

# HOWARD COUNTY WALKTOBER 2021

## WEBINAR #2

**Aging Actively:  
Move Your Way to Better Health      Oct 13, 2021**



**Promote. Preserve. Protect.**



**HOWARD COUNTY  
LIBRARY SYSTEM**  
Public Education for All

**Howard County LHIC**

Local Health Improvement Coalition



# HOUSEKEEPING

**Audience will be muted upon entry.**

Using the icons on your screen, you can:

- Mute/Unmute your microphone; Mute/Unmute button on phone
  - Please mute yourself during the webinar



**Use the “chat” feature to ask questions during the webinar.**

- View Participant list on computer– opens a pop-out screen that includes a “Chat” icon that you may use to submit questions

***This webinar will be recorded...presenters may have cameras on.***

# HOWARD COUNTY WALKTOBER 2021



- For more information, visit at

<https://www.howardcountymd.gov/walktober21>



# PURPOSE

## GOAL:

**October is the perfect month to be outside, but it is important for older adults to be aware of how to move safely to prevent minor injuries. Learn the benefits of walking and movement, medical assistive devices, and pedestrian safety tips. Best of all, you don't even have to leave your home!**

## OBJECTIVES:

1. Welcome & Opening Remarks
2. Benefits of Walking and Movement
3. Pedestrian Safety: Defensive Walking
4. Audience Q&A
5. Closing & Adjournment

# INTRODUCTION – PRESENTERS



## Malarie Burgess

Exercise Specialist, EP, GFI, AEA-AFEP



**Malarie Burgess** is the Exercise Specialist for Howard County's Office on Aging and Independence. In their decade of experience with the fitness & wellness industry they have coached, trained and educated groups and individuals over the lifespan. They have worked with a wide variety of individuals whose goals have included improving daily function, building strength, increasing endurance, rehabilitation and starting a new fitness journey. They are a graduate from Towson University in Kinesiology and are certified through ACSM. Malarie believes everyone, no matter what stage in life, can thrive on their own personal fitness journey through the power of community, support, education and proper self-management skills.

# INTRODUCTION – PRESENTERS



## Carly Shilling

**Community Living Program Manager  
OTR/L, CAPS**



**Carly Shilling** is an occupational therapist and certified aging in place specialist. She is the program manager for the Community Living Program at the Howard County Office on Aging & Independence. She provides consultations to promote home safety and independence for older adults who wish to remain living in the community.



# HOWARD COUNTY WALKTOBER 2021



## **Part 1:** **Benefits of Walking & Movement**

**Malarie Burgess**

Exercise Specialist, EP, GFI, AEA-AFEP

Howard County Office on Aging and Independence

# BENEFITS OF WALKING FOR SENIORS



## Lower Blood Sugar

- 15-min walking after eating recommended
- Reduce the after-eating spike in blood sugar



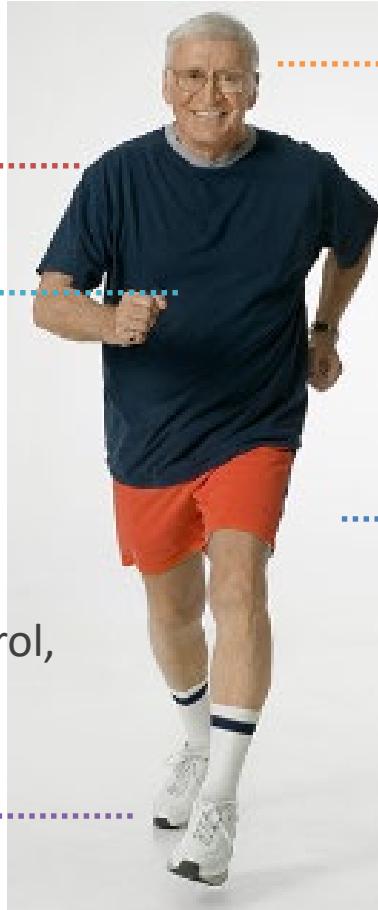
## Improve Heart Health

- Reduce risks of HBP, High Cholesterol, and etc.



## Prevent & Reduce Pain

- Reduce pain caused by arthritis



## Boost Mental Health

- Reduce risk of stress & depression
- Increase mental health perceptions

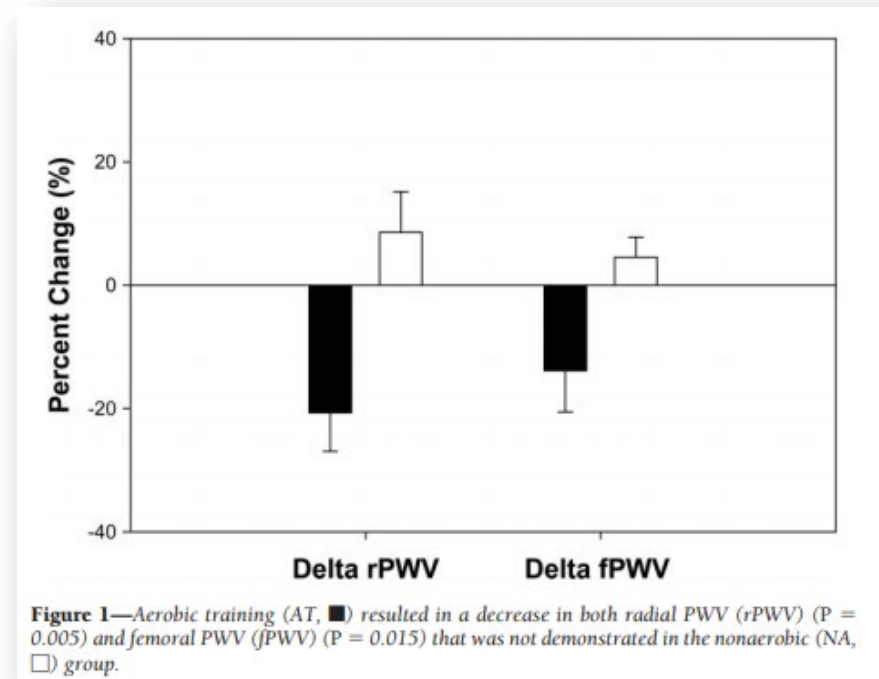
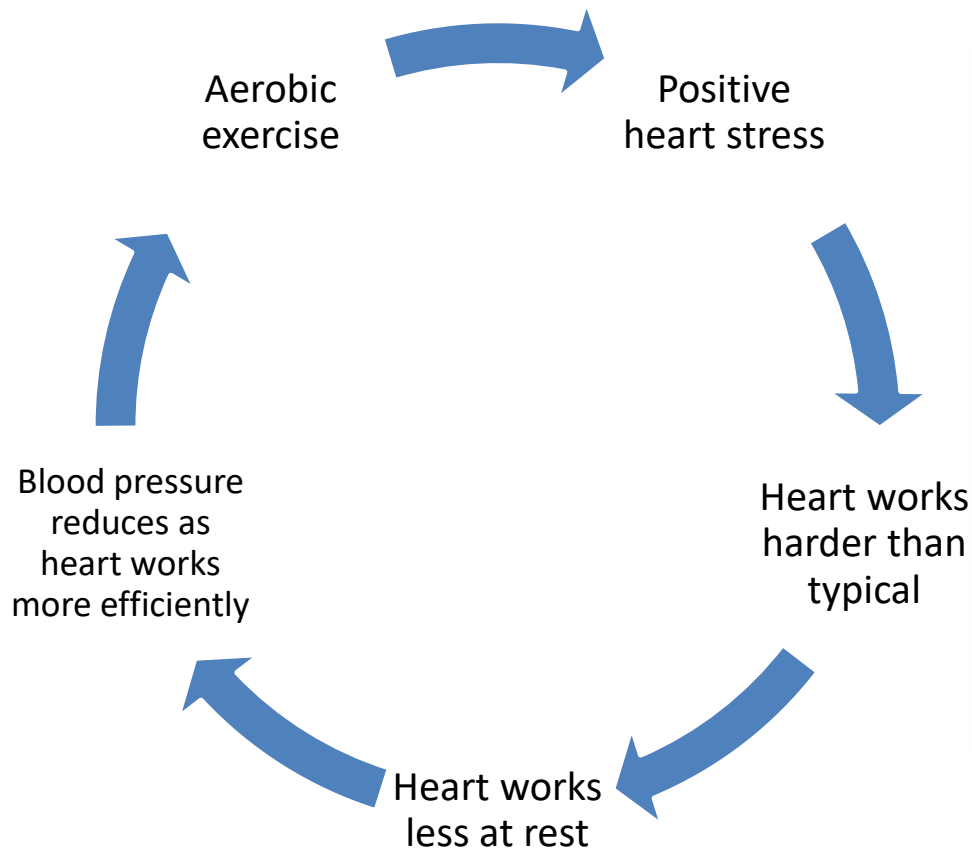


## Promote Social Engagement

- An easy way to meet up with others



# BENEFITS OF WALKING FOR SENIORS: BLOOD PRESSURE





## TARGET & MAX HR

- Max Heart Rate (MHR)
  - $220 - \text{age} = \text{MHR}$
- Target Heart Rate (THR)
  - $\text{MHR} \times .65 \text{ to } .85 = \text{THR}$
- EXAMPLE:
  - $220 - 34 = 186 \text{ bpm}$
  - $186 \times .65 = 121 \text{ bpm}$
  - $186 \times .85 = 158 \text{ bpm}$
  - THR for a 34 year old = 121 to 158 bpm

# RECOVERY HEART RATE

- Recovery Heart Rate
  - The time it takes post exercise for HR to decrease

## Heart Rate Recovery - Heart beats Lowered in 1st minute

Great

30 or higher

Good

20-29

Eh

14-19

Needs  
Improvement

12-13

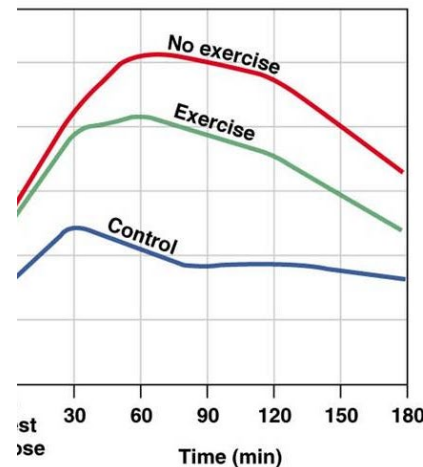
Needs  
Significant  
Improvement

Less than 12

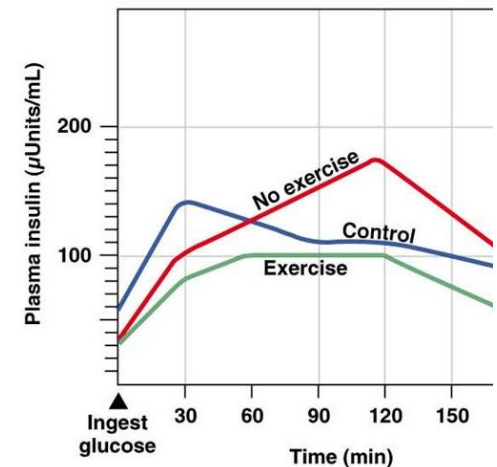
# BENEFITS OF WALKING FOR SENIORS: GLUCOSE

- Exercise makes a more favorable environment in the pancreas:
  - Improved rate of cell survival & function
  - Decreases ectopic fat & blood sugar levels
  - Increases insulin efficiency

Plasma glucose during glucose tolerance test



(b) Plasma insulin during glucose tolerance

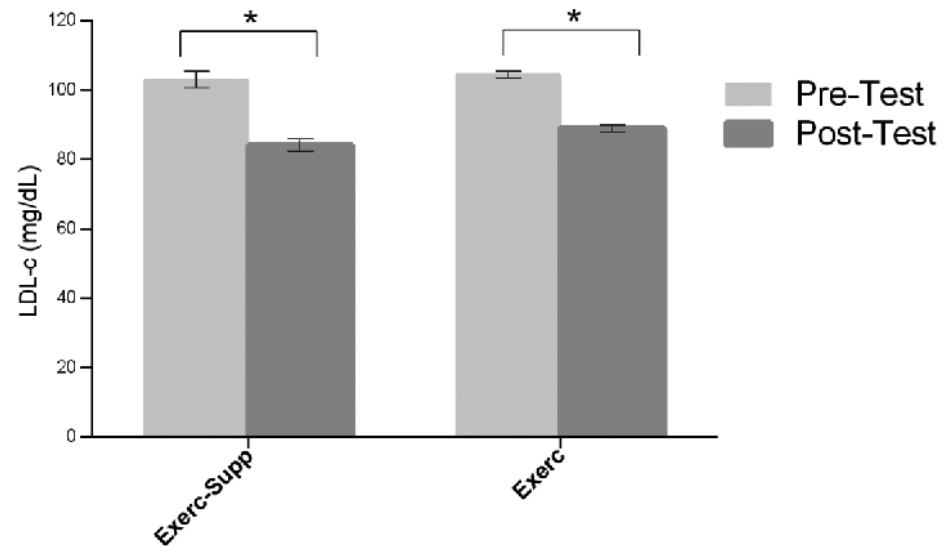


**KEY**

- Normal controls
- Abnormal glucose tolerance test, no exercise
- Abnormal group after seven days of exercise

# BENEFITS OF WALKING FOR SENIORS: CHOLESTEROL

- Regular exercise is linked to increased levels of HDL
- HDL helps recycle fatty build ups in the body
  - Reduces associated risk
- Types of exercise?
  - ANY!
  - Minimum = 20mins for 4 days/week
  - 40mins = increased benefits
- Special Considerations:
  - Underlying heart conditions/comorbidities?
  - Medications



# BENEFITS OF WALKING FOR SENIORS: MENTAL HEALTH

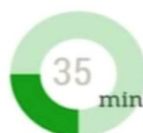
- Exercise is a natural boost of several neurotransmitters.
- Three brain chemicals get a boost with exercise

endorphins

dopamine

serotonin

not just a theory, but a scientific fact



35 minutes of walking...



6 days a week...



47% percent reduction in depression symptoms!



Smiling helps your mood



Exercise increases body temp which has a calming effect



increased confidence



healing in sobriety



social interaction



healthy coping



release feel-good chemicals



triggers positive feelings

[nyoclinic.org/psychcentral.com/webmd.com/psychologytoday.com](http://nyoclinic.org/psychcentral.com/webmd.com/psychologytoday.com)

approducts.us





# HOW TO GET STARTED WITH EXERCISE

## ● Physical Activities for Seniors

Aerobic Activities	Muscle-Strengthening Activities
<ul style="list-style-type: none"><li>■ Walking or hiking</li><li>■ Dancing</li><li>■ Swimming</li><li>■ Water aerobics</li><li>■ Jogging or running</li><li>■ Aerobic exercise classes</li><li>■ Some forms of yoga</li><li>■ Bicycle riding (stationary or outdoors)</li><li>■ Some yard work, such as raking and pushing a lawn mower</li><li>■ Sports like tennis or basketball</li><li>■ Walking as part of golf</li></ul>	<ul style="list-style-type: none"><li>■ Strengthening exercises using exercise bands, weight machines, or hand-held weights</li><li>■ Body-weight exercises (push-ups, pull-ups, planks, squats, lunges)</li><li>■ Digging, lifting, and carrying as part of gardening</li><li>■ Carrying groceries</li><li>■ Some yoga postures</li><li>■ Some forms of tai chi</li></ul>



# HOW TO GET STARTED WITH EXERCISE

- **How Much Total Activity a Week?**



**Adults need a mix of physical activity to stay healthy.**

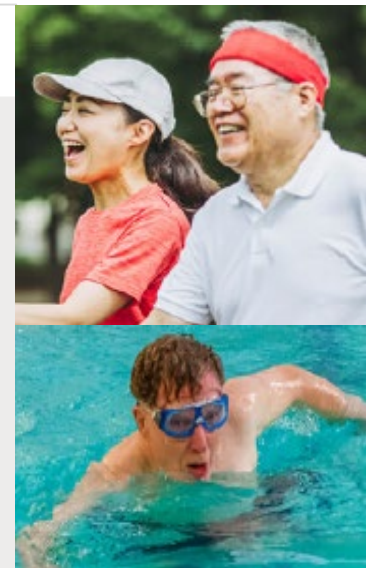
**Moderate-Intensity aerobic activity**

Anything that gets your heart beating faster counts.



**Muscle-strengthening activity**

Do activities that make your muscles work harder than usual.





# HOW TO MAKE WALKING PART OF YOUR ROUTINE

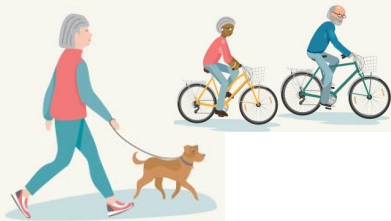
## ● 5 Simple Tips to Make Walking More Fun and Enjoyable

### 1 Find ways to fit exercise into your day.

You are more likely to get moving if exercise is a convenient part of your day.

### 2 Do activities you enjoy to make it more fun.

Be creative and try something new!



### 3 Make it social.

Find a virtual "exercise buddy" to help keep you going and provide emotional support.

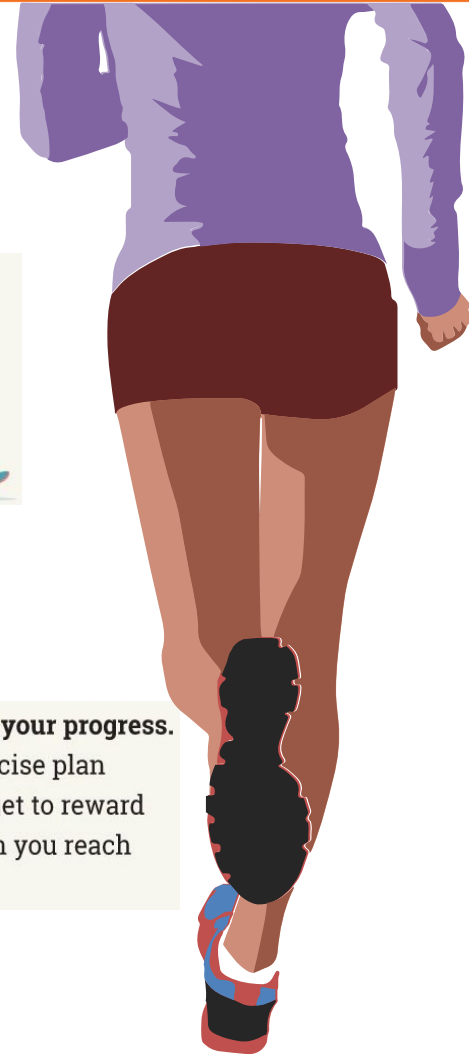


### 4 If there's a break in your routine, get back on track.

Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.

### 5 Keep track of your progress.

Make an exercise plan and don't forget to reward yourself when you reach your goals.



# HOW TO MAKE WALKING PART OF YOUR ROUTINE

## ● Utilizing Exercise & Physical Activity Tracking Tools

**START** QUESTIONS TO ASK YOURSELF ABOUT  
**GETTING READY TO EXERCISE**

Answer these questions to assess how active you are now and why you want to become more active.

1. Am I currently exercising on a regular basis?  
☐ Yes ☐ No

2. How much time do I spend sitting each day?  
\_\_\_\_\_


3. How much time am I active and how often each week?  
\_\_\_\_\_

4. When I'm active, what kinds of activities am I doing?  
\_\_\_\_\_

5. What motivated or would motivate me to start exercising?  
\_\_\_\_\_

Check all that apply:

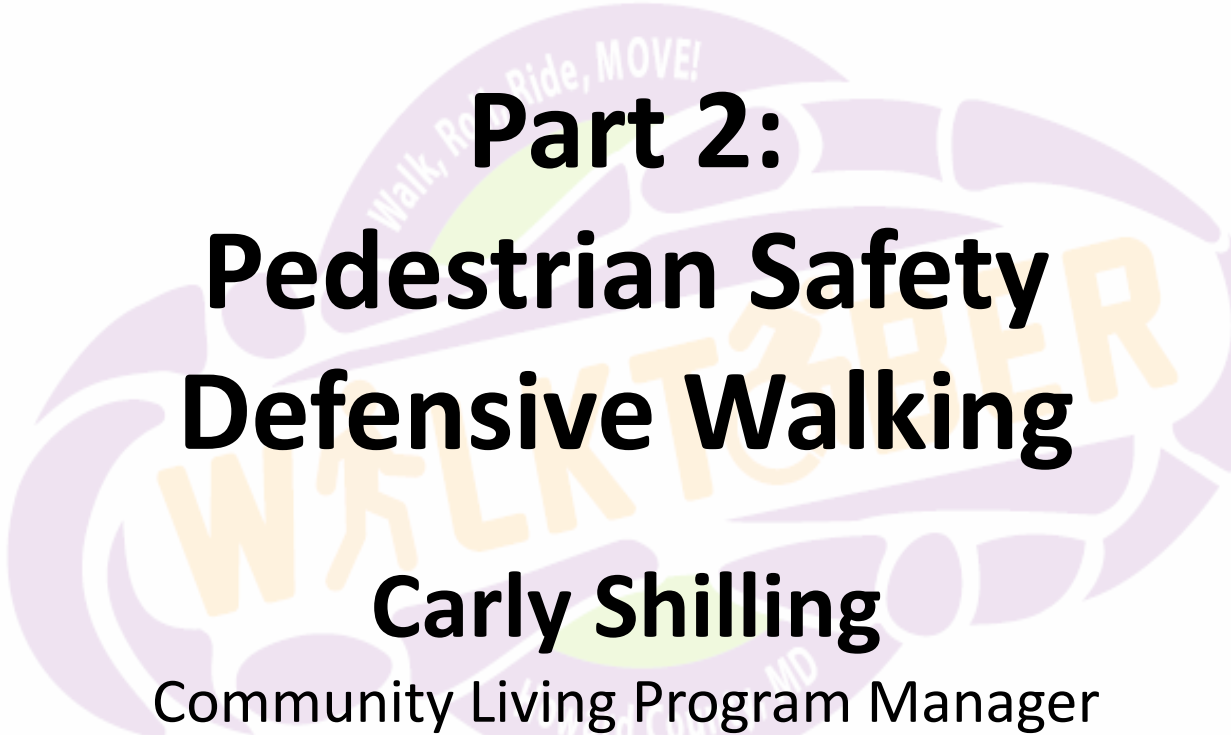
☐ To become more physically fit  
☐ To help prevent future health problems  
☐ To reduce stress  
☐ To manage a chronic condition, like heart disease or diabetes  
☐ To spend time with friends and family or make new friends  
☐ Other: \_\_\_\_\_

 **NIH** National Institute on Aging

- Questions to Ask Oneself Before Getting Started
  - [Questions to Ask Yourself about Getting Ready to Exercise](#)
  - [Questions to Ask Yourself about Your Exercise and Physical Activity Barriers](#)
- Logging Exercise and Physical Activities
  - [Activity Log: Find Your Starting Point](#)
  - [Activity Log: Monthly Progress Test](#)
- Making a Plan and Setting Goals
  - [Weekly Exercise and Physical Activity Plan](#)
  - [Goal-Setting Worksheet](#)



# HOWARD COUNTY WALKTOBER 2021



## **Part 2: Pedestrian Safety Defensive Walking**

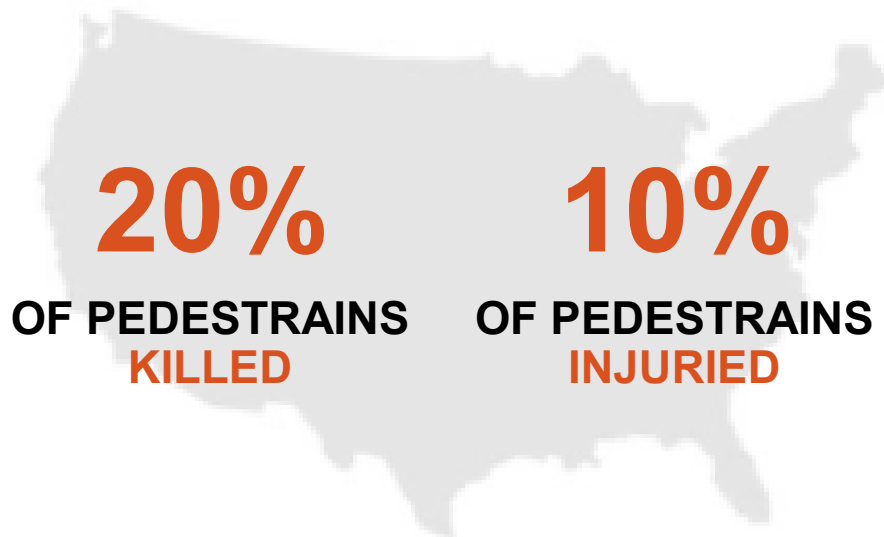
**Carly Shilling**

Community Living Program Manager  
Howard County Office on Aging and Independence



# SENIOR PEDESTRIAN SAFETY: DEFENSIVE WALKING

- Who is Most at Risk?



**ARE 65 YEARS OR OLDER**



# SENIOR PEDESTRIAN SAFETY: DEFENSIVE WALKING

- **What Dangers do Senior Pedestrians Face?**

Walking in Urban  
without Sidewalks



Intersections  
without Lights



Fast-Moving  
Traffic



Nighttime/Evening  
Walking



Impaired Drivers





# SENIOR PEDESTRIAN SAFETY: DEFENSIVE WALKING

- **Tips for Senior Pedestrian Safety: Creating Good Habits**



# TYPES OF WALKING ASSISTANCE DEVICES FOR SENIORS

- Canes
- Walkers
- Rollators
- Wheelchairs





# HOWARD COUNTY ADA COMPLIANT TRAILS AND PATHS

- The Howard County Health Department is currently in the process of doing a comprehensive trail audit for ADA accessibility.
- Many of the individual parks' maps designate which trails are paved, grassy, or natural. Found here: <https://www.howardcountymd.gov/recreation-parks/parks>
- Howard County 1-Mile Walking & Moving Maps

[Cedar Lane-West](#)  
[Centennial Park](#)  
[High Ridge Park](#)  
[Meadowbrook Park](#)  
[North Laurel Park](#)  
[Robinson Nature Center](#)  
[Rockburn Branch Park](#)  
[Schooley Mill Park](#)  
[Warfield Pond Park](#)  
[Western Regional Park](#)  
[Wilde Lake Park](#)







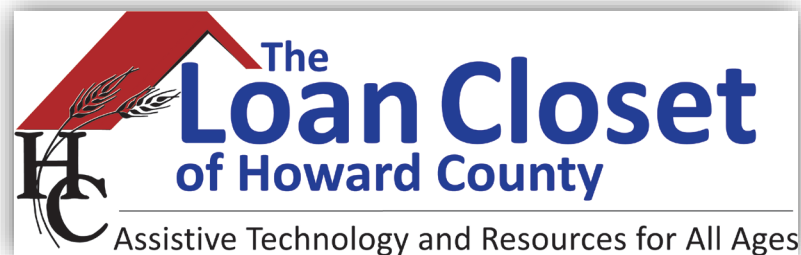
# WALK/BIKE/ROLL RESOURCES IN HOWARD COUNTY

## Walking areas in Columbia, MD

(Routes posted on [CA's new AllTrails profile](#))

- [Lake Elkhorn](#) (2 miles)
- [Lake Kittamaquundi](#) (1.4 miles)
- [Wilde Lake](#) (1.3 miles)
- [Locust Park Pool to Jackson Pond](#) (2.3 miles)
- [Dorsey Run Watershed / Kendall Ridge loop](#) (2.3 miles)
- [River Hill loop](#) (2.1 miles, starting at Columbia Gym)
- [Kings Contrivance/Amherst House loop](#) (1.6 miles, starting at Amherst House)

# WALK/BIKE/ROLL RESOURCES IN HOWARD COUNTY





# AUDIENCE Q&A

Please use the Chat Box to submit questions!





# WALKTOBER WEBINAR SURVEY



- Open camera on your cellular device
  - Hold camera over QR code
  - Touch the link that appears at top of screen
- 
- For those that participated, please complete the evaluation survey at <https://www.surveymonkey.com/r/WalktoberWebinarEvaluation>

# UPCOMING WEBINARS



- **State of Maryland Walktober Walkinar Series**

<https://mdot.maryland.gov/tso/pages/Index.aspx?PageId=123>

- Walkinar #2 Pedestrian Health 10/14/2021 @10:30AM
- Walkinar #3 Pedestrian Planning & Enforcement 10/21/2021 @10:30AM
- Walkinar #4 Maryland Walk Programs 10/28/2021 @10:30AM

# UPCOMING WEBINARS



- **HC Walktober Walkinar #3 Oct 19 TUE @11AM**  
***Staying Active w/ a Disability: Adapt the Fund for Everyone***
- **HC Walktober Walkinar #4 Oct 27 WED @6PM**  
***Pedestrian Safety for Children: Be Safe. Be Seen.***
- Please register at <https://www.howardcountymd.gov/walktober21>



- Presentations, recording, & additional resources will be posted at [www.hclhic.org](http://www.hclhic.org)
- For additional information, contact [lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov)