 sec	N/A
Gait Speed:	> 4.92 ft/sec	2.95-4.92 ft/sec	1.64-2.62 ft/sec	< 1.64 ft/sec
400 M (1,312 ft) Walk:	< 5 min	5-7.5 min	7.5-13 min	> 13 min
6 Min Walk:	> 1575 ft	1181-1575 ft	591-1182 ft	< 600 ft
FSST:	< 10 sec	< 10-15 sec	15-20 sec	> 20 sec
Berg:	54-56/56	46-53/56	30-45/56	< 30/56
DGI:	24/24	19-23/24	14-18/24	< 14/24
30 sec Chair Rise:	> 15	9-14	< 8	0

The Slippery Slope Test...



Vigor is defined as a combination of physical strength, good health, energy, and activity levels.



Fun

Maintaining a 55+% vigor, a person will be able to continue to participate in enjoyable activities.



Functional

With 35-55% vigor, a person will be able to carry out functional tasks to get through the day, but little energy reserves or capacity in enjoyable activities on a regular basis.



Frail

With 15-35% vigor, a person is considered frail, and has very little capacity to carry out all daily routines and probably no longer able to participate in previous enjoyable activities.



Failure

With 0-15% vigor, a person is truly failing to be well, and most likely dependent on others for their needs.



THE GOOD NEWS!

All the research shows that
no matter

what your age

and

current level of

vigor is,

an appropriate exercise
program can improve your
place on the graph **and to life.**



Ask Yourself...



- **To keep independent and aging well, ask yourself some basic key questions (from CDC & GRECC):**
 - Do I feel unsteady when standing or walking?
 - Do I worry about falling?
 - Do I need to push with my hands to stand from a chair?
 - Do I have trouble stepping up onto a curb?
 - Do I have joint pain with movement?
 - Have I lost some feeling in my feet?
 - Do I tire climbing 13 steps or walking 1/4 mile?
 - Are there skills most important to me to maintain?



And...



- Now that you know what you can no longer do, **what are you going to do about it?**
- Consider letting us screen you and see where you score on **what matters to you.**
- And, where needed, consider physical or occupational therapy to **optimize function gains** and **minimize aging declines.**
- Functioning the **BEST** we can at our age will be a **gift to yourself.**



Thank you! Sign up for your free screening today!