

Vitality[®] PORTFOLIO



Starter Tool-Kit

To build lifelong vitality create a plan, balance assets, make regular deposits, and measure progress - just like if you were building a financial portfolio. The *Vitality Portfolio*[®] framework balances **WELLNESS ASSETS** across the six dimensions of health, defines **CORE ASSETS** that help you overcome obstacles to healthy aging, and identifies the **FUNCTIONAL ASSETS** you need to remain independent.

The *Vitality Portfolio*[®] Workshop walks you through creating your customized vitality plan, then inspires action with personally relevant content and simple vitality deposits you can make every day.

■ **WELLNESS ASSETS** across the six dimensions of health

PHYSICAL

Maximize physical competence regardless of challenges

SOCIAL

Build healthy relationships; feelings of connection

EMOTIONAL

Navigate life's ups and downs, gratitude/optimism

INTELLECTUAL

Engage in lifelong learning; cognitive health

SPIRITUAL

Seek meaning and purpose in life

VOCATIONAL

Pursue interests, goals; purposeful activity

**HOW BALANCED IS
YOUR LIFE?**



■ **CORE ASSETS: AGELESS ATTITUDE & RESILIENCE** to support lifelong vitality and overcome challenges

■ **FUNCTIONAL ASSETS: STRENGTH, MOBILITY, & ENDURANCE** that are crucial to independence

More about your Core Assets

An **Ageless Attitude** isn't about clinging to youth. It's about cultivating a perspective on life that prevents aging stereotypes from directly undermining well-being. How old would you be if you didn't know how old you are? In the past 2 weeks have you said you had a "senior moment" when forgetting a name or a fact? Negative expectations of aging drive health beliefs, behaviors, and outcomes. They can literally change the course of your life by setting up psychological road blocks to living with vitality.

In contrast, an *Ageless Attitude*:

- **Rejects Ageist Stereotypes**
- **Seeks to Overcome versus Cope with Challenges**
- **Focuses on Possibilities not Disabilities**

Resilience is the ability to adapt in the face of trauma, adversity, hardship and ongoing life stressors. It's a dynamic process that influences your ability to navigate the changes and challenges of life. Many people either think of themselves (or loved ones) as a "resilient type of person" - *or not*. But think about it- who actually gets to live 60+ years without having to face and overcome challenges?

The building blocks of resilience are:

- **Self-efficacy & Self Confidence**
- **Mastery & Control**
- **Meaning & Purpose**
- **Optimistic Perspective & Adaptability**
- **Social Connection**

Vitality in Action A sneak peak at some resources from the *Creating Your Vitality Portfolio*® Workshop.

- Two short video clips from the International Positive Aging Conference:
 - Eldo and Harriet- two very different aging stories, but both clearly demonstrate ageless thinking and resilience. https://www.youtube.com/watch?v=Hi1MAn_nTFI
 - How ageism can sabotage your health. <https://www.youtube.com/watch?v=Iq00jnr2hEY>
- Complete the *Ageism Questionnaire* to reveal what you're thinking, saying, and doing about aging well.

COMING SOON! Join Kay for the 3 month *Creating Your Vitality Portfolio*® Workshop. She'll guide you through a step by step process to develop your personal vitality plan.

■ How would you draw your current **WELLNESS WHEEL?**

PHYSICAL

- Fitness/functional abilities
- Nutrition/weight management
- Lifestyle habits
- Health screening/management

INTELLECTUAL

- Lifelong learning
- Think creatively
- Challenge your mind
- Maximize cognitive health

- Respect self/others
- Build healthy relationships
- Connect with others & community

EMOTIONAL

- Healthy expression of feelings
- Positive stress management
- Problem solving skills
- Build resilience

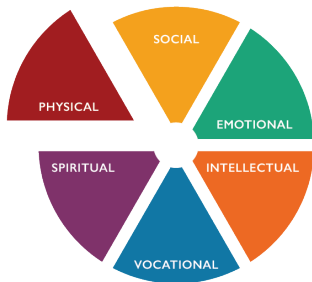
SPIRITUAL

- Meaning/purpose in life
- Connection to something greater
- Connection to nature
- May or may not be religion-based

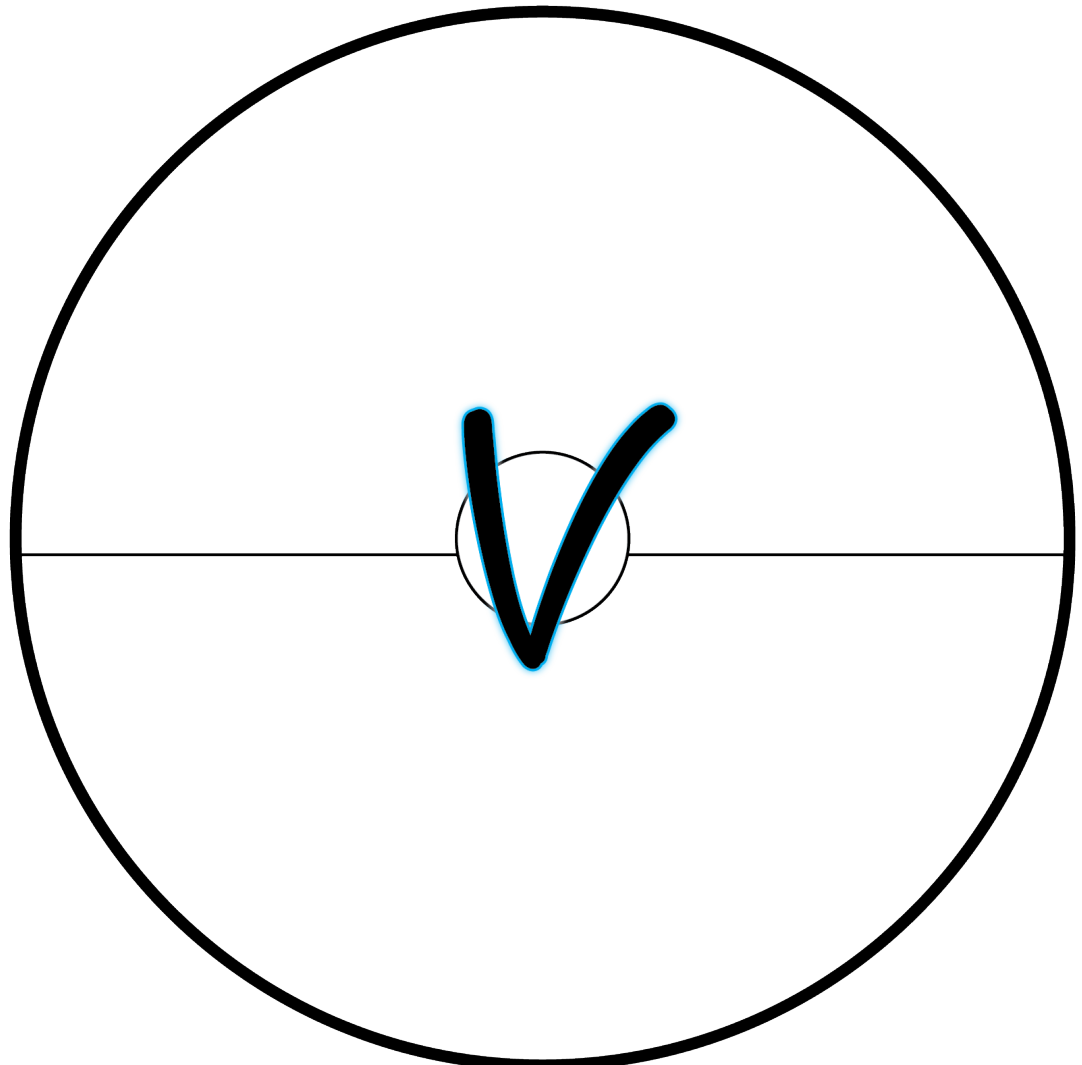
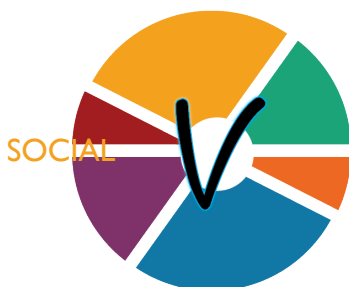
VOCATIONAL

- Occupation, interests, hobbies
- Recognize abilities, goals
- Purposeful activities
- Give as well as receive

ARE YOU MISSING A SPOKE?



IS IT BALANCED?



Ageism Questionnaire

What are you thinking, saying, and doing about aging well? Please answer yes or no to each question. Use the key below to score your answers.

1. Do you expect to be healthy and active through your full lifespan? **yes** 2pts **no** 1pt
2. Are you intentionally physically active for at least 30 minutes each day? **yes** 2pts **no** 1pt
3. Do you expect to be at least as strong & agile in 2 years as you are today? **yes** 2pts **no** 1pt
4. Do you strength train (resistance exercise with weights, or moderate to heavy lifting during an activity) at least twice a week on a regular basis? **Yes** 2pts **no** 1pt
5. In the past 24 hours have you given thanks for the good things in your life? **Yes** 2pts **no** 1pt
6. In the past 48 hours have you truly connected with others in a meaningful way? **Yes** 2pts **no** 1pt
7. Do you believe you have the ability to prevent loss of mental function? **Yes** 2pts **no** 1pt
8. Do you engage in aerobic exercise (brisk walking/running, chair aerobics, cardio machines, swimming, dancing, etc.) at least twice a week on a regular basis? **Yes** 2pts **no** 1pt
9. In the past two week have you made joking or serious reference to your physical performance being diminished by age? **yes** 1pt **no** 2pt
10. In the past two week have you made a joking or serious reference to having a “senior moment” when forgetting a name or fact? **yes** 1pt **no** 2pt

Key

What are you thinking and saying about aging?

Questions 1,3,7: A positive attitude towards aging can add 7 years to your lifespan
 Questions 9,10: Exposure to negative stereotypes of aging diminishes performance on functional and cognitive tests.

What are you doing about aging well?

Questions 2,4,8: Physical activity significantly improves physical/cognitive health

Questions 5, 6: An attitude of gratitude and strong social connections support healthy aging

Answering YES to questions 1-8 and NO to questions 9-10 indicate you're aware of ageist stereotypes and are actively supporting healthy aging. Congratulations!

NO answers in 1-8 or YES answers for 9 or 10 may reveal negative expectations for aging, and a gap between your intentions for aging well and your actions.

Golden Nugget

You lose an average of 1–1.5% muscle mass & strength per year after peak strength in early 30s:

- It doesn't sound like a lot until you do the Math!
- Can lose 60% of strength by age 70
- Losing strength makes daily physical tasks increasingly difficult

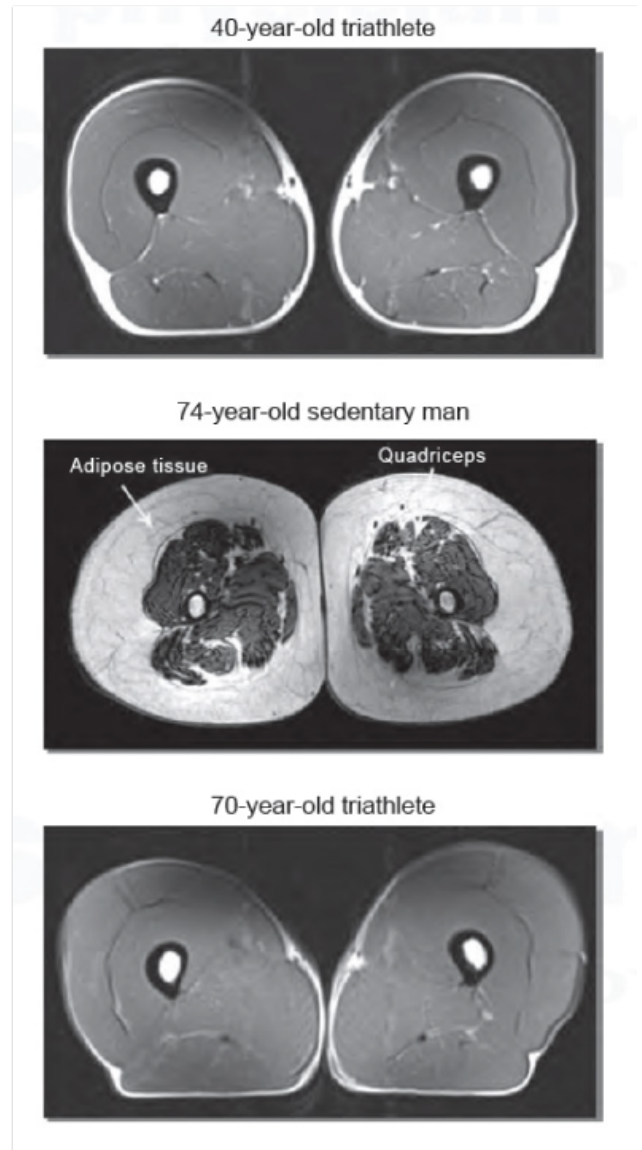
Take a Look: These MRI images are thigh cross-sections (white inner circle =thigh bone, dark area=leg muscle, white outer layer=fat)

- Top image= 40 year old tri-athlete
- Center image = 74 year old sedentary man
- Bottom image = 70 year old tri-athlete

Impact on Function: The 40 and 70 year old athletes may only need to use about 40% of their leg strength to rise from a chair. The 74 year old sedentary man (center) may need 80-90% of his leg strength and 30% of his arm strength to rise from the chair. As he continues to lose muscle mass, eventually 100% of his leg strength and 100% of his arm strength won't get him out of that chair!

Choose Action: You can stop - and even reverse-muscle loss, and you don't have to be a tri-athlete! Resistance train with weights, or do moderate to heavy lifting in some regular activity at least twice a week to gain muscle strength and physical function.

100 nursing home residents age 72-98 increased strength by an average of 113% by strength training for 10 weeks. Tufts University, Boston.



And don't worry-you won't gain bulk! You'll burn fat and gain the muscle necessary for functional independence!

"Things I couldn't do when I came here, I can do now."

- 91 year old Ida Weiss

Join Kay for a 3-month **Vitality Portfolio[®]** on-line workshop. She'll guide you thru a step by step process to create your personal vitality plan. *Coming Soon!*

www.kayvannorman.com