

Aging and Psychology

Lab News

VOLUME 4 ISSUE

OCTOBER 2013

SPECIAL POINTS OF INTEREST:

- **COPA Study Update**
- **Helpful Tips**
- **Four Types of Exercise**
- **APL has a New Web Site**

Get Involved!

***Are you between the ages of 60-85?
Are you capable of normal daily physical activity?***

If yes, then you are eligible to participate in the Aging and Psychology Lab's *Functional Usability Study for the Elderly* (FuSE). The purpose of this investigation is to measure the effects of physical activity and inactivity (sedentary behavior) on functional and quality of life outcomes in older adults.

Volunteers interested in participating in this study will be required to make one or two visits to the Aging and Psychology Lab during



Functional Usability Study for the Elderly (FuSE)

which they will complete a battery of questionnaires, undergo a brief physical function assessment, and wear an accelerometer (motion detecting device) for a period ranging from 1-3 weeks.

For your participation, the Aging and Psychology Lab will provide you with a comprehensive health assessment which you can use to monitor your current and future functional health and physical activity goals. In addition, participants of this study will be placed in a random



drawing to receive one of four \$25 Walmart gift cards.

Interested?

Please call us at (814) 865-5606 or e-mail us at apresearch@psu.edu.

Spaces are limited to 60 participants!



The Cope Well with Physical Activity (COPA) Study Update

The active data collection for the COPA Study finally came to conclusion in September. Approximately 170 women showed interest in taking part in the study. With eligibility and screening (and due to time commitment reasons), we had a total of 108 women enroll in

the study, with 104 women completing the 21 days of data collection. The lottery drawing for the 5 gift certificates to Target also took place. **Congratulations to our five winners** (initials): A.A., K.H., G.G., M.J.K., & L.S.

Finally, a sincere thank you goes out to all of the women who participated in the study! I hope to keep you updated on the findings from the study.

Moe Kishida

Helpful Tips

Finding Activities You Enjoy

Everyday Fitness Ideas from the National Institute on Aging at NIH

Picking new activities that peak your interest will keep you motivated and make being active enjoyable. If you enjoy listening to music and being with others, sign up for an aerobics class or take dance lessons. If you like being outside, take

your dog for a walk. You can even multitask while watching TV and lifting weights or walking around the house during commercial breaks. Remember, exercise doesn't have to be boring: incorporate things you already love to do, and get moving!



For more information and suggestions on activities, visit www.nia.nih.gov/Go4Life

Try All Four Types of Exercise

You may be aware of the health benefits of exercise, but did you know there are four types of activities you should do to get the greatest benefits? Performing these activities will help you stay independent, boost your energy, lessen the risk of falls, and improve mood. They have even been shown to prevent or lessen your risk of heart disease and diabetes.

Endurance Activities (Aerobic Exercise)

These include walking at a brisk pace, swimming, biking, dancing, and mowing the lawn. These activities should moderately increase your heart and breathing rates. For the best benefits, incorporate these five times per week in 30 minute sessions (which you may split into three 10 minute sessions per day).

Balance Exercises

Balance activities in particular are helpful in decreasing the risk of falls. Some examples include standing on one foot and back and side leg raises. If you are new to these, start off by holding on to a sturdy surface. For the more advanced, practicing yoga or tai chi are great for improving coordination and balance skills.

Strength Training

To build or maintain muscle, perform strength training exercises at least two days a week. You can use resistance bands, weights, or even household items, but remember that lifting too much too soon can result in injury. There are many strength exercises you can do such as toe stands, wrist curls, squats, and chair dips.

Flexibility Exercises (Stretching)

Stretching 3-5 times per week will help you to perform everyday activities with more ease and comfort, as well as help to decrease stiffness. An example of an easy stretching exercise you can incorporate today is the ankle stretch: While seated, stretch out your legs in front of you, keep your heels on the floor, and bend the ankle to lift your toes up and toward you. Hold for 30 seconds, then point your toes away from you for another 30 seconds. Other stretches to help improve movement are of the back, shoulders, neck, and back of the legs.

Penn State University

Department Of Kinesiology

Research in the APL focuses on the study of the relationships among physical activity, health, and aging.

With advancing age, there is an increase in the prevalence of chronic diseases often leading to compromised physical, psychological, and emotional functioning. Physical activity is one health behavior shown to have the potential to reduce or prevent altogether the age-related decline in physical function, to enhance psychological well-being, and improve quality of life.

The work in the APL aims to examine how physiological and social psychological variables interact to influence physical activity behavior and its consequences. We approach aging from a lifespan perspective, including both middle-aged and older adults as the target populations.

Dr. Steriani Elavsky, Director
Aging & Psychology Laboratory
26 Recreation Bld.
University Park, PA 16802
Phone: 814-865-5606
Fax: 814-865-1275
E-mail: aplresearch@psu.edu



We have a new web site!

Learn more about current research and the Aging and Psychology lab! Visit us at:

<http://sites.psu.edu/aplab>