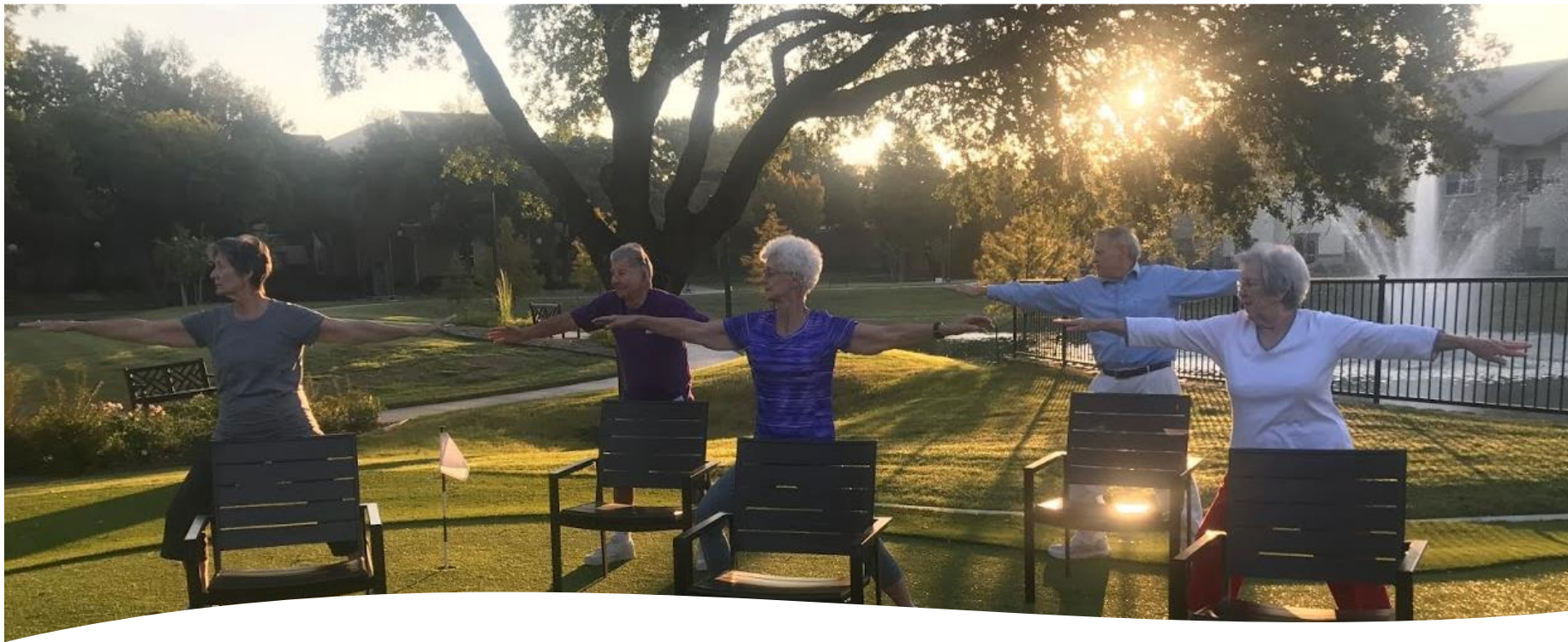


Inside the Outlook: Future of Wellness

Shannon Radford, Director of Wellness

Deana Lisenby, Lifestyle Fitness Manager





Goals for Today

- ▶ Learn about Forefront Living's approach to wellness
- ▶ Ignite your focus on mind, body, and spirit
- ▶ Leave feeling energized and excited about the future of the Outlook at Windhaven

10 Common Chronic Conditions for Adults 65+

Quick Facts



80%
have at least 1 chronic condition



68%
have 2 or more chronic conditions



Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



Ischemic Heart Disease
(or Coronary Heart Disease)
29%



Diabetes
27%



Chronic Kidney Disease
18%



Heart Failure
14%



Depression
14%

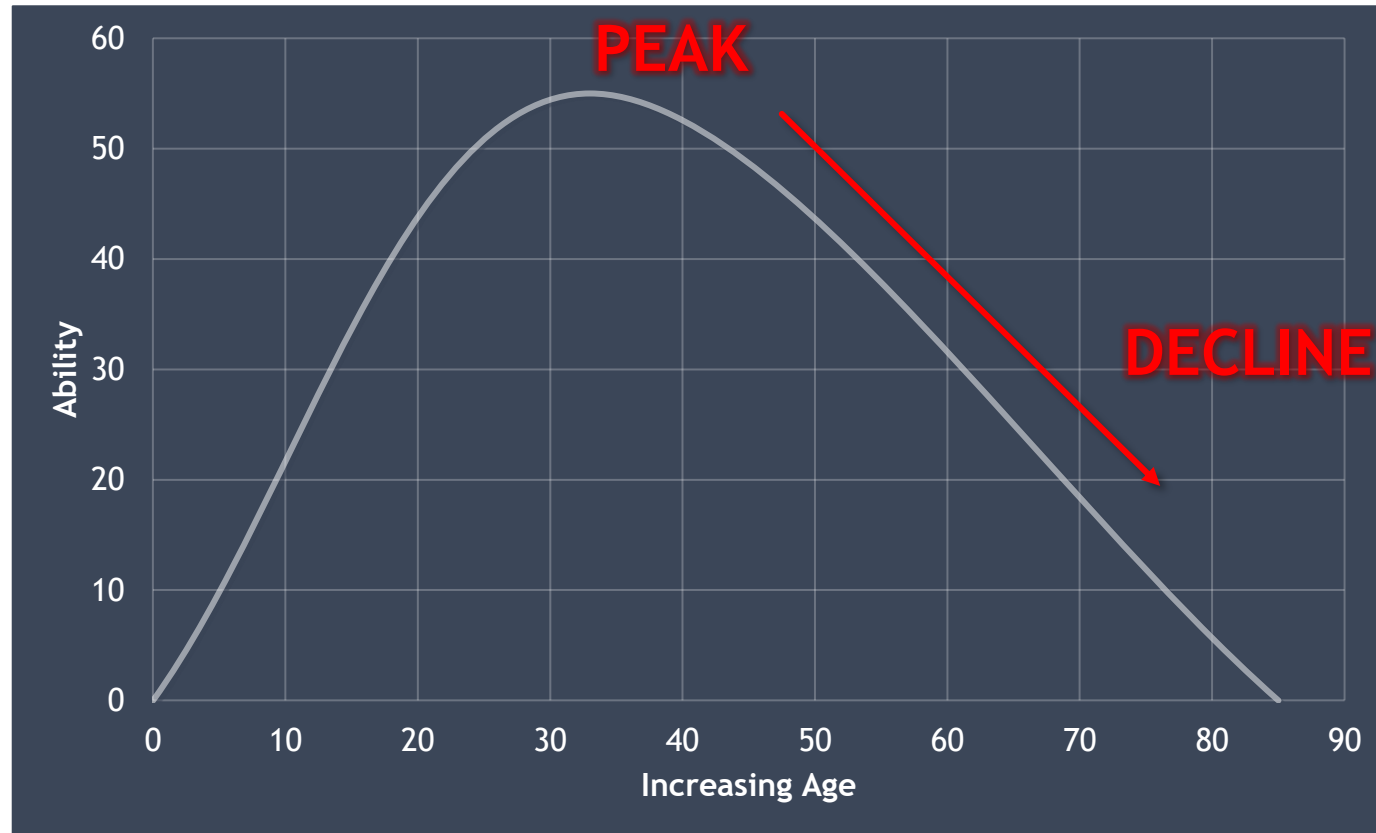


Alzheimer's Disease and Dementia
11%

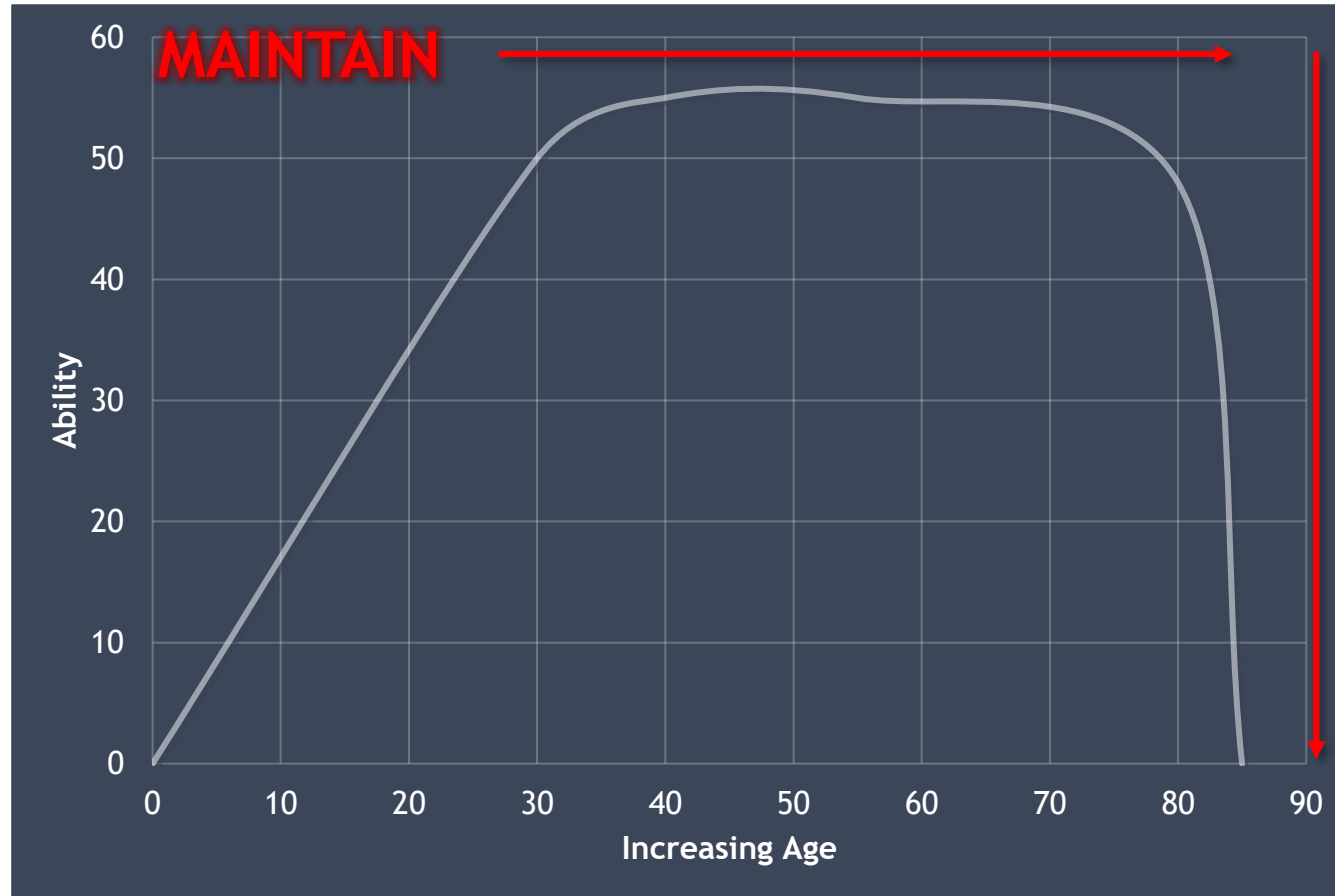


Chronic Obstructive Pulmonary Disease
11%

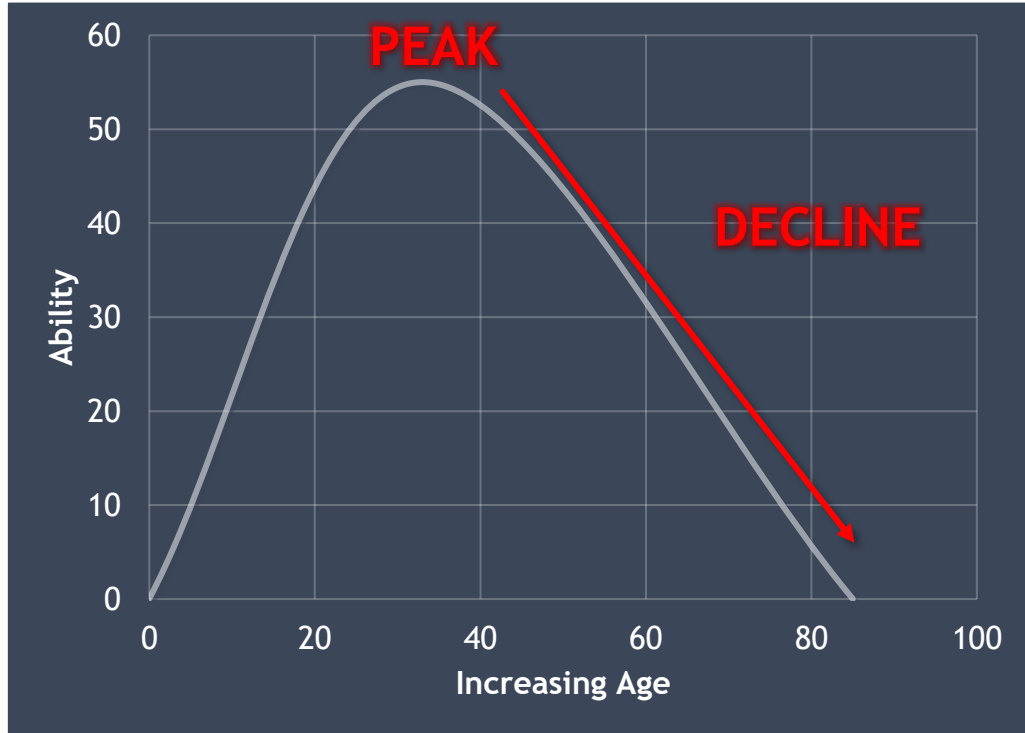
Path of Gradual Decline



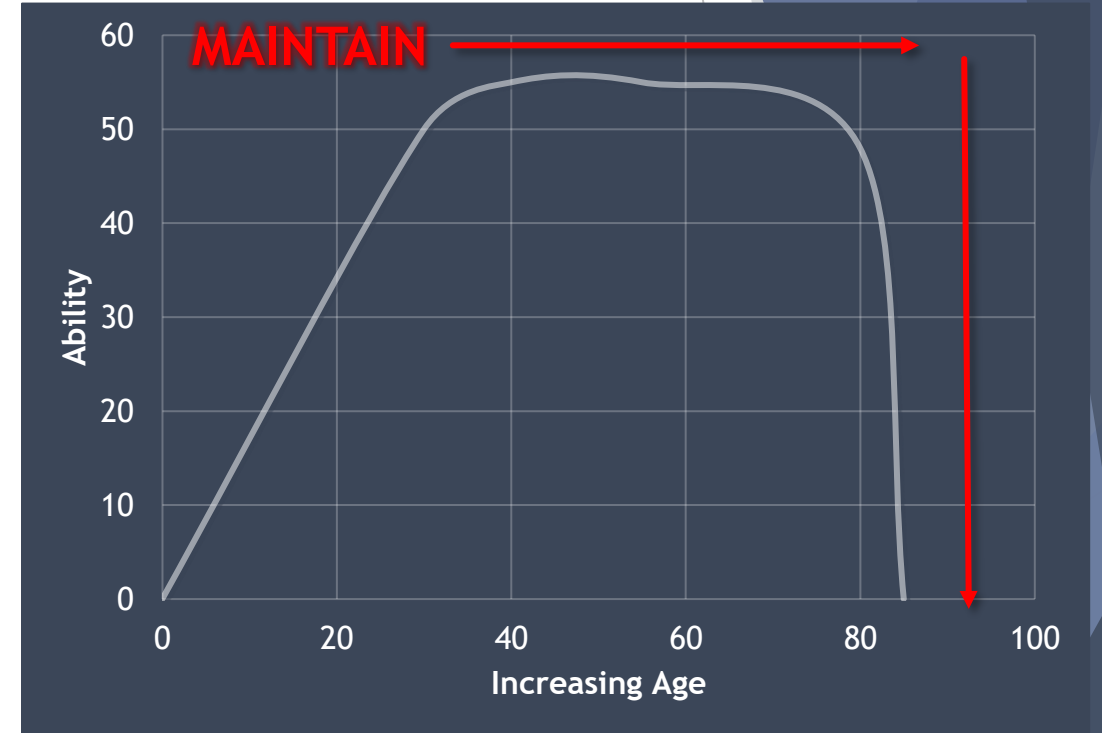
Path of Squaring the Curve



Path of Gradual Decline



Path of Squaring the Curve



“Research illustrates perfectly what we’ve been practicing for over 40 years. A healthy and fit lifestyle allows us to square off the curve.”

- Kenneth H. Cooper, MD, MPH, Founder and Chairman of Cooper Aerobics

Recommendations for Physical Activity

AHA Recommendation

For Overall Cardiovascular Health:

- At least **30 minutes of moderate-intensity** aerobic activity at least **5 days per week** for a total of **150**

OR

- At least **25 minutes of vigorous** aerobic activity at least **3 days per week** for a total of **75 minutes**; or a combination of moderate- and vigorous-intensity aerobic activity

AND

- **Moderate- to high-intensity muscle-strengthening activity** at least **2 days per week** for additional health benefits.

For Lowering Blood Pressure and Cholesterol

- An average **40 minutes of moderate- to vigorous-intensity** aerobic activity **3 or 4 times per week**

Living an Active Life

- ▶ Increases or maintains physical fitness, cognition, and socialization
- ▶ Helps maintain, prevent, or delay progression of chronic conditions
- ▶ Provides a sense of purpose
- ▶ Elevates quality of life

Seven Dimensions of Wellness



- ▶ The concept of wellness moves the definition of health and well-being away from a mindset based in the management of disease and into the areas of prevention and proactive strategies.
- ▶ The wellness dimensions overlap and coordinate to provide rich environments for living. Wellness becomes a framework that is valuable for serving the wants and needs of a person engaged in life.

Intellectual



Intellectual

- ▶ Lunch & Learns
- ▶ Health Lectures
- ▶ Current Events
- ▶ Museum Trips
- ▶ Book Reviews
- ▶ Brain Training
- ▶ Resident Writing Group



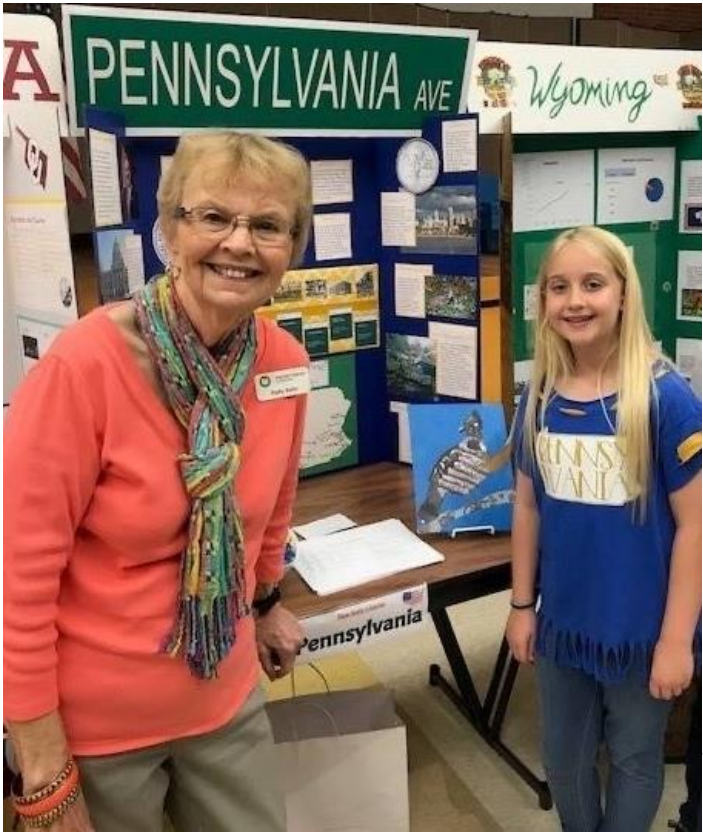
Vocational



Vocational

- ▶ Sew-n-Sews
- ▶ Knit Wits
- ▶ Woodshop
- ▶ Stew Pot Volunteers
- ▶ Pen Pal Program
- ▶ Art Lessons
- ▶ Partnership with local schools
- ▶ Volunteers across continuum of care - music groups, craft groups, singing, reading





Social



Social

- ▶ Community Outings
- ▶ Clubs & Committees
- ▶ Grey Fox Follies
- ▶ Happy Hours
- ▶ Themed Dinners & Parties
- ▶ Performances & Entertainment
- ▶ Men's & Women's Kaffeeklatch





A wide-angle photograph of a modern church sanctuary. The interior features a high ceiling with exposed wooden beams and several pendant lights. The walls are light-colored with dark wood trim around the windows. A large, multi-paned stained glass window is the focal point on the left. The sanctuary is filled with rows of teal upholstered chairs with dark wood frames. In the background, there are two white pulpits with crosses, a central altar area, and a stone pillar. The overall atmosphere is bright and contemporary.

Spiritual

Spiritual

- ▶ Choir
- ▶ Bible study
- ▶ Prayer Chain
- ▶ Meditation Sessions
- ▶ Variety of worship services
- ▶ Workshops on spiritual practices and prayer
- ▶ Home and hospital visitation by our community chaplains



Emotional



Emotional

- ▶ Grief Support
- ▶ Caregiver Support
- ▶ Special Population Support
- ▶ Chronic Care Management
- ▶ Pet Friendly Community





Environmental

Environmental

- ▶ Landscaping Committee
- ▶ Recycling Committee
- ▶ Putting Green
- ▶ Purple Martins
- ▶ Outdoor Tai Chi
- ▶ Walking Trails





Physical

Forefront Living Approach to Wellness

- ▶ Clinical Services
 - ▶ Physical Therapy
 - ▶ Occupational Therapy
 - ▶ Speech Therapy
- ▶ Recommend Appropriate Path
 - ▶ Get Fit Program
 - ▶ Fitness Classes
 - ▶ Independent Exercise Plan

Fitness & Aquatic Center

- ▶ Group Exercise Studio
- ▶ Pool
- ▶ Locker Rooms
- ▶ Cardio Equipment
 - ▶ Treadmills
 - ▶ Elliptical Machines
 - ▶ Recumbent Bikes
 - ▶ NuStep Machines
- ▶ Strength Training Equipment
 - ▶ Free Weights
 - ▶ Functional Trainer
 - ▶ Strength Machines







▶ Fitness Classes

- ▶ Aquatic Fitness
- ▶ Balance Training
- ▶ Cardio Conditioning
- ▶ Activity Specific Classes - Golf, Ballet, Line Dancing, etc.



▶ Classes for Special Populations

- ▶ Movement Disorders
- ▶ Arthritis and Osteoporosis
- ▶ Cognitive Training







Sample Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 Interval Blast	8:00-8:45 Aqua Stride	8:00-8:45 Interval Blast	8:00-8:45 Aqua Stride	9:00-9:45 Hydro Jam
9:00-9:45 Aqua Boot Camp	9:00-9:45 Cardio Fit	9:00-9:45 Aqua Boot Camp	9:00-9:45 Cardio Fit	10:00-10:30 Brain Busters
10:00-10:30 Tai Chi	10:00-10:30 Belly Blaster	10:00-10:30 Tai Chi	10:00-10:30 Belly Blaster	10:45-11:15 Line Dancing
10:45-11:30 Stretch & Strengthen	1:30-2:00 Better Balance	10:45-11:30 Stretch & Strengthen	1:30-2:00 Better Balance	
2:00-2:30 Gentle Joints		2:00-2:30 Gentle Joints		



Registration required to attend class.

Aquatic classes are marked in blue.

Q&A



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