Social Engagement and Physical Activity: The never2old™ Story
never2old™

Multi-modal programme incorporating:

• Individualised progressive resistance training programming (strength and power, cardio, flexibility, & balance & gait)
• Social opportunities – preferably active
• Group adventures and outdoor challenges
• Educational seminars and learning opportunities

never2old
active body - active mind
Evidence base

- Guidelines on Physical Activity for Older People (aged 65 years and over). *New Zealand Ministry of Health* (2013).
AUT Support

• Supported by the University
  • Community interface
  • Student learning opportunities
  • Research
Why do people come?

- Functional Improvement
- Improving stamina
- Fall Prevention
- Getting more active
- Socialising
- Health professional recommendation
- Cost
- Recovering from a health issue
- Feel better
- Training for an event
Why do people come?

Slide: Question 1
Why do people stay?

- Socialising
- Functional improvement and fall prevention
- Expert instructors
- More opportunities to be active
- New challenges
- Cost
- Feel better
- Improved stamina
Why do people stay?

Slide: Question 2
Social Connections

• About half of older New Zealanders experience some level of loneliness, and 8-9% feel lonely all or most of the time.
• Having inadequate social relationships has been shown to be as bad for health as smoking.
• Loneliness has also been linked to increased likelihood of entering rest home care.

NZ Age Concern.
Social Connections

Slide: Question 3
Functional Fitness Improvements & Falls Prevention

• Physical functioning is the ability of an older person to engage in ADL’s
• Physical fitness is the ability to carry out activities with appropriate stamina, and enough energy left to enjoy leisure-time pursuits
• Falls are the leading cause of injury for those aged over 65 years = 75 percent of injury-related hospital admissions
Functional Fitness Improvements & Falls Prevention

Slide: Question 5
New Challenges

“With thoughtful planning, creativity, and the realization that the same progressions, modifications, and exercises are not suitable for all older adults, practitioners can effectively construct physical activity programs that are challenging, enjoyable, and efficacy enhancing”

*McAuley et al, 2011*
New Challenges

Slide: Question 4
Recovering from a Health Issue

Physical activity is beneficial for managing:
• Stroke
• Peripheral vascular disease
• Heart disease
• Arthritis
• Weight (and for reducing obesity)
• Type 2 diabetes
• Depression

May help in the management of:
• Some cancers
• Pulmonary diseases
• Neurological diseases (e.g. Parkinson’s, dementia and Alzheimer’s)
• Disability
• Sleep disorders

NZ MOH, 2013
Recovering from a Health Issue

Slide: Question 6
Feel Better

Enhancing physical functioning, cognitive functioning and physical fitness can contribute towards enhancing wellbeing, quality of sleep and overall quality of life for healthy older people

NZ MOH, 2013
Feel Better

Slide: Question 7
Final words

“I have more energy and strength in my arms and legs. I have more get up and go. I have a better outlook on life. I feel great about myself and have more self-confidence. I lost inches in my waist, bust, and buttocks. When I look in a mirror, I like what I see. I am seventy years old, I am very proud of myself. I will continue working out for as long as I'm able”. Bonita, aged 70