

## Transcript Mind-Body Connections

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Vivian Miller (VM) (0:00:40): Hi everyone, my name is Vivian Miller, I'm an Assistant Professor in Social Work at Bowling Green State University and Director of the Optimal Aging Institute. I'll talk more about the Optimal Aging Institute or the OAI towards the latter half of our presentation. I am thrilled to introduce our three presenters today. I'm going to first start by giving an overview of this presentation and kind of read a little blurb again just to refresh our memory, and then I'll give a little bio of all of our presenters and turn it over to them. So, this is called "Mind-Body Connection."

Mind-Body Connection is real and it has a powerful impact on our well-being at every level. This presentation will identify the connection between the mind and the body including physical health, mental health, and emotional well-being. It will also provide tools for optimal aging and wellness every single aging process. There will be discussion around presenters who will have some questions, so feel free to ask questions at the end of the presentation we'll save questions until then, but you can jot them down on the folders in front of you as well as little books with a pen.

So, I'll begin by introducing Ashley. Ashley is a mental health educator and recovery advocate; she has over 10 years of experience in the field of health education and prevention, predominantly in the field of mental health and addiction. Currently, she serves as Health Educator- mental health focus at Bowling Green State University. In this role she implements mental health and wellness programs for the campus community. She also has experience serving a variety of populations in settings including middle and high school, higher ed, older adults, racial and ethnic minorities, criminal justice, rural, urban and suburban communities, as well as at workplaces, community mental health, and drug/alcohol treatment facilities. Ashley obtained her degrees in Applied Health Science from BGSU and a Masters of Public Health at the Ohio State University. She's a certified Health Education Specialist, Ohio Certified Prevention Consultant and Adult Mental Health First Aid Instructor. She has presented at local, state, and national conferences and is currently Board President of the Problem Gambling Network of Ohio. Thank you, Ashley, so much!

(00:03:01): Second, I'm going to introduce Courtney. Courtney is Manager of Community Education and Marketing at NAMI Wood County. She's worked in a variety of social work roles in the last five years throughout Wood County and currently she manages the entire Wood County mental health system for ADAHMS Board, the Alcohol, Drug Addiction, Mental Health Services Board. She's a trained Mental Health First Aid as an instructor, and serves on the Wood County Suicide Prevention Coalition and Wood County Addiction Task Force. Courtney received a Bachelor's Degree in Psychology from BGSU and her Master's in Social Work from the University of Toledo. She is a Licensed Social Worker in the state of Ohio and lead peer programming at NAMI of Wood County.

Lastly, I'm going to present Karen. Karen is the Health Educator and Fitness Coordinator for the BGSU Department of Rec (Recreation) and Wellness. She oversees fitness classes, personal training services, older adult fitness programs, and assists with campus-wide wellness initiatives. Karen has been working in wellness and fitness fields for about 14 years, and is a certified health coach, personal trainer, and group instructor. She's passionate about helping others live a healthy, active lifestyle and absolutely loves teaching the older adult fitness classes at BGSU. So, with nothing further from me, I'll turn it over to Ashley!

Ashley Hartman (AH) (00:04:31): Well, we're so glad to see you all here today. We're just saying how nice it is to come out and do a presentation in person, so thank you all and hope you're enjoying your lunches! For today's presentation I'm going to try and give some general overview around mental health, giving us kind of a baseline of what we're going to talk about today. When we say "mental health," we're talking about the way people feel, the way they think, it's the way that they act, and so a nice way I like to summarize it is your ability to 'live, laugh, and love.' All of us have mental health just like physical health, and similar to physical health sometimes we're feeling really good, sometimes we're not feeling as great. Sometimes I say we'll have just a 'physical or a mental health cold.' You know we're just not feeling our usual best self and so taking some better care of ourselves is really important and I have this little image up here at the top to emphasize that mental health is a spectrum - meaning it's not this dichotomy of where we're doing well or we're struggling with a significant condition. A mental health condition, it can be all along this spectrum when we're feeling good there's always things we can be doing to feel well and take care of our physical mental health. Karen's going talk quite a bit about being physically active and that's a huge part of it. What are some other ways y'all or your friends take care of yourself in regard to mental health? What are some other things that make you feel good, supported, activities you enjoy?

- Keeping
- Exercise
- Sense of purpose

- Thinking about our mind, our body, our spirit

You're all here together, being here with friends, all those things are important. We all want to do those things that take care of our mental health. Sometimes we're not feeling as well, maybe it's a mental health cold. Who hasn't gone through a difficult situation, something we're struggling with?

It's a great time to really invest in our mental wellness and then there's other times that get really hard and so I wrote on the slides, 'mental health conditions are the leading cause of disabilities and that your mental health can impact your ability to do those things - to live, laugh, and love. Maybe just to be able to meet work or social obligations, or school obligations. Having a hard time maintaining relationships. So, when we do research on meeting positive disabilities mental health is typically always in that kind of top list and then there's times where our mental health is struggling to the point where working with a professional can be really helpful. Just like let's say you have a headache, you know, maybe I'm going to get a little more sleep, I'm going to make sure I'm hydrated. If those headaches continue and they're really making it hard to function we're going to go see a doctor. Similar to mental health, and it's really interesting when people start to struggle with their mental health and they say go talk to their primary care doctor they're most likely to mention their physical health symptoms over what they're experiencing emotionally or psychologically, so it's important to consider that whole broad spectrum of how we're doing. And, what that emphasizes is depending on where we're at the level of support we need might be different. Maybe it is going to our Tai Chi classes, maybe it is meeting with a friend talking about something you're struggling with, or maybe it's meeting with a therapist or talking about it with the doctor. The big struggle is, 'Why don't you think people might be nervous or apprehensive in getting professional mental health services like meeting with a therapist or a psychiatrist? What might make it harder for someone to do that?'

- (Audience Response)
  - o Labeling
  - o Judgement
  - o Fear something people might think
  - o That you're crazy
  - o Yeah, you're losing it

That's a really big challenge and I also previously worked with NAMI and just being a person who's been impacted by mental health in my own life, so often people are struggling or their loved ones struggling and they're very afraid to make that step to seek professional help because what does that say about me - what am I capable of, what does it say about my loved one it's kind of admitting something is real and my philosophy is if you can get some help and feel better, how great is that. So, when we look at common issues (I'm going to turn the screen off), what do you think are some of the changes that happen at the age that might impact someone's mental health?

- (Audience Response)
  - o Retirement
  - o Structure
  - o Not becoming idle
  - o Loss of mobility

These things are really important, and I think something I really want to emphasize today is those struggles deserve and are valid in regards to getting help, you know, and having - if it's your social support network it's whatever you need to get that sense of identity, that sense of value as a person and it's interesting working with college students - every chapter of life has different struggles in this life. Ya know? If I think of my experience, they're kind of at the point where they're still you know I'm grown up, in college things like my parents you know, they're supporting me until like a young person, they were supporting their grandparents - my mother-in-law became the primary caregiver for her mother and so that is a huge struggle - so the increased risk for mental health problems, I'm sure there was a point dealing with serious physical chronic illness. If you're in pain, it's going to impact how you feel, how you feel about yourself, your mood, you know if I get an injury like even spraining an ankle, just not being able to do my exercises - that impacts anyone - that's human and so you know when you look at the increased amount of physical illnesses symptoms this is what I really think we want to change is the narrative on. This type of depressive symptoms is not just a part of aging. You know it's, we can all live healthful, fulfilling lives and what they find is that often a common belief among health care providers maybe they're not taking it as seriously because it's just seen as, 'Oh, that's just part of aging.' That's not true, no matter it needs reasons with full meaningful healthy lives you shouldn't have to struggle alone and when you look at risk of suicide, something I found I've done a lot of things on suicide when I asked what do you think are the highest risk populations people always say - young people, teenagers, things like that - but it's just older adults.

(00:14:54): There's all those reasons we mentioned and so another piece is men and I looked at the reason I used to like to pull people but you know just on there, they use their (inaudible) what do you think is one of the most legal means of suicide?

- (inaudible audience response)

Right! And potential just physical stability there as well that's why it's so important that we stay connected with people and that if we do see someone struggling, reaching out often. These are like a couple of narratives I hear, 'Well, I don't want to ask someone how they're doing because I don't want to offend them,' Right? But then conversely, people don't want to ask for help because they don't want to be judged. So how can we change that narrative? That we look out for each other and that's okay and it's so great with the older adult fitness programs. I like to swim in the morning. I like to get in early. I'm in the locker room like, "Hey!" You know? They're in there talking about helping each other out.... (inaudible)... that's so great. So, what are we looking for?

These are some things we might want to notice these changes with someone - reach out and see how they're doing and something really cool, someone else reaching out to somebody and giving them mental health resources is one of the most effective ways for someone to get connected to the services. You know Vivian and Courtney and other mental professionals -- they're not out roaming the streets waiting to be you know, "Hey, help you know your friends and family." (inaudible) What's different for that person - cognitive changes, memory, concentration, having hard to make decisions, stress, worry, and you know, I'm looking at this list... does this look like some other health problems? Like when you think you might notice this and assume that it's a different health problem and that's where it's really important to talk to somebody. And mind body connections, what we're talking about today it impacts you physically. When you're feeling stressed and worried, how does it feel in your body? Are there certain parts that become more...? [inaudible]

- (Inaudible audience response)

- (Ashley responds to audience)

One other slide I just have here is another kind of example of how often it could be difficult to decipher between different health conditions so, for example, dementia and depression – there can be that term "co-occurrence" they could what someone might be experiencing both at the same time and we want someone to do well and to be able to manage their health conditions making sure both sides of that are being addressed. So it's so important the more we know about mental health, the more we know about these different health conditions and talk about it with our health care providers, the better care and treatment we can get.

(00:21:24): Speaking of which about different services that are available -- these are some of the different types of professional mental health services - counseling is a really powerful tool. It can be a helpful tool like the mindset that you shared, having a professional that can help process some of that. I know for myself, I'm a new parent. Talk about like a whole overhaul of my whole life! So how do I continue to have a sense of identity while also having this awesome role as a parent? And having a professional who can talk that through with you can be very helpful. Family, couples, individual counseling, and kind of how I have them listed here increase in the level of needs that someone might have. Another great resource are group therapy programs like intensive outpatient programs where you might meet and be prepared for meeting so many days a week often or sometimes there's some medication management, as well. Medication is another potentially helpful tool. At the most severe level, sometimes we're struggling so significantly, hospitalization can be again another helpful tool and that's the thing when we talk about what did we say earlier, things like being active. I see spending time with friends, coming here to the center here, and then some of these professional health, which the combination is kind of magic where you see the most effectiveness. It's kind of not one or the other; how do we have that comprehensive approach to our wellness and mental health? So, who provides these services? Therapists (inaudible), counselors, social workers, psychologists, drug & alcohol counselors. I think it's funny, but when you see on TV shows, psychiatrists are therapists (inaudible).

Then they have the term 'Prescribers.' Those are the folks that are licensed to prescribe medications. A lot of that is made into primary care, the nurse practitioners, primary care doctors, and then psychiatrists. I emphasize that there is some -- kind of in my personal experience as someone who is pregnant on psychiatric medications -- if you have any specific medical conditions where you feel like like a geriatric psychiatrist or other types of specialists they're going to really be experts on that deal, just like a specialist in another field. It can be harder to get in with those types of providers, so a primary care is a great place to start. Now peer support specialists -- this is an emerging field these are folks who have lived experience with a mental health condition or a drug & alcohol condition and they're also trained as a professional, so it's kind of in this (inaudible) role and so when you have all these professionals together

what a wonderful comprehensive approach to someone's health. So I believe that is my presentation and we'll go onto Courtney!

- (Chatter)

Courtney Rice (CR) (00:24:48): So, hi, I'm Courtney! And I'm going to wrap up a little bit of our conversation about mental health, so I'm going to go over now to some common mental health problems among older adults. Now I actually talked a little bit about this, so I wanted to focus primarily on talking about depression because that actually is the most common mental health condition among older adults and it's something that can affect in a variety of different ways and the symptoms may look a little bit different. But I wanted to talk about that so you can learn to identify that not only yourself, but if you notice others who may be experiencing those signs and symptoms, you can help out, you can give them the resources that they need.

(00:25:24): So you'll see up here it says about 20 percent of people aged 55 and older have some type of mental health condition. That's pretty on point; I would say with the majority of the population, it's about one in five adults are actually affected by a mental health condition, so that includes all different ages, demographics, and again most common health conditions are anxiety, severe cognitive impairment, and then the disorders and this includes depression. So in looking at depression with older adults, typically depression it's most prevalent actually among the older adult population and it can be associated with things that Ashley was talking about – the social impairment, you know if you recently had an injury or things are looking a little bit differently – you have this huge transition in your life like retirement, you know that can cause those signs and symptoms and the onset of depression. So typically, you know if you're noticing things are a little bit different, you're noticing that you're not feeling as well you're probably going to go to your primary care doctor and typically they're the ones that may prescribe you medication for depression or anything like that and typically this causes an incur of high costs and how many of us have went to the doctor and came out with the bill that we were not happy with! I know that's happened to me, so this actually happens quite a bit and causes the increase in costs, which doesn't really help any mental health issues you need to be having but that's a whole other conversation with insurance which I'm not the expert on that at all -- let's talk about that later.

(00:27:01): I did want to talk about what some of the science and symptoms are and I'm going to read some of them off, but some signs and symptoms of depression: this could be the persistent sad or like an empty mood feelings of hopelessness, guilt, worthlessness, or helplessness, irritability is a big one that a lot of people don't realize is the sign of depression. Decreased energy or fatigue, moving or talking slowly, difficulty concentrating remembering or making decisions, difficulty sleeping like waking up too early or over sleeping, eating more or less than usual, and then another one is thoughts of suicide or death or suicide attempt. And, one of the things with older adults is obviously death and dying is a very normal part of aging, it's a very normal part of life and the way that suicide looks a little bit differently when you know you're at the end point of your life it can look differently. One example I'm thinking is you know my grandmother she had a chronic illness and she was preparing her will and she was preparing all everything to be in order for that time and that would look very differently than someone my age who would be preparing for that who's very healthy he's doing well. That may be an indicator that things aren't going so well for someone who's a lot younger who's planning to give away all their items and planning to hand out different things, so that is a topic that's actually discussed quite a bit in what we have to offer at NAMI, which is Mental Health First Aid for older adults.

It's a great program, I'm an instructor as Vivian said and we teach an older adult module, which is specific towards all of you so if you're ever interested in that, I'll have my contact information we're hoping to offer some in the Spring with the Wood County Committee on Aging, so definitely check that out. We can have more conversations surrounding that, as well, but I just wanted to put that little nugget in your head. So in looking at, you know, when you're your (inaudible). So how are older adults feeling about their lives? According to this, about adults aged 50 to 64 were more likely than adults aged 65 and older to report that they are dissatisfied or very satisfied with their lives and it's a little difficult maybe to see but the Ohio when responded that they were dissatisfied or very dissatisfied there's about five percent of older adults said this, so not too bad. Good job, Ohio! Oftentimes you know people may not want to talk about their feeling upset or if they're not doing so great and this is what we talked about that labeling or what we call it at NAMI 'stigma,' so there's a lot of 'stigma' associated with mental illness and according to NAMI National, stigma is defined as when someone, or even yourself, views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgment from someone else. Stigma can either come from an internal place, causing feeling bad or being bad. So at times stigma will cause someone maybe to not get the help that they need, it'll cause them to kind of isolate, keep to themselves. They don't necessarily want to talk to people or they may feel embarrassed or judged for talking about it.

(00:30:26): But, I'm here to tell you that it's okay to talk about it. If you're not feeling so great to let someone know that you're struggling to talk with your primary care doctor or talk with a good friend, you know at NAMI we offer a lot of different programs where you can come talk to someone, which I'll definitely talk about at the end. So how do we get the support? How do we get the social support and the emotional support that we need? Again, Ohio is coming on top so the percentage of adults age 50 or older reports that they rarely or never receive social support. In Ohio, it's about 7 to 9 percent, so again good job, Ohio! We're doing good. So now to talk a little bit just about how to approach someone who may be struggling, how to approach someone who needs the assistance, and I have 4 different ways here that you can help someone who may be struggling.

So first is to understand that mental health care is health care. Helping be able to access the treatment, be able to have someone there for you and listen to you, listening can go a really long way and that is the best way to really know that someone is there for you when you know they're listening and they're letting you talk to them and you can talk to someone too because that's just as important as taking care of yourself so understanding that healthcare is that mental healthcare. Talking openly about your feelings -- sometimes it's really hard to talk about how you're feeling and what you're going through, I know personally I don't always like to talk about things, never put that burden on anyone else but it's so important to talk to someone about how things are going and share your ups and downs and be able to practice what you're preaching so me right here trying to share with how I'm feeling and practice what I'm teaching. Next is asking for support from health care providers or others. So when you go to your doctor and you're not doing well you have any of those signs of depression or you're just noticing things are a little off, letting them know what's going on.

(00:32:25): And, lastly as mentioned any concerns you may have. If you know someone at the center who maybe is a little off, you're not acting the way they normally react saying to someone else, "Hey, have you noticed that so-and-so seems a little just not themselves? They seem a little more quiet, they're not talking as much" or maybe you just haven't seen them around, you know, and reach out to them let them know that you notice them, that their absence is well known.

Talking a great deal about how to help others, how to get signs and symptoms to know those from others, but now I'm going to talk about **your** self-care. So this is something a lot of times people don't want to do... it feels kind of weird to take care of yourself, but it's important to know that taking care of yourself is a great way to fill up your cup so you can give to others. So Ashley had you talk about some of the things that you do to feel good... that's exactly what this is, that's your self-care. Those are ways and things that you can do to feel good and replenish yourself. One thing is it's important to note is that self-care is not one-size-fits-all. What works for me may not work for you, what works for you, may not work for you. It's all different depending on what we need. I know for me, my self care is not really going out and running five miles (sorry)

- (Audience laughter)

(00:33:46): But it looks a little bit differently for everyone, so you know maybe I just want to go on a nice leisurely walk and some people do like to do a little more intense and that's okay. Everyone unwinds differently. Now I put it here it's called the 'professional quality of life' and this is particularly more for professionals, which you know some of you are retired so you're not working in the field necessarily, but this kind of goes into talking about the next slide which is what I want to talk about with some of the family programs we have because you may have loved ones in your life who you're helping with their mental health, maybe a caregiver for someone, you may have you know a daughter or son, etc. who needs your emotional support, so this is still a great way just to access and learn a little bit more -- are you feeling a little burnt out? Are you feeling compassion fatigue? So some of this looks like you know burnout if you're just not able to keep going, you're just really tired, you just have no emotion when it comes to helping this person. Compassion fatigue it's the same way, it's kind of like apathy so you're just not really responding to how they're feeling, so this is still a great way to kind of see how you're feeling and access your mood and figure out what maybe you can work on.

(00:35:08): Lastly, I want to share some of the local resources. I know that you have some resources in your folders, so some of these are up here, but these are the ones I wanted to highlight today: the Wood County Crisis Line is a free resource if you know someone or someone else who's in need of crisis services, you can just call this number and get in touch with the crisis counselor; The Wood County Alcohol, Drug Addition, and Mental Health Services Board - this is the funding source for mental health programs in the county, so they monitor funds, oversee all these different programs. A lot of work that you're seeing in your folders and help to manage those, make sure everything's going well, and be able to help improve lives for those affected by mental health and drug & alcohol addiction. We have the Wood County Board of Developmental Disabilities available there, as well. And then we have the Veteran's Crisis Line that is on here, where you can just dial that number and then press "1" to get to that.

(00:36:08): Now I did also, I put our website because we have a ton of resources on there but like I said, you have a lot of these already in your handout and also in your folder there is our information from NAMI, so we have all of our different programs listed on here, not in great detail, we do have quite a bit of programming so this would be 20 pages long if we give you an entire booklet information, but it kind of gives you an idea what's going on and one of the things I wanted to highlight is we have a lot of family and caregiver programming, which could be very beneficial. Right now we're actually running our "Family to Family" class. I think we have a facilitator in the room, so that is for individuals who have loved ones with a mental health condition. We also have what's called our "Peer-to-Peer" class. These are for individuals who have a mental health condition and they're really just great programs, you come and socialize, talk to people about what they're struggling with, and different ideas. We also have different support groups going on right now. Our one support group on Wednesdays is hybrid, so kind of like this, we have a meeting out as well but it's in person, if you want to come. It's also available on Zoom, so yeah we have a lot of great programming so definitely check it out. Give us a call at the office, we're there to answer the phone. So, I think that is my whole presentation so this looks like your slide, so there you go.

Karyn Smith (KS): Hi everyone, I'm Karyn. (Inaudible). I am so excited to be here and talk about one of my favorite topics, one of my favorite forms of self-care, and I love hearing you say that that's something that you enjoy doing for your self care as well. So, to kick things off, I put one of my favorite quotes on here is, "the benefits of exercise we put in to a pill would be the most widely prescribed medicines." I wanted to hear from you all, what are some benefits that you have felt yourself when you've done some movements? ... About the benefits of exercise? ... Nothing?

- (Audience response & inaudible)

(00:39:26): And, congratulations, to you! That's exciting, so wonderful.

- (Audience conversation)

(00:40:08): So move for your mind and body! It's so important. And also the social well-being. Throughout my presentation you're going to see these pictures and these are from some of our classes that we have at the Rec Center and the Perry Field House with some of my dear friends in here. My favorite part of the job is teaching classes right here, but you can see it's just such a fun environment and these became such great friends. It is just so wonderful to see.

(00:40:44): Some of the physical benefits with dedicating time to moving your body in the way that's right for you is to, you know, keep an improvement in strength to help you stay independent. It's not necessarily our age that's the reason why we start to really strengthen the ability to do things, it's lack of physical activity. If we're doing things to help maintain our muscle mass, we're going to maintain our strength to be able to do those things that we love and enjoy. So, making time to be able to continue to move our bodies and keep that strength. Same thing with balance, by doing some balance exercises and challenging where we safely help build up the endurance and the strength to be able to reduce our risk for falls and injuries. Exercise plays such a key role in helping manage and prevent many chronic conditions – that has some listed there and it's also a great way to maintain on a healthy weight. But, what I really want to touch on is when we think of exercise, we mostly think of the physical benefits that it provides – but exercise provides so many mental health benefits that I wanted to touch on today, so there's more and more research that continues to come up and just showing that being consistent with and moving our bodies can really help reduce some feelings of depression.

(00:42:06): When we are moving, it is releasing endorphins in our body - hormones, so it can be definitely helpful with that. It's a great way to provide relief from stress or anxiety - my friends here talk about you know those structures I'm actually really heavy. These big heavy weights that you're holding on to. (Inaudible). Mood enhancer, helping with sleep, it can improve your brain function, your cognitive function, and your memory. And, I love this picture right here this was research that was done at the University of Illinois and it's scans of the brain of students and they were taking a test, so the one closest to me is a scan of a brain from a student who was sedentary – she's taking the test. The one to the right is the brain after walking for 20 minutes, so it just goes to show you that when you're moving your body it is activating the neurotransmitters in your brain, it's increasing the chemical messaging in there to help it operate more effectively - I'm just getting the oxygen and blood flow to the brain, so it can really help with brain function, memory, multitasking, ... yeah, isn't that so great? I love visuals.

(00:43:45): And at BGSU, we've been really trying to focus on how beneficial exercise is for your brain function and how it's so great to be able to take/dedicate that time to really be able to help them with their academics. It's just overall enhancing mental and emotional well-being. This is the one thing I want to touch on real quick is really recent research like right off the press, this is towards the end of 2020 and researchers were looking at the mental health

benefits of exercise during the COVID 19 pandemic, so for older adults who were abiding by the social distancing guidelines, they were isolating - how is exercise playing a role in that? One of the studies they took over a thousand older adults and they found that those that did have greater physical activity levels were associated with lower levels of depression symptoms. Another one, they researched over 1,400 older adults within the age of 75 and found that by substituting 30 minutes of sedentary behavior with very low impact exercise, they saw improvements in anxiety.

(00:45:04): So just once again, there's more and more research just showing how beneficial it is to make that kind of goal and move your body in a way that's right for you. So great benefits, right? But then what should we be doing, what are the recommendations when it comes to exercise? On this graphic, you'll see we've got the first one is moderate intensity aerobic activity, so this is something that is going to just gradually bring up your heart rate and the goal for this is to build up where you can achieve 150 minutes a week of this. So what are some examples of some moderate intensity exercise that will elevate your heart rate?

- (Audience responses)
- Running
- Walking
- Swimming
- Dancing
- Mowing the yard
- Gardening
- Cycling

(00:46:11): Anything that is moving your body that's elevating your heart rate a little bit up. When we are elevating our heart rate, it's building it up stronger and our heart can pump more efficiently and then the other piece of that is the muscle strengthening activity, so it's recommended to do exercises to help maintain our strength and build our strength at least twice a week. (I'm not going to quiz you all on this.) If you didn't know, it's 1,440 minutes in a day and we started a campaign it was called "Two Percent." We found that common barrier amongst adults is, "I just don't have time for it. Exercise is great, but I don't have time for it." So we started a campaign, it was called "Two Percent." Dedicate two percent of your day to some self-care and get some exercise in and they find that is what is beneficial to helping you achieve a lot of those benefits that we have talked about just listed over there. So at BGSU we have it's called "Move for your Mood," so low impact movement sessions really help enhance your emotional well-being and to achieve all those great things by dedicating two percent today with 30 minutes to.

(00:47:40): I also wanted to touch on the recommendations of the different types of exercise. The first and foremost, when it does come to exercises, you want to find things that you enjoy because you're not going to make time for it if you don't enjoy doing it. What you enjoy doing so you're having a hard time finding that I encourage you to try out different things, and see what's the best fit for you. The four types of exercise we have *endurance*, which is that moderate intensity aerobic activity that I have talked about so it's helping enhance your lungs your heart and the circulatory system. Then we've got the *strength*, it could be using your own body weight, it can be using resistant bands or like dumbbells - it doesn't have to be machines in a weight room, although if you enjoy doing that that's a great option. *Balance*, we're doing some balance exercises. Thai Chi mentioned so that incorporates some great balance in there. And then *flexibility* - this is to help keep that range of motion, so we can continue to be able to do the things that we want to do, so we've got being flexible on there.

(00:48:52): How do we get started? First and foremost, you want to check with your health care provider - to be able to have that conversation with them and see if there's any specific recommendations that they have. And, always start slow, so the 115 minutes, when talking about for aerobic activity, if you're just starting off, we don't want to go from zero to 150 and so it's small gradual and progressive. They found that doing just 10 minutes of exercise at a time, so going for a light 10-minute walk, is going to be beneficial, and then build up from there. When it comes to clothing you can wear anything that's comfortable, but I really want to stress the importance of wearing appropriate shoes, especially when you've already been doing some walking or some dancing or even yard work... super important. And always warming up before exercising and having a proper cooldown. So the warm-up is like we're gradually bringing up that heart rate or getting the blood pumping to those muscles so they can work properly, and it reduces our risk or injury. The warm-up is especially crucial prior to doing some strength training exercises. So as you can see my friends right there, this is one of the our strength training classes at the Rec, we've got some like hand weights... (inaudible... you're a celebrity).

(00:50: 28): So another barrier is just, "I'm not motivated to do it, I don't if I find it fun," so I want to just briefly touch on a few keys to success to help not only start but sustain to really get the benefits doing it on a consistent basis and one is finding a lot is like what's your reason for wanting to be able to live a healthier lifestyle? I hear a lot of people

saying, "I want to be able to be there for my grandkids, I still want to be able to like play with them and move around with them," but everyone has a different reason why and just being intentional of thinking about that and that's great motivation to help start and just and help make it a priority.

FUN! I can't stress this enough, there's so many people are like, "Oh, exercise." It just means you haven't found your right fit yet, so try out very different things to find something that you enjoy doing. I've got a picture here of our class -- we had a Halloween class, which was before COVID, but we had like fun Halloween exercises that we did, so not only are you getting great movement in but we had so many laughs, and it was just such a great time to be together. Doing things in a social environment, you have that accountability and support, so you're a lot more likely to be able to stick to it when you know you're going to meet some friends at a certain day or time, you're more likely to go, right? As opposed to, 'Well, I'm going to get up and you know do this today.' It's easier to push that off when it's just for you, so making it social, there's so many great activities in this community that you can get involved in that are active and social and secondly, your self-care is important so schedule in the day is what is important. Take a look at your week and go ahead and mark that in there. And then asking for help which we talked about a lot already today, but we've got a lot of great resources and all the people that just helped to make this change or get started and just touch on a few of the things - the National Institute on Aging, I put their website up here - they've got a lot of great free publication and workout guides that you can print off or bring up on your computer, so it's colorful handouts of exercises for you and all those four different categories that I mentioned. So, if you're interested in that and they've got a lot of great articles about how to safely exercise outdoors, exercising with specific chronic conditions, they've got you know tracking tools and a lot of great resources, as well as free exercise videos so this is their YouTube station; they've got 15 minute videos, 10 minute videos, really small increments is a great way to get started and you've got a certified instructor that's taking you through those exercises.

(00:53:34): Other fun ways to stay active (inaudible), they've got their whole list of things with so many great classes on there. We've got so many great parks in this area there's a Wood County Park District, so many great trails that you can walk on and a lot of social activities there. Fitness classes, one of the benefits of COVID is that so many things went virtual, so there's -- if you don't want to get out of your house, you're not able to, there's so many great resources out there in your home or virtual and you don't have to go in-person. Then Silver Sneakers are going to be active, I guess you mentioned that already what an amazing benefit if you're eligible for this based on your health insurance because there's so many places here in town where you can receive a free fitness membership and free registrations, and fitness classes. So the picture I have here, this was two of our instructors it was a Halloween class they dressed up and this was like a fun like Halloween dance aqua class that was good. So it's very low impact was great and it was a blast. So if you are Silver Sneakers members and you're not aware, they have a lot of great fitness classes available on their website so they've got live classes online where you can actually participate live with the instructor or they have on demand so that they have hundreds of videos as a library of videos that are available and it hits all four of those categories that we talked about. You're looking to improve your flexibility and mobility, they've got classes specific to that cardio, strength, a lot of great options... something for everyone.

(00:55:24): And, then a few things that we do have at the Rec Center if you're interested in checking that out -- I highlight our pools here, we do have a lift that goes into our pool for those that might not be able to get in on their own. We've got two different pools; we have Andrew's pool which is warmer water, and then we have Cooper pool which is our large Olympic size pool, so it's great for doing some laps or even just doing some aqua walking in that and we've got various fitness classes that are offered in our pools. We've got yoga classes and then we also have some strength training classes that we offer as well and we provide free equipment orientations in our facility, so if you're like, "Hey, I would like to get started, but I have no idea what I'm doing..." we have wonderful certified personal trainers that are more than happy to be able to work with you and take you through that. And virtual, can't forget this! We provide virtual classes, as well. So at the beginning of COVID, we started our own private older adult fitness community on Facebook and we do live classes, but they're also archived, so we can participate live with our instructors or if that time doesn't work for you, they're saved and you can go back and do those classes whenever it works with your schedule. Right now, we do have a like a 30-minute strength training class that's virtual, as well as a gentle yoga, as well. (Inaudible). But, I'll stick around if you all have any questions about anything, don't hesitate to ask and in your folder you got more information in there, too.

VM (00:57:20): Thank you. So, I'll just really briefly just touch on the Optimal Aging Institute - we do things such as this. Most of our programming thus far has been virtually online. We've done a series of panel discussion that are available on our website, as well as our Facebook page. One example topic is 'Low Vision and Aging.' We've partnered with the Sight Center of Northwest Ohio and have community partnerships and one of the Board Members of the OAI - we have 13 Board Members including students and interdisciplinary faculty and staff across campus to help with programming. We also internally offer small research grants for faculty and graduate-level students with a faculty mentor to do research related to older adults and optimal aging.



(00:58:13): We support and engage with older adults, interact with them through campus and community partnerships. I won't go through the 'Vision,' but I will get here to where you can find us and I did take the names and email addresses of everyone who's here, so I will follow up after today and I can send out the presentation, as well as links to the OAI website and our Facebook page, NAMI, etc. Thank you so much to everyone for your engagement; this has been really wonderful – our first OAI in-person programming! I'd like to thank you all again and welcome questions.