UVRA Elder Academy Series, in partnership with the Yakimovich Wellness Centre

Series topic: How Physical Activity Can Improve Your Health and Life

Presenters: David Docherty and Jochen Bocksnick

Dates: October 2nd, 16th, 23rd and 30th (1:30 - 3:30 pm)

Backgrounds of presenters:

- David Docherty was a professor in Exercise Science, Physical, and Health Education at the University of Victoria for 40 years. He researched and taught in the area of exercise physiology, and now teaches a men’s class that focuses on strength and fitness, as well as being part of UVic’s Speakers Bureau, to offer talks on Health and Wellness for all ages.

- Jochen Bocksnick taught in the Department of Kinesiology at the University of Lethbridge, and has only recently moved to Victoria. His special interest is in the Psychology of Physical Activity, and what motivates people to stay active. He ran a very successful program with older adults in Lethbridge that focussed specifically on balance, presenting a variety of interesting challenges to the participants.

Description of series: It is well recognized by the medical profession that physical activity can prevent, diminish, or even control a wide variety of ailments, especially as we age.

This four-part series will show how physical activity can improve your health, as well as increase the quality of your life. The series will examine some of the latest research that supports the relationship between physical activity and health, but will focus more on what you can do about it.

The four areas that will be explored in each of the presentations are:

1. October 2nd - Heart health. The session will briefly cover how the heart works and how physical activity can help it do its job. Many ideas will be shared on what you should be doing to have a healthy heart and some of the latest research that has been found to be most effective. This session will also address the issue of compliance: we all know we should be physically active but only 15 % of the Canadian population achieve the recommended levels of physical activity and even less in the 65+ age demographic!

2. October 16th - Pumping up! Most think that strength training is for athletes and narcissists. Recent research clearly shows you are never too old to get stronger or increase your muscle mass, and of course the many benefits of being stronger and having a little more muscle. This session covers how muscles work and how we can make them stronger despite our age as well as how they can make us smarter!
3. **October 23rd - Brain health through physical activity.** Really! Yes, because research in the last 10 years has shown how physical activity can help an aging brain, and decrease the risk of many age-related neurological conditions, including dementia and Parkinson’s. This session will cover some of the things we can do to keep our brains healthy, with physical activity being the number one!

4. **October 30th - Keeping balance in life.** In this case, we are talking about physical balance, and decreasing the risk of falls. The session will present some background to understanding the complexity of balance, the spectrum of intervening conditions, and offer some suggestions that might aid in staying upright, especially as we age.

**Cost:** *Suggested $5 donation per session, upon entry to the Yakimovich Wellness Centre.*

**Location:** All four presentations will be held at the Yakimovich Wellness Centre (within the Hillside Seniors Health Centre, 1454 Hillside Avenue). The Centre is located on Hillside, between Cedar Hill Road and Shelbourne Street – if coming up Hillside from Shelbourne, the centre is on the right-hand side, beside Aberdeen Hospital.

**Registration:** Provide your first and last name, name of session, phone number and how many people in your group.

**Email:** WellnessCentreRegistration@viha.ca or **Call:** 250-370-5641, press ‘2’ – this is an automated system that is regularly checked throughout the day – leaving your message confirms your registration.

**NOTE:** The Yakimovich Wellness Centre has a seating capacity of 58. Registration will be on a “first registration basis”. Please register early to avoid disappointment.

**Getting there:** Take bus #4. Or, ride your bike -- there are bike racks. Or, use HandiDart. Or, taxi to the main entrance.

**Parking:** behind the Aberdeen Hospital ($2.25/2 hours), free parking on the streets around the Centre – Gosworth Street off of Hillside, or by Oaklands Elementary School on Belmont St, or park at near Thrifty Foods at Hillside Mall and walk one block to the Centre.