

*“Youth is not a time of life.  
It is a state of mind.”*

• SAMUEL ULLMAN



**Empowered**

*Wellness*



**What memories do  
you want to make in  
the next 5 years?**

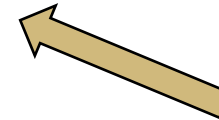
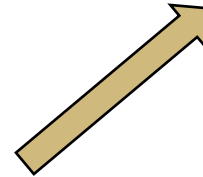


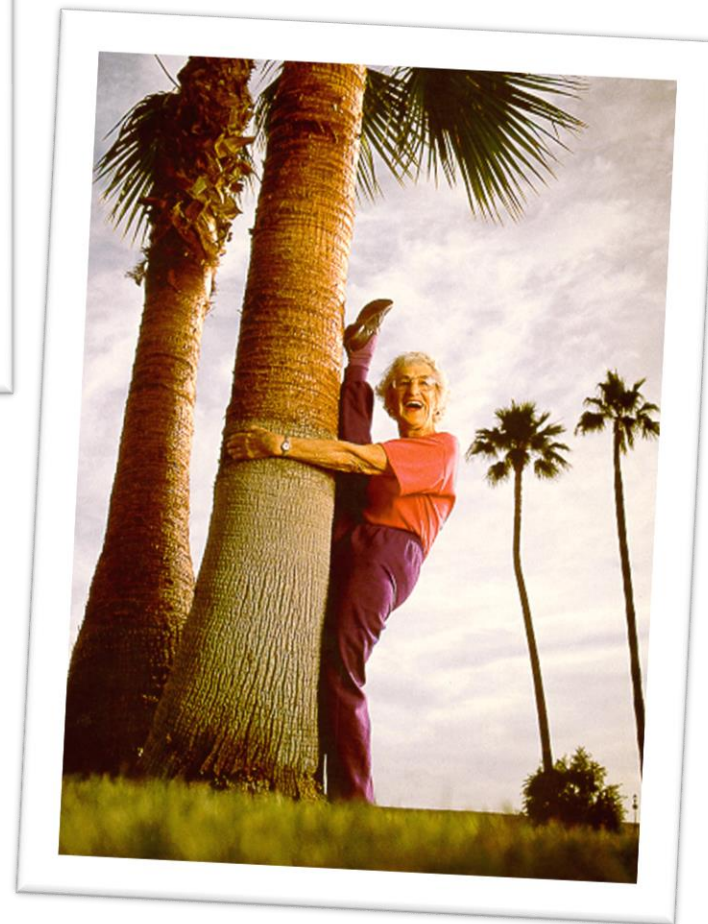


**Increased  
Quality of Life**



**More  
Memories**





# Physical Activity



# Recommendations

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Break it up over the whole week however you want!

CDC, 2020

Practice all 4 types of exercise for the most benefits.

### Endurance

So you can



climb steps



dance the night away



### Strength

So you can



lift groceries



carry grandchildren



### Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



### Flexibility

So you can



drive



get dressed



NIH, 2020

# Exercise Tips & Tricks

- Large muscle groups
- Dual function
- Multicomponent
- Move with intention
- Do what you enjoy!





# Nutrition





**Antioxidants**

**Calcium**

**Vitamin D**

**Lean Protein**

**Fiber**

**Vitamin B12**

# Recipes

## Mediterranean Chicken Bowl



## Peanut Butter Power Bites



## Salmon, Sweet Potato, Kale & Quinoa Salad



## Mini Quiches

# Hydration

Essential for brain & body function

- Cognition
- Energy
- Blood pressure
- Regulate body temp
- Eliminate toxins

Homeostasis and fluid balance



# Social Connection



# Meditation

- Enhance Sleep
- Reduce Stress
- Promotes Mental Health
- Lower pain levels
- Improve Cognition



Insight Timer



TEN  
PERCENT  
HAPPIER

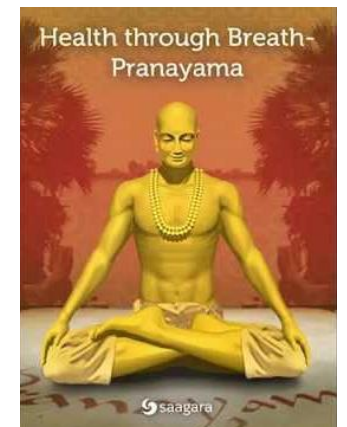
*Calm*



STOP, BREATHE  
& THINK



MEDITATION  
STUDIO



# Attitude

GRIT

GRATITUDE

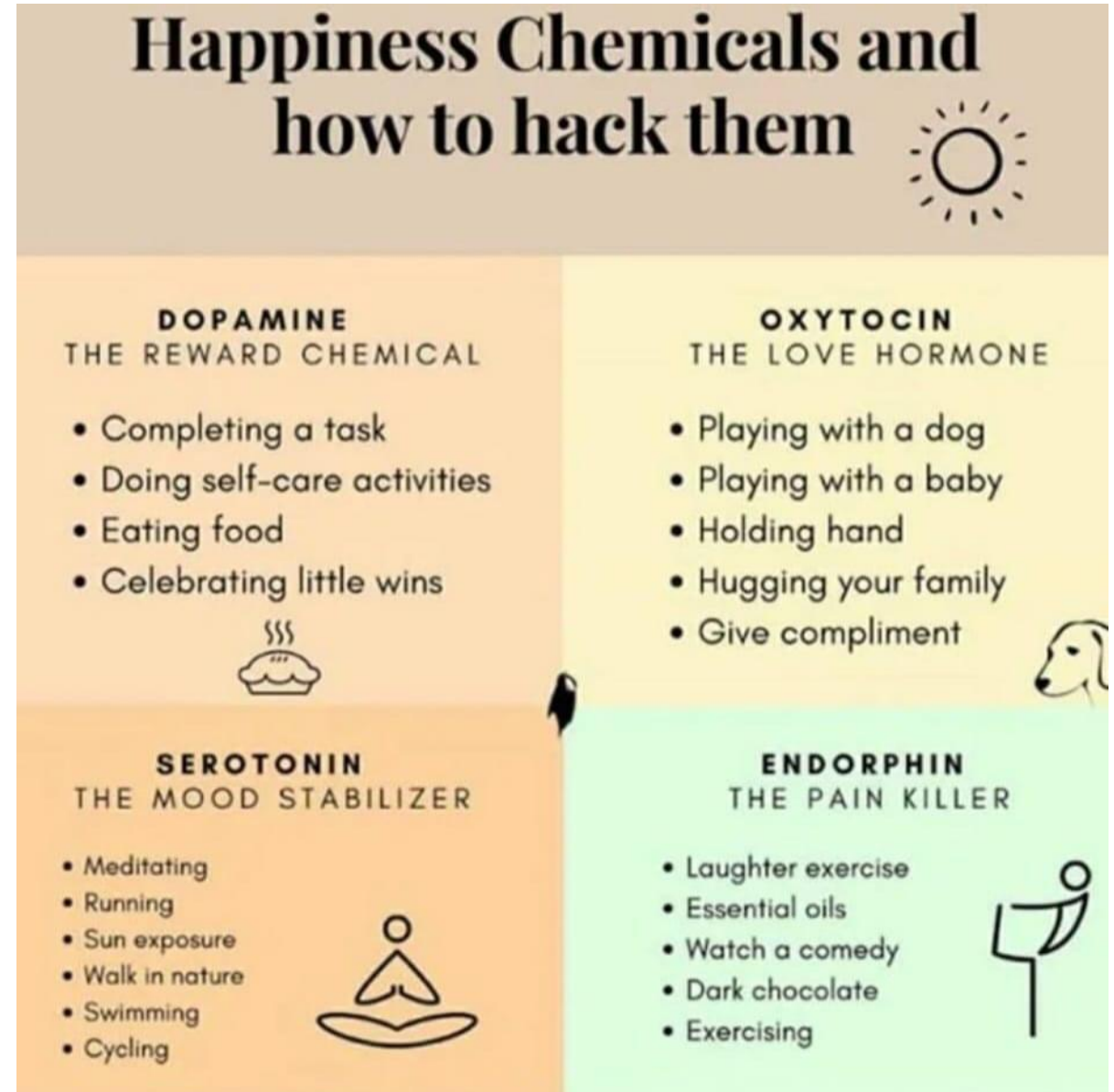
RESILIENCE

HOPE

HUMOR

POSITIVITY

MINDFULNESS



# Barriers to Behavior Change

## Environmental

- Transportation
- Proximity
- Financial
- Lack of time



## Psychological

- Cognitive decline
- Self-efficacy
- Attitudes/beliefs
- Self-discipline
- Knowledge

## Physiological

- Disease
- Pain
- Discomfort
- Fatigue



# Engagement & Motivation

- Readiness
- Attitude
- Meaning & Value
- Support system
- Intergenerational connections
- Hope





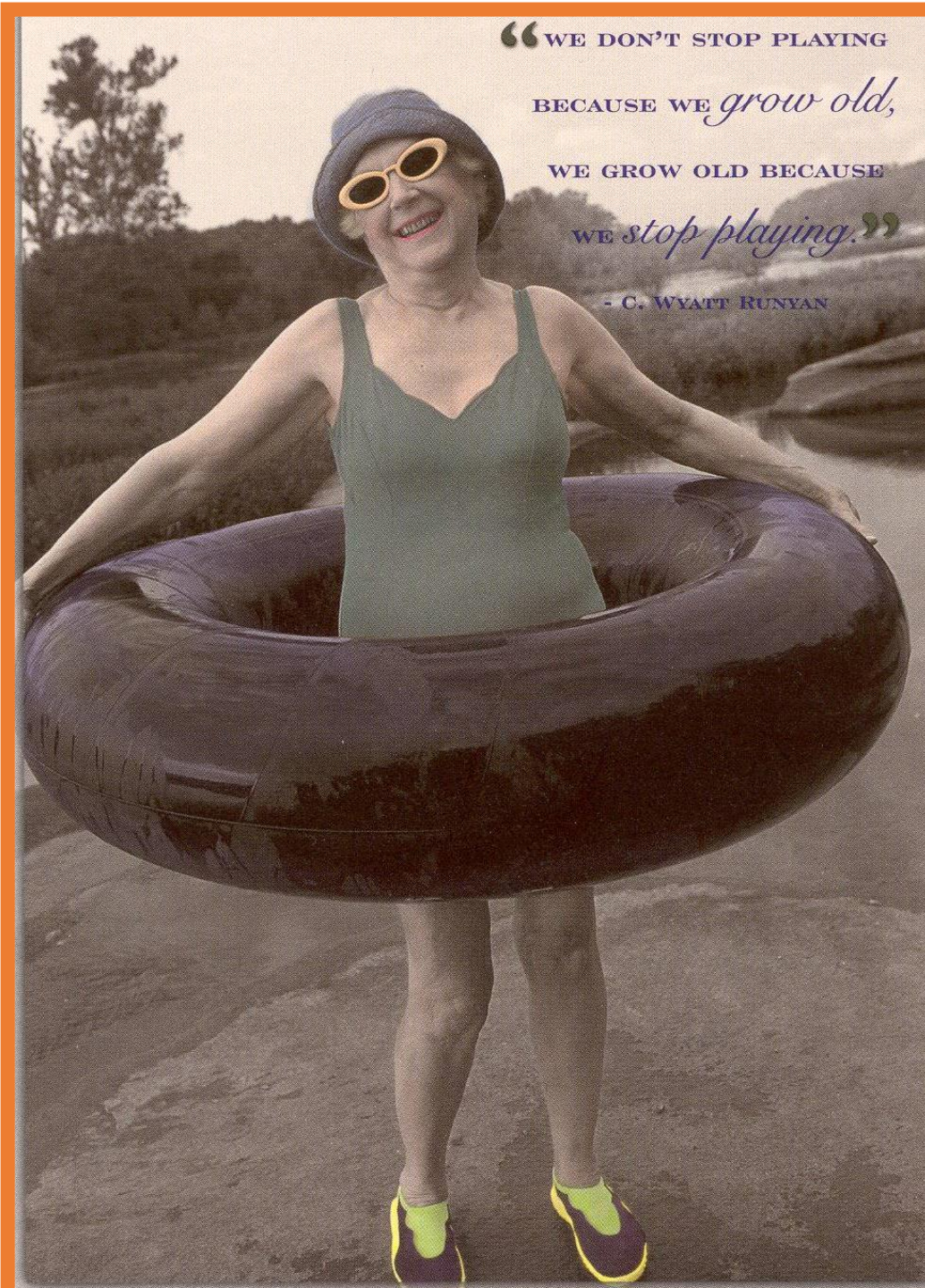
# Thank you!

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**COLORADO SPRINGS**



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- World Health Organization. [www.who.int](http://www.who.int)

# Resources!

## Center for Active Living Wellness Resource Website

<https://sites.google.com/view/calwellness/home>

## UCCS Lane Center Website

<https://www2.uccs.edu/healthcircle/>