



# Finding your exercise personality later in life

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- "The path of the everyday hero" ( Catford and Ray)
- We've added care giving to "Work Life Balance"
- Doing and liking this fitness stuff ain't easy



# Reframing Fitness, physical activity



- We will NOT talk about benefits today
- Through the Life course
  - This is all normal
  - All Human development
- Performance fitness -> Youth, Ego
  - Sports, competition
- Healthy fitness -> functional health,
  - Disease prevention
  - "Management"
- **IMPORTANT:** You have been conditioned that fitness is performance based
  - Hard, takes a lot of time, and definitely not fun
- - "The P.E. coach from hell"



# What's your personality? How do you do things?



- Linear/ Non - Linear approaches
- How do you want to design a physical activity experience that's enjoyable for you?
  - Outside
  - Linear
  - Non-linear
  - "Causality"
- Inside
  - Linear
  - Gym
  - Home equipment
  - Non-linear



# Here's what's been learned (researched)



- Self -> Autonomy
  - Intrinsic motivation -> We do what aligns with who we are ( choices reflect our values)
  - Use, hire an expert but..... you design the exercise experience that works for you
- This is all developmental (Health is really Human Development)
  - Do a little, do it often
  - As you enjoy this time -> your life situations and time to do more (if you want)

## Private Questions

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