



# #AgeWell

## AT ANY AGE

In the United States, we are increasingly preoccupied with what it means to get older – or what we perceive it means. Perspectives vary among generations and between genders, but one thing is certain: everyone is thinking about aging. A recent national survey by the American Physical Therapy Association offers new insights on what Americans are feeling, thinking and doing about it.

### HOPES FOR AGING

### FEARS OF AGING



#### Staying Healthy

- 42% of respondents
- Almost half of women – significantly higher than men

#### Enjoying Life

- 30% of respondents
- 1/3 of men – significantly higher than women
- Significantly more Millennials than Boomers



#### Maintaining Independence

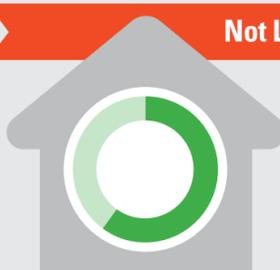
- 18% of respondents
- Significantly more Boomers and Silent Generation than other generations

#### Not Able to Do the Things I Love

- Significantly more Millennials than other generations



#### Not Living Independently



- 60% of Silent Generation
- 40% of Boomers

#### Debilitating Diseases & Chronic Conditions

- 42% of respondents: Alzheimer's disease – 3x more than either heart disease or chronic pain



Millennials: Born between early 1980s & early 2000s  
Gen X: Born between early 1960s & early 1980s

Baby Boomers: Born between 1946 & 1964  
The Silent Generation: Born between mid-1920s & early 1940s

### EXPECTATIONS



Will still be able to engage in the same type of physical activities at 65 and older

→ 44% of respondents believe modifications are needed for that to be true

Will lose strength & flexibility with age



Strength



Flexibility

→ Millennials & Gen Xers are significantly more optimistic than Boomers



Will be living independently at home at age 80

→ Boomers are significantly more confident in independence

### START THE CLOCK

When do you start to experience the signs of aging?

#### Survey Respondents Say:

40s  
50s

Significantly more respondents under the age of 55 expect to experience aging signs in their 40s or 50s

60s

The majority of respondents expect to experience aging signs in their 60s or older

AGING STARTS EARLIER THAN YOU MAY THINK:

- ✓ Take action early
- ✓ Protect health through the aging process

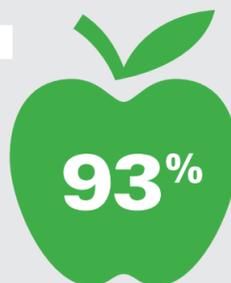
### PROMOTE HEALTHY AGING

#### Healthy Routines

With guidance from a physical therapist, the right type and amount of physical activity can:

- ✓ Improve mobility
- ✓ Alleviate pain
- ✓ Boost overall health

- 58% Stay mentally active with crossword puzzles and brain games
- 53% Eat a balanced diet
- 53% Exercise regularly
- 51% Maintain a healthy weight
- 48% Build physical activity into their day
- 39% Participate in preventative screenings
- 34% Build muscle strength



Already practice healthy behaviors

### TIPS TO #AGEWELL



**Prevent/Manage Diabetes**  
Affects 1 in 4 Americans over 60



**Build Heart Health**  
No. 1 cause of death in U.S. is heart disease



**Strengthen Bones**  
Affects more than half of Americans over 54



**Treat Back Pain**  
Often over-treated with surgery and drugs



**Stimulate Brain**  
Alzheimer's disease affects more than 40% of people over 85



**Avoid Falls**  
About 1 in 3 Americans over 65 fall each year



**Manage Chronic Pain**  
116 million Americans suffer from chronic pain

As experts in movement, physical therapists will work with you to help you prepare for aging, treat the effects of aging and learn how to #AgeWell. Find a physical therapist in your area at [MoveForwardPT.com](http://MoveForwardPT.com).