





The Open  
University

## Talk 6. Anything but sedentary

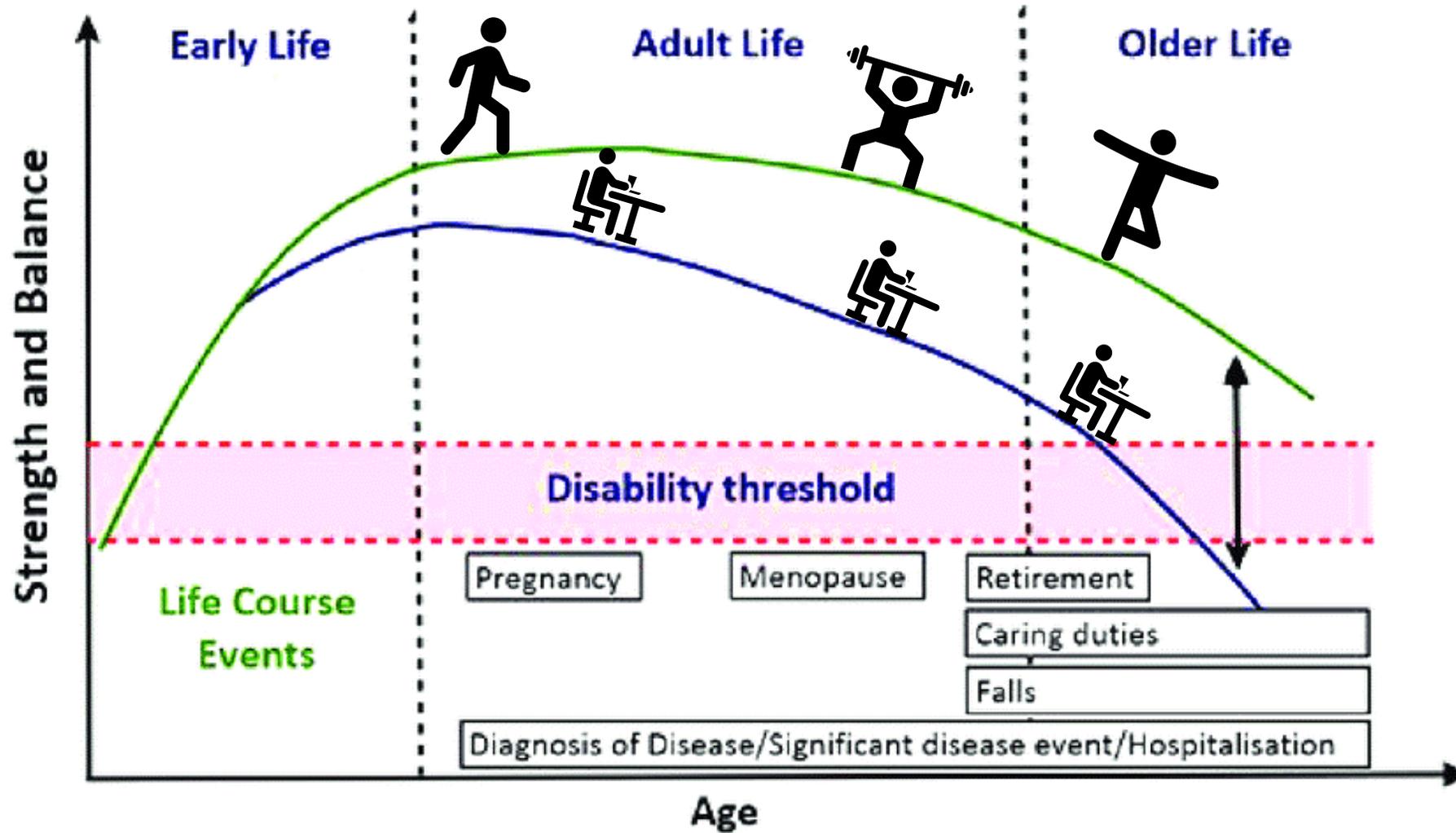
Associate Professor Declan Ryan University of Northampton

**Some is good, more is better**

**Moving throughout life**

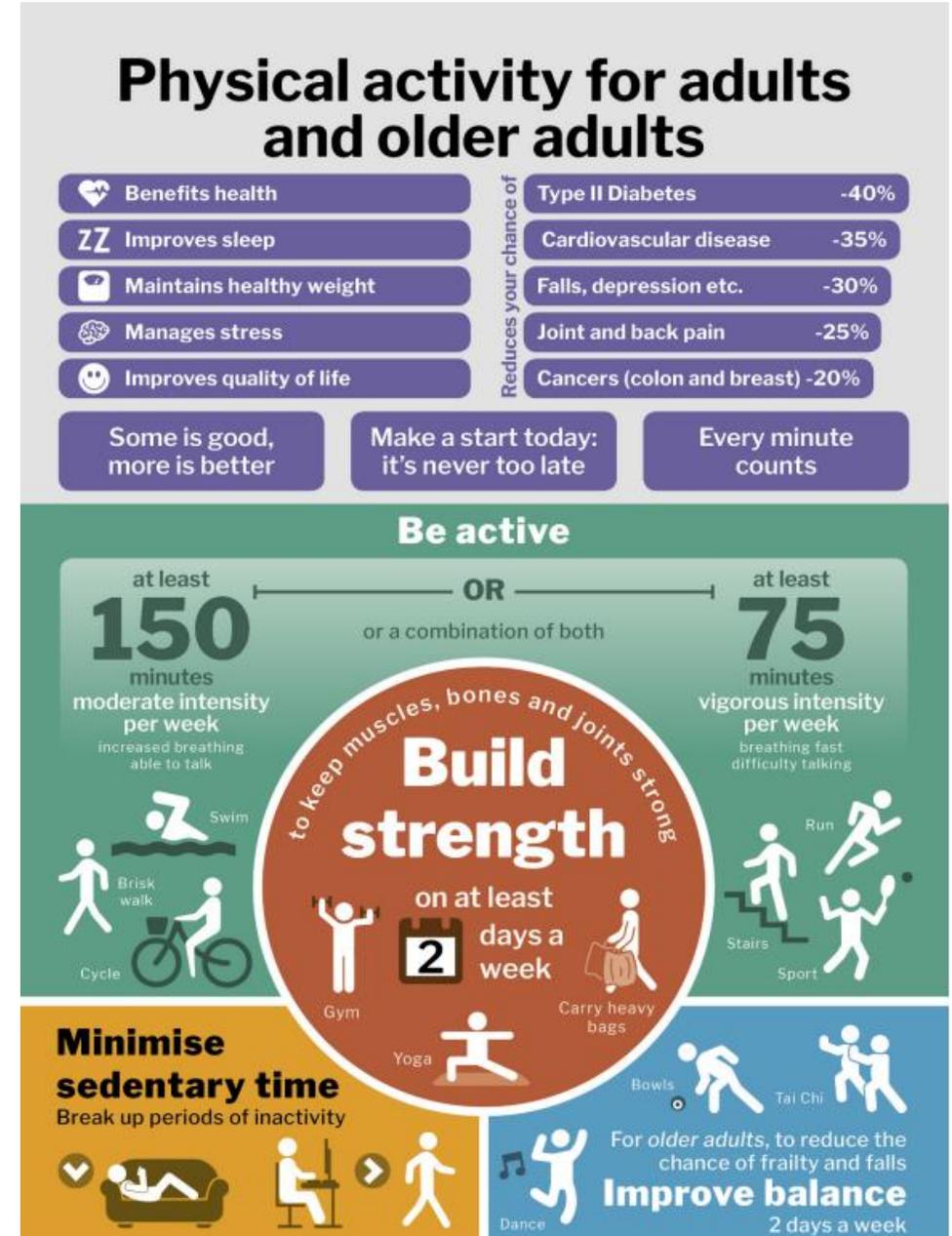
**Associate Professor Declan Ryan**

# The importance of moving more



# 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.



# What is strength training?



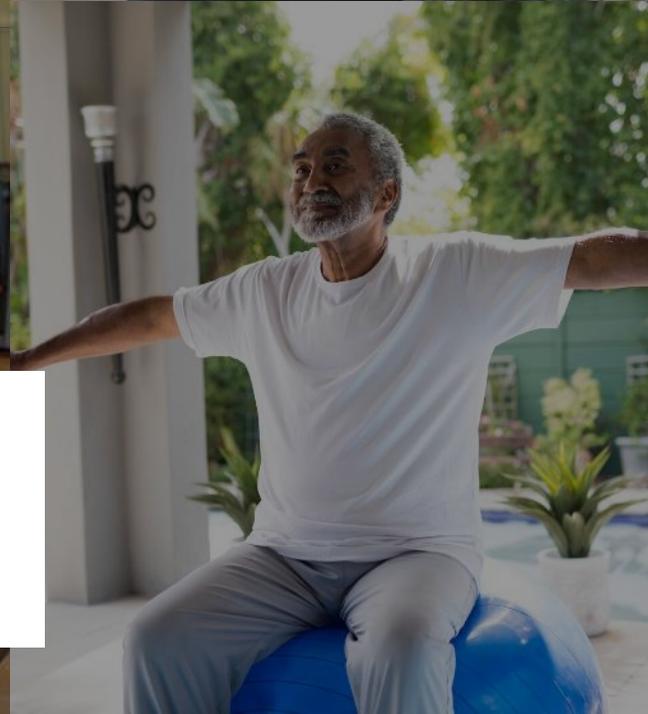
- **Use every joint.**
- **Move through full range of movement.**
- **Increase amount when you feel stronger.**

# What is balance training?



BOWLS      Tai Chi

For older adults, to reduce the chance of frailty and falls  
**Improve balance**  
2 days a week



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

# Why do strength and balance training?

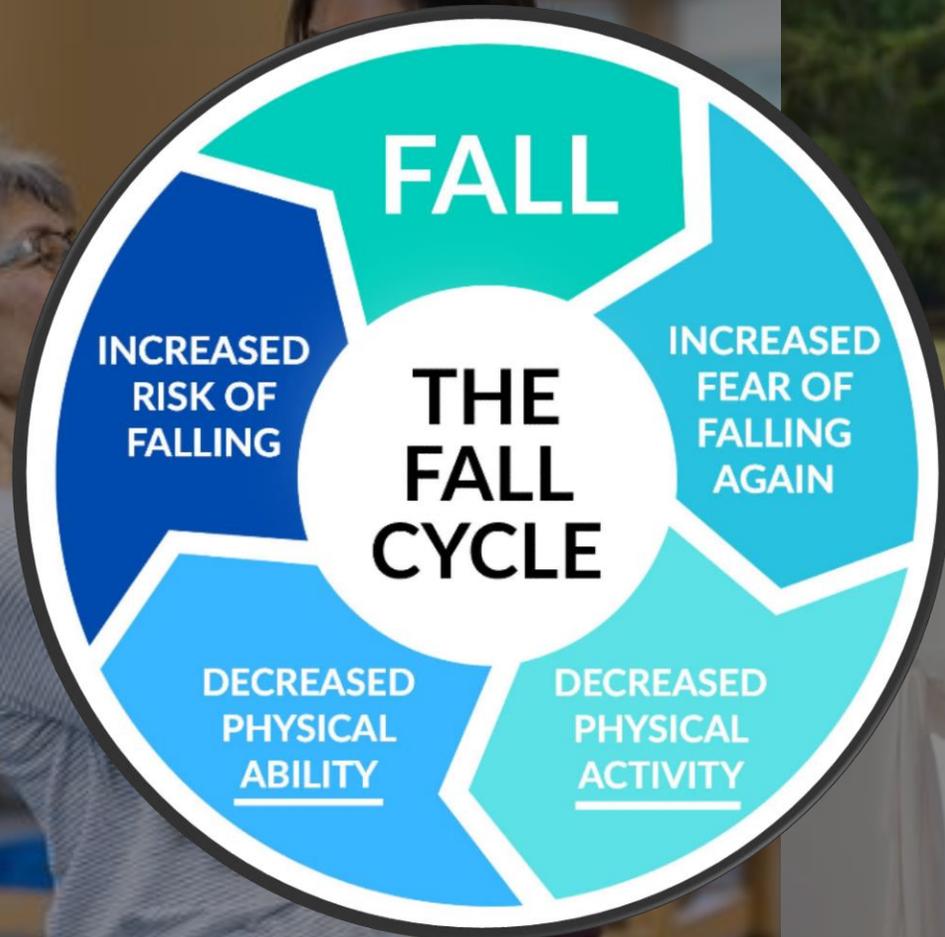
- **Reduce rate of falls by 28%**



- **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>

# 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.**

# 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.**

at least  
**150**  
minutes  
moderate intensity  
per week  
increased breathing  
able to talk

# What is sedentary?

**Minimise  
sedentary time**  
Break up periods of inactivity



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

# Why break up being sedentary?

**Minimise  
sedentary time**  
Break up periods of inactivity



- **2 minutes of walking every 30-minutes can lower blood sugar.**

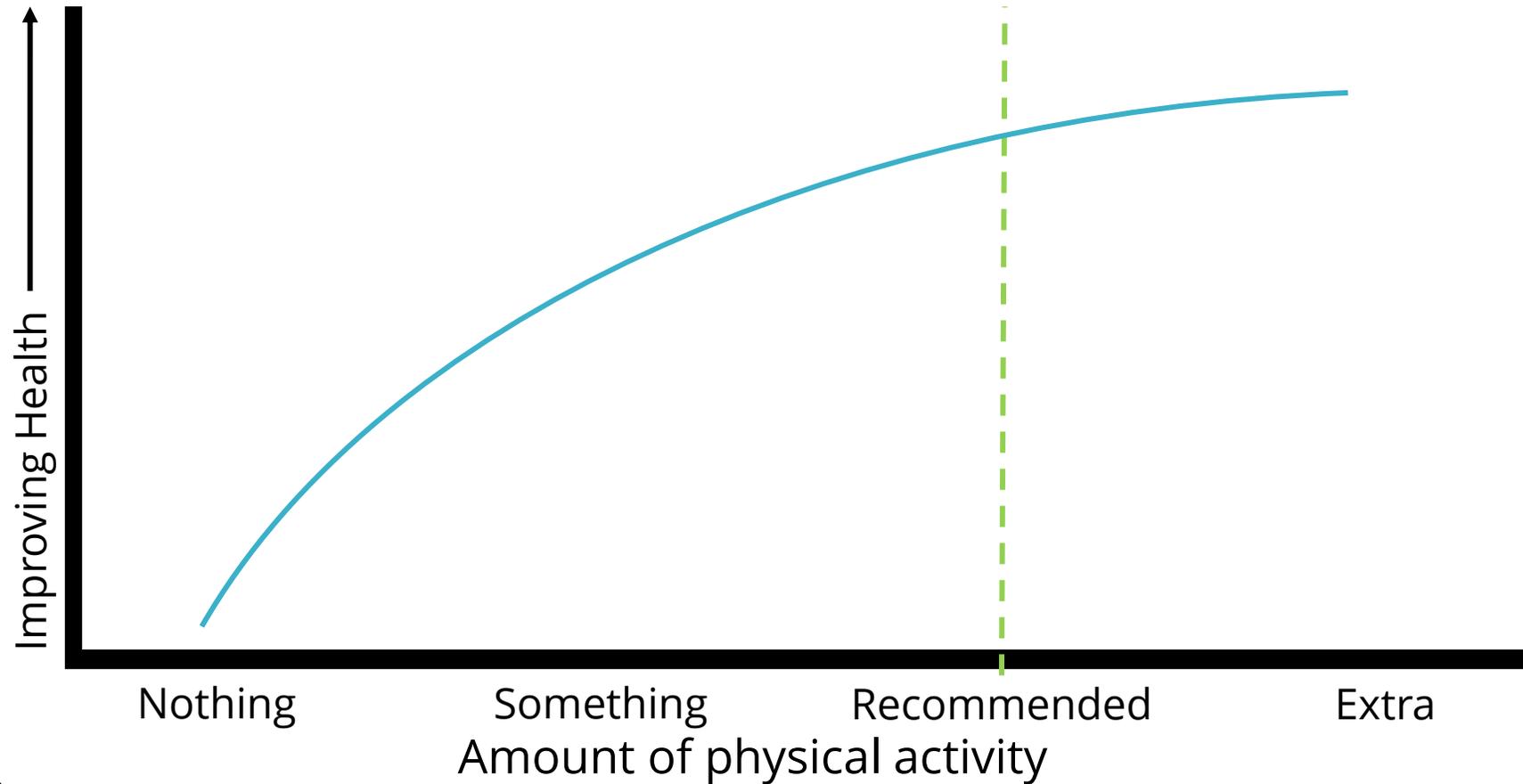
- **Seated movement is still physical activity.**

- **Improve joint stiffness and pain.**

# Most important recommendation?

- Some is good, more is better

Some is good,  
more is better



# Physical activity with an existing health condition.

## Cardiovascular

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**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](https://doi.org/10.1001/jamanetworkopen.2020.11686)

## Parkinson's

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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

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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

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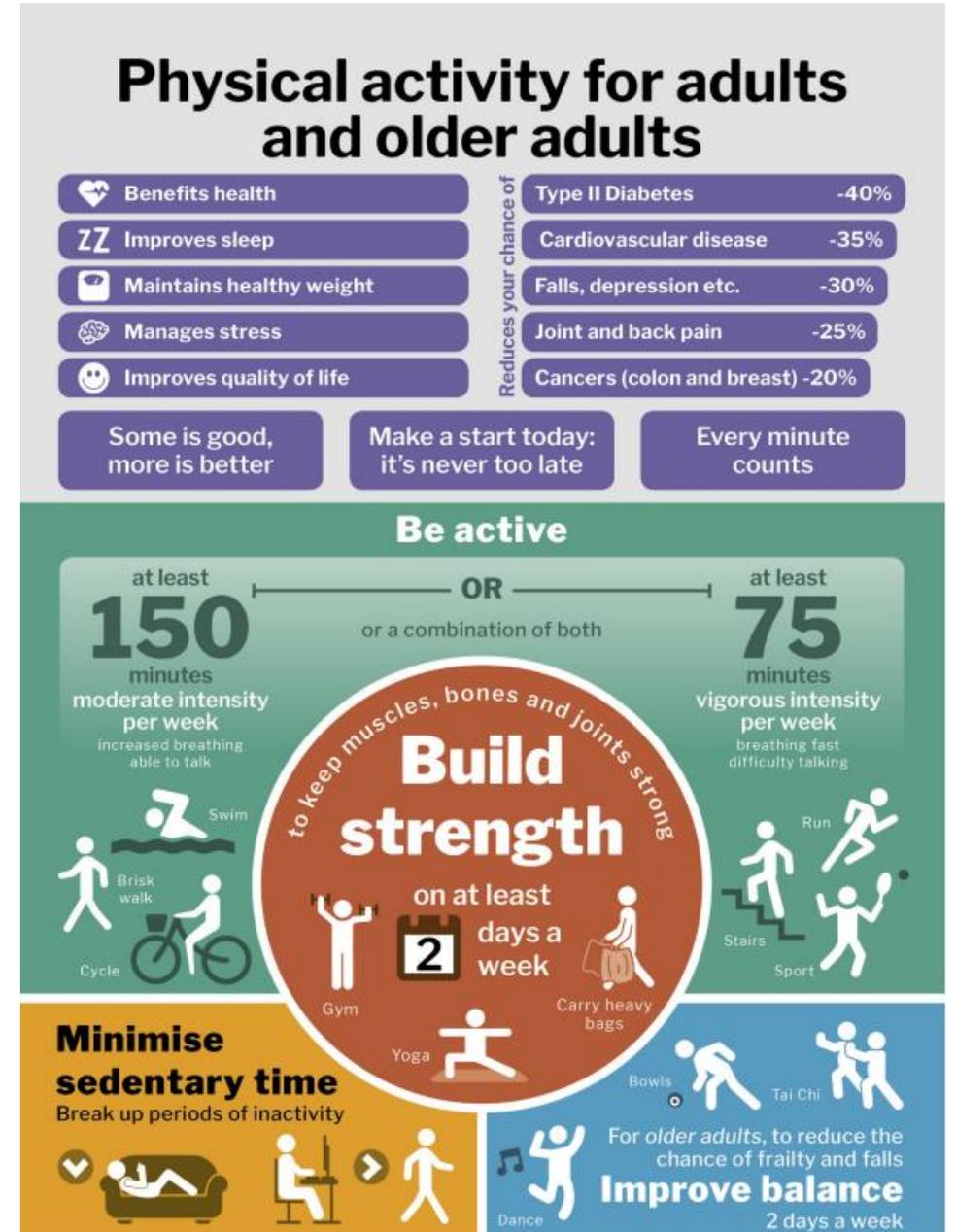
Doing **regular and consistent exercise**, even though this may initially cause pain or discomfort, will be **beneficial for their joints**.

**Long-term adherence** to an exercise plan increases its benefits by **reducing pain** and **increasing functioning and quality of life**.

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

# 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.



# Ageing Well series of Public Talks 2023/24 - topics

**Are we prepared to live longer?** (Jitka Vseteckova & Rachel Turner) **September 13<sup>th</sup> 2023**

**MENOPAUSE and changing attitudes to what people want from this stage of life** (Catherine Pestano & Lyndsey Simpson) **October 18<sup>th</sup> 2023**

**Taking Control of Dying** (Barbara Gale & Victoria Hedges) **November 22<sup>nd</sup> 2023**

**Learning to the top and enjoying every minute** (Inma Alvarez) **December 13<sup>th</sup> 2023**

**Memory and spending time outdoors** (Jitka Vseteckova & Ellie Broad) **January 24<sup>th</sup> 2024**

**Anything but being sedentary** (Declan Ryan) **February 21<sup>st</sup> 2024**

**Life, thriving, not just surviving** (Marina Postletwaite-Bowler & Lynne Watson) **March 13<sup>th</sup> 2024**

**Ways to eat well and stay well** (Sinead Eccles) **April 17<sup>th</sup> 2024**

**Making friends in blue and green spaces** (Grainne O'Connor & Yoseph Araya) **May 22<sup>nd</sup> 2024**

**Culture in language learning for older adults** (Natalia Balyasnikova) **June 19<sup>th</sup> 2024**

**Delivering inclusive health services for ethnic minority older people** (Rohini Sharma Joshi) **July 10<sup>th</sup> 2024**

More information on our website:

<https://wels.open.ac.uk/research/projects/ageing-well-public-talks>

# Ageing Well series of Public Talks

*“Being mindful of eating well, hydration, physical activity, learning new things and social connections can delay the decline caused by ageing.*

*Come and join us for the series of public talks with the title “Ageing Well”*



Dr. Jitka Vseteckova  
Senior Lecturer, Health and Social Care



Make time for cognitively stimulating activities that you've always enjoyed.

Continuing favourite activities can ensure sustainability of cognitive stimulation. Long-term exposure to cognitive stimulation may be needed for practical functional benefits.

Add some new cognitive challenges, as your time and enjoyment permit

Trying new activities may enhance brain plasticity by requiring new learning or development of new cognitive strategies **MUSIC LESSONS, LEARNING NEW LANGUAGE, AQUA**

Recommendation	Rationale
Aim to engage in cognitively stimulating activities several times a week or more...generate some “ <i>mental sweat</i> .”	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.
Be aware that there is no one cognitive activity, or combination of activities, that is uniquely good for reducing AD risk.	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.
Social interactions are a great way to stimulate the mind.	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.

# 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](#)



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](#)



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](#)



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](#)

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](#)



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Gale B (2022) [How can we prepare for death while ageing?](#)

Gale B (2022) [Valuing death at home: making preparations](#)



## **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](#)



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](#)



**[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***



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