

TRAIL HEALTH SERIES

OPTIMAL AGING

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Jim Norman PT, GCS

Athletico Iowa City West

athletico.com

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PHYSICAL THERAPY



**“Don’t prescribe anything for my memory.
I like it when I forget I’m old!”**

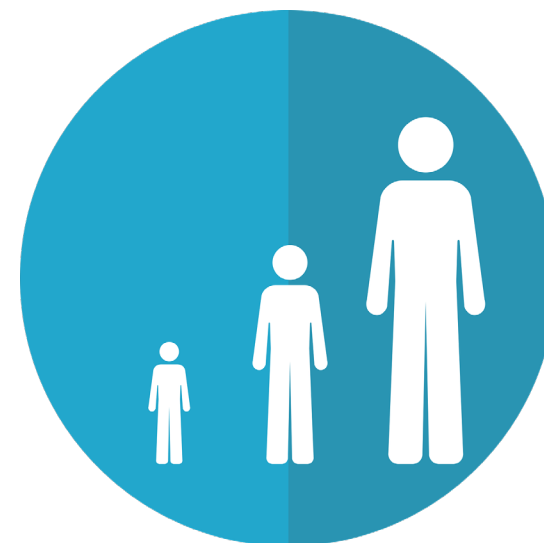
What does Optimal Aging look like?

- **Physical health?**
- **Emotional and mental health?**
- **Financial security?**
- **Travel?**
- **Spiritual health?**



Healthspan Vs. Lifespan

- **Can be defined as the number of years a person lives in good health, free from major chronic diseases and disabilities. It involves being physically mentally functional and can participate in daily activities.**
- **Refers to the total number of years a person lives.**



US Healthspan Vs. Lifespan Statistics

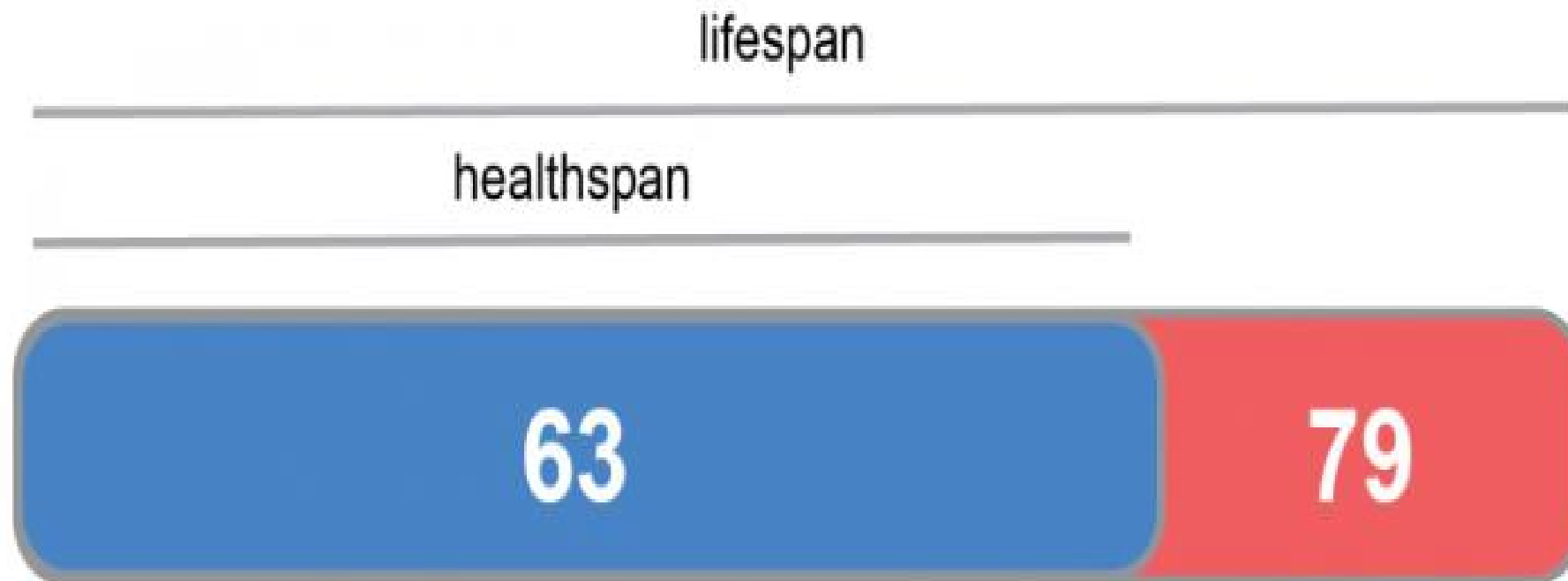
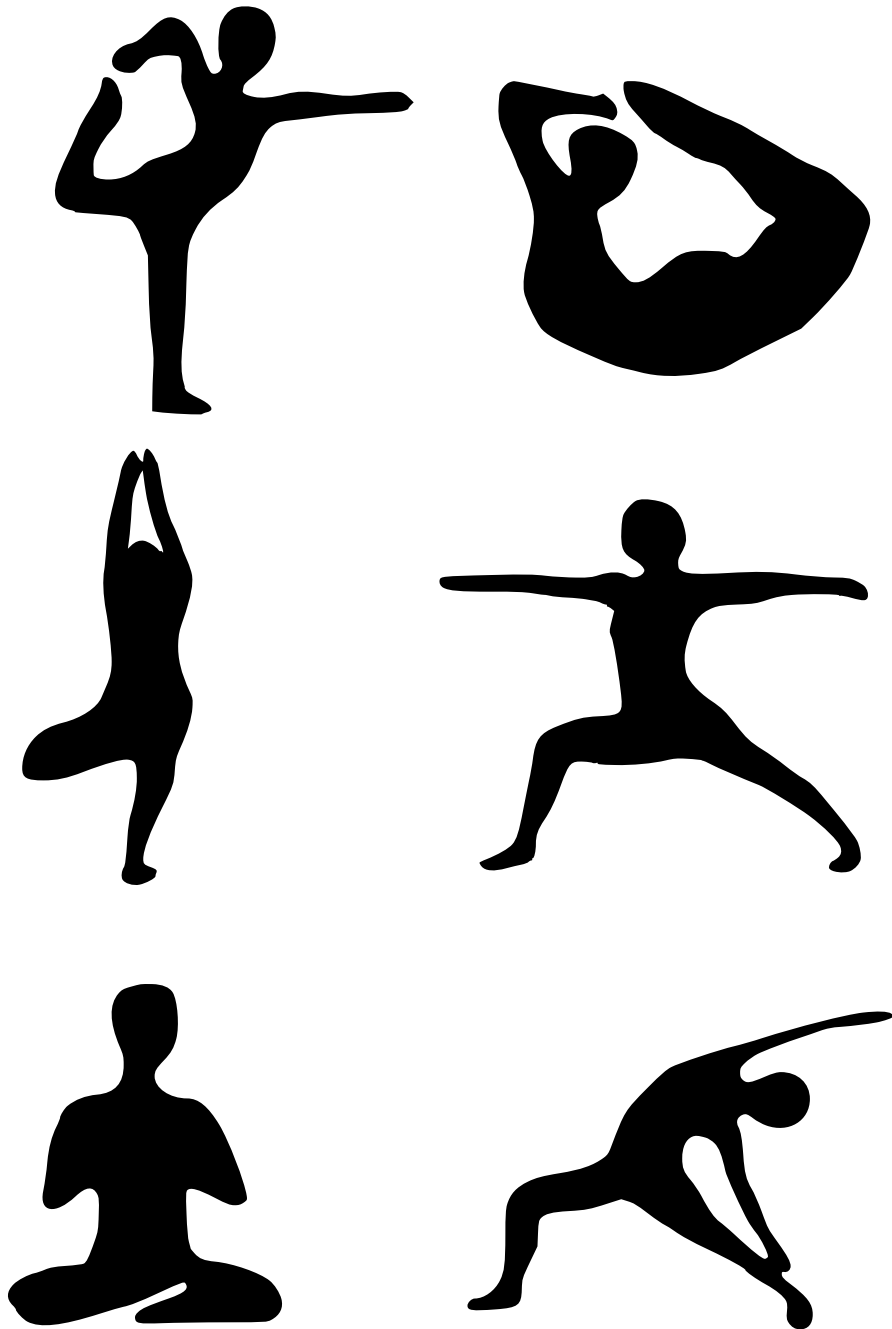


Figure 1: average healthspan vs. average lifespan in the US (in years)



Stretch Break

Factors Affecting Healthspan that we have Minimal Control Over:

Many serious illnesses such as cancer, MS, Parkinson's and the like. This also includes genetic tendencies for CV disease, etc.

Environmental factors.
Pollution, Food Contaminants.

Accidents such as MVA and crime.

Potentially limited access to good healthcare.

Factors we CAN Control:

Eating healthfully	Exercising regularly and being active	Managing Medications
Avoiding harmful or high-risk lifestyle choices	Reducing fall risk	Engagement in social and intellectual activity

Eating Healthfully

- **Moderation, moderation and moderation**
- **Eat foods that are closer to the source (less processed)**
- **Monitor body weight and composition**
- **Caution with snacking such as sugary drinks, chips and candy**
- **Consider meeting with a dietitian to create an eating plan**



Exercise and Activity

- **Daily activity such as walking, yard work, bike riding, household chores, etc.**
- **Weight training of all major muscle groups at least 2 days per week.**
- **Aerobic activity of 75-150 minutes per week. More intense equals lower minutes. Should be at a level which causes some difficulty carrying on a conversation.**
- **Examples are jogging, walking briskly, exercise bike, swimming elliptical machine, mowing grass with push mower, etc.**





Strengthening Break

Managing Medications

- **Read information on medications.**
- **Have your PCP check medications and the need for them frequently.**
- **Call your pharmacist if you are unclear about medications purpose and side effects.**



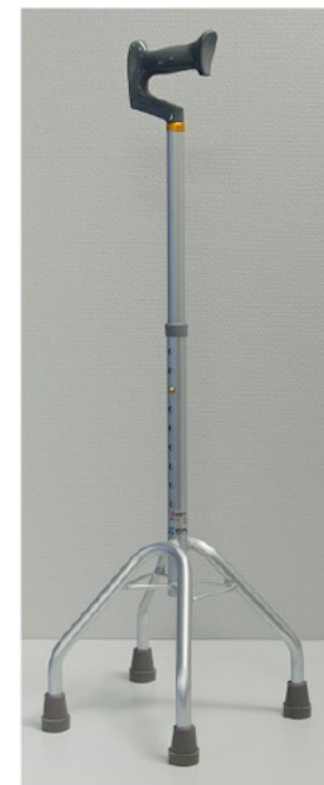
Avoiding Harmful Lifestyle Choices

- **Limit alcohol and other substances**
- **Avoid device use at bedtime**
- **Avoid tobacco and vaping**
- **Use discretion with media and social media**



Reducing Fall Risk

- Improve muscle strength
- Work on balance at home or with classes such as Tai Chi
- Get eyes checked regularly
- Wear good footwear
- Consult with PCP and physical therapy
- Consider use of a walker or cane



Engagement: Social and Intellectual Activities

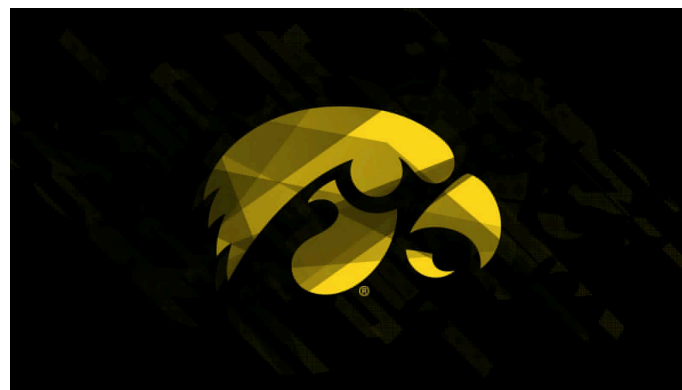
Read frequently

Take classes at University, community center library, etc.

Attend community events, sporting events, etc.

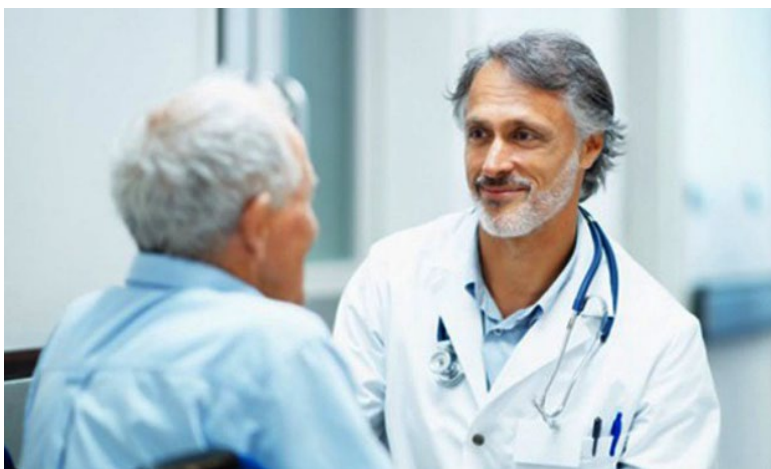
Volunteer for school, community group or house of worship

Attend worship if you have a faith practice



What if Orthopedic Issues Limit my Function and Abilities?

Don't be afraid to consider appropriate surgical interventions.



Investigate new biologic treatments with your physician/provider such as PRP, stem cells, MFAT, etc.

What is the Big Picture for Optimal Aging?

- **Be active!!!!!!!**
- **Set goals that match your interests and needs.**
- **Work with your team - medical, physical therapy, spiritual, mental health, pharmacy and make a plan.**
- **Remain connected to family, friends and community.**





Balance Break

Questions?



References:

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 319-541-0642

 Jill.Meyer@athletico.com

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