

## Ageing Well Public Talk Series 2023/24

### Talk 6. Anything but Sedentary

**Associate Professor Declan Ryan University of Northampton**

Slide 3: Some is good, more is better

- Moving throughout life
- Associate Professor Declan Ryan

Slide 4: The importance of moving more

- This slide displays a visual graph of age and how it effect strength and balance

Slide 5: What is recommended?

- Researchers review all the available evidence to determine how much physical activity to recommend.
- 2 days per week of strength training.
- 2 days per week of balance training.
- 150 minutes per week of moderate intensity physical activity.
- Minimise sedentary time by breaking up prolonged periods of inactivity.

Slide 6: What is strength training?

- Use every joint.
- Move through full range of movement.
- Increase amount when you feel stronger.

Slide 7: What is balance training?

- Move in every direction.
- Standing on one leg.
- Holding and slow movements.

Slide 8: Why do strength and balance training?

- Reduce rate of falls by 28%
- Tai Chi can reduce the rate of falls by 23%
- Sherrington, C., Fairhall, N., Kwok, W. et al. Evidence on physical activity and falls prevention for people aged 65+ years: systematic review to inform the WHO guidelines on physical activity and sedentary behaviour. *Int J Behav Nutr Phys Act* 17, 144 (2020).  
<https://doi.org/10.1186/s12966-020-01041-3>

Slide 9: Why do strength and balance training?

- Around 1 in 3 adults over 65, half of people over 80 will have at least one fall a year.
- <https://www.nhs.uk/conditions/falls/#:~:text=Falls%20are%20a%20common%2C%20but,least%20one%20fall%20a%20year>
- This slide displays a visual titled 'The Fall Cycle'. The visual is a circle which displays the following circular cycle of 'Fall', 'Increased Fear of Falling Again', 'Decreased Physical Activity', 'Decreased Physical Ability', 'Increased Risk of Falling' to explain how falling can lead to a higher risk of falling again

Slide 10: Why do moderate intensity?

- Reduce the risk of functional limitations and disability by 50%.
- More steps per day reduced the number of prescriptions and hospital admissions.
- <https://www.bristol.ac.uk/media-library/sites/sps/documents/cmo/older-adults-technical-report.pdf>

Slide 11: What is sedentary?

- Little to no movement.
- In a seated position.

Slide 12: Why break up being sedentary?

- 2 minutes of walking every 30-minutes can lower blood sugar.
- Seated movement is still physical activity.
- Improve joint stiffness and pain.

Slide 13: Most important recommendation?

- Some is good, more is better.

Slide 14: Physical activity with an existing health condition.

- Cardiovascular
- Cardiac rehabilitation participation was associated with a 32% lower risk of death by any cause, compared with non-participation.
- [www.Doi.org/10.1001/jamanetworkopen.2020.11686](http://www.Doi.org/10.1001/jamanetworkopen.2020.11686)
- Parkinson's
- Strong evidence that increasing physical activity has a significant impact on cognitive function and physical function.
- <https://www.bristol.ac.uk/media-library/sites/sps/documents/cmo/older-adults-technical-report.pdf>
- Dementia
- Strong evidence that greater amounts of physical activity are associated with a reduced risk of developing dementia, including Alzheimer's disease.
- <https://www.bristol.ac.uk/media-library/sites/sps/documents/cmo/older-adults-technical-report.pdf>
- Osteoarthritis
- Doing regular and consistent exercise, even though this may initially cause pain or discomfort, will be beneficial for their joints.

- <https://www.nice.org.uk/guidance/ng226/chapter/Recommendations#non-pharmacological-management>

Slide 15: Summary

- Some is good, more is better.
- Health improvement will occur when you increase your physical activity by any amount.
- Strength training is vital for health ageing.

Slide 16: Ageing Well series of Public Talks 2023/24 – topics

- Are we prepared to live longer? (Jitka Vseteckova & Rachel Turner) September 13th 2023
- MENOPAUSE and changing attitudes to what people want from this stage of life (Catherine Pestano & Lyndsey Simpson) October 18th 2023
- Taking Control of Dying (Barbara Gale & Victoria Hedges) November 22nd 2023
- Learning to the top and enjoying every minute (Inma Alvarez) December 13th 2023
- Memory and spending time outdoors (Jitka Vseteckova & Ellie Broad) January 24th 2024
- Anything but being sedentary (Declan Ryan) February 21st 2024
- Life, thriving, not just surviving (Marina Postletwaite-Bowler & Lynne Watson) March 13th 2024
- Ways to eat well and stay well (Sinead Eccles) April 17th 2024
- Making friends in blue and green spaces (Grainne O'Connor & Yoseph Araya) May 22nd 2024
- Culture in language learning for older adults (Natalia Balyasnikova) June 19th 2024
- Delivering inclusive health services for ethnic minority older people (Rohini Sharma Joshi) July 10th 2024
- More information on our website:
- <https://wels.open.ac.uk/research/projects/ageing-well-public-talks>

Slide 18:

- Recommendation: Make time for cognitively stimulating activities that you've always enjoyed.
  - Rationale: Continuing favourite activities can ensure sustainability of cognitive stimulation. Long-term exposure to cognitive stimulation may be needed for practical functional benefits.
- Recommendation: Add some new cognitive challenges, as your time and enjoyment permit.
  - Rationale: Trying new activities may enhance brain plasticity by requiring new learning or development of new cognitive strategies (music lessons, learning a new language, aqua

Slide 19:

- Recommendation: Aim to engage in cognitively stimulating activities several times a week or more... generate some "mental sweat"

- Rationale: Current knowledge does not permit a prescription for how often or how long individuals should engage in cognitively stimulating activities. However, epidemiologic studies suggest that more is better, within clinically reasonable limits.
- Recommendation: Be aware that there is no one cognitive activity, or combination of activities, that is uniquely good for reducing AD risk.
  - Rationale: Many different types of cognitively stimulating activities have been associated with preserved cognitive skill. There are no data yet to show that cognitive activities prevent or delay AD.
- Recommendation: Social interactions are a great way to stimulate the mind.
  - Rationale: Group training of cognitive skills has been shown to be effective in sharpening specific cognitive skills, and broader social networks have been associated with reduced AD risk.

Slide 20: Summary of related resources to The Ageing Well Public Talk Series

- Podcasts
- Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: [‘Ageing Well Under Lockdown’](#)
- Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking - researching with people living with dementia and their carers](#) –
- Vseteckova J (2020) Podcast - [Areas of research with The Open University](#)
- Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - [Spotter sheet and mindful walking](#).
- Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)

Slide 21:

- Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)
- Vseteckova J, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)
- Araya Y, Broad E, Vseteckova J (2022) [Engaging with our environment](#)
- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)
- The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)

Slide 22:

- Vseteckova J (2020) [Ageing Well Public Talks Series](#)
- Vseteckova J (2019) [5 reasons why exercising outdoors is great for people who have dementia](#)
- Vseteckova J (2019) [Depression, mood and exercise](#)
- Vseteckova J (2019) [Five Pillars for Ageing Well](#)
- Vseteckova J (2020) [Ageing Brain](#)

Slide 23:

- Vseteckova J (2022) [Pharmacotherapy while ageing](#)
- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing – how mindfulness and nature can help](#)
- Mehta S (2022) [Medicines and personalisation while ageing](#)
- Gale B (2022) [How can we prepare for death while ageing?](#)
- Gale B (2022) [Valuing death at home: making preparations](#)

Slide 24:

- Methley A & Vseteckova J & Jones K (2020) [Green & Blue & Outdoor spaces](#)
- Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [Advance Care Planning \(ACP\)](#)
- Vseteckova J (2020) [Walking the Parks with The OU and The Parks Trust](#)
- Vseteckova J, Methley A, Broad E (2021) [Understanding our memory](#)
- Araya Y, Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Slide 25:

- Vseteckova J (2022) [Pharmacotherapy while ageing](#)
- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing – how mindfulness and nature can help](#)
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- Gale B (2022) [Valuing death at home: making preparations](#)

Slide 26: Care and caring related

- Vseteckova J, (2020) [How to age well, while self-isolating](#)
- Vseteckova J, (2020) [SHORT FILM - Ageing Well in Self-Isolation](#)
- Vseteckova J, (2020) [ANIMATION - Keeping healthy in Self-Isolation](#)
- Vseteckova J et al (2020) [COVID-19 The effects of self-isolation and lack of physical activity on carers](#)
- Taverner P, Larkin M, Vseteckova J, et al. (2020) [Supporting adult carers during COVID-19 pandemic](#)

Slide 27:

- Robb M, Penson M, Vseteckova J, et al. (2020) [Young carers, COVID-19 and physical activity](#)
- Penson M, Vseteckova J et al. (2020) [Older Carers, COVID-19 and Physical Activity](#)
- Vseteckova J & Methley A (2020) [Acceptance Commitment Therapy \(ACT\) to help carers in challenging COVID-19 times](#)

Slide 28: Ageing Well Public Talk Series Website

- [Ageing Well Public Talks' Series 2023/2024](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2022/2023](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2021/2022](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2020/2021](#) repository on ORDO Collections

- [‘Ageing Well Public Talks’ Series 2019/2020](#) repository on ORDO Collections
- [Midlife MOT OpenLearn Course](#)
- OpenLearnCreate Course on [‘Ageing Well’ 2019/2020](#)
- [Home exercise no equipment – no problem](#) *Blog*

**Next Talk 7. Series 2023/24 – Talk 7 – Life, thriving, not just surviving – Marina Postletwaite-Bowler and Lynne Watson – 13<sup>th</sup> March 11am – 12:30** - In this talk we focus on wellbeing, and how proactive life approaches which embrace positive wellbeing can enhance our lives. Ageing doesn’t have to happen the way Western society tells us it has to. Marina explores some ideas and strategies based on Ayurvedic thinking and introduce Kaya Kalpa a clinical discipline from the East that concerns itself with the physiological rejuvenation of the body.

Lynne ’s research interests include hobbies and interests such as nature, crafts and activities which enable people to overcome the triggers which can create poor emotional and mental wellbeing and to use these glimmers to return to a place of emotional wellbeing. Lynne will share encouragement and creative ideas that can realistically help improve the quality of daily life.

Marina Postlethwaite Bowler – Staff Tutor and Associate Lecturer, Faculty of Wellbeing, Education & Language Studies, The Open University. Marina s teaching and research interests focus on holistic wellbeing, the mind body connection. Marina has a passion for ensuring EDIA is at the core of her work. Her professional background is in further and higher education leading and developing teams. Marina has worked in alternative education and secure environments with students studying sport, fitness and health, across a range of ages and challenging backgrounds, Marina also works with educators in the international space delivering training and quality assurance for vocational qualifications.

Lynne Watson - Lynne qualified as a nurse 42 years ago and has built up a portfolio of glimmers which she has used over the years to develop personal resilience. Her professional background is as a nurse/health visitor specifically with children and young peoples’ services working with families where there is a child or young person with a disability or learning difficulty.

