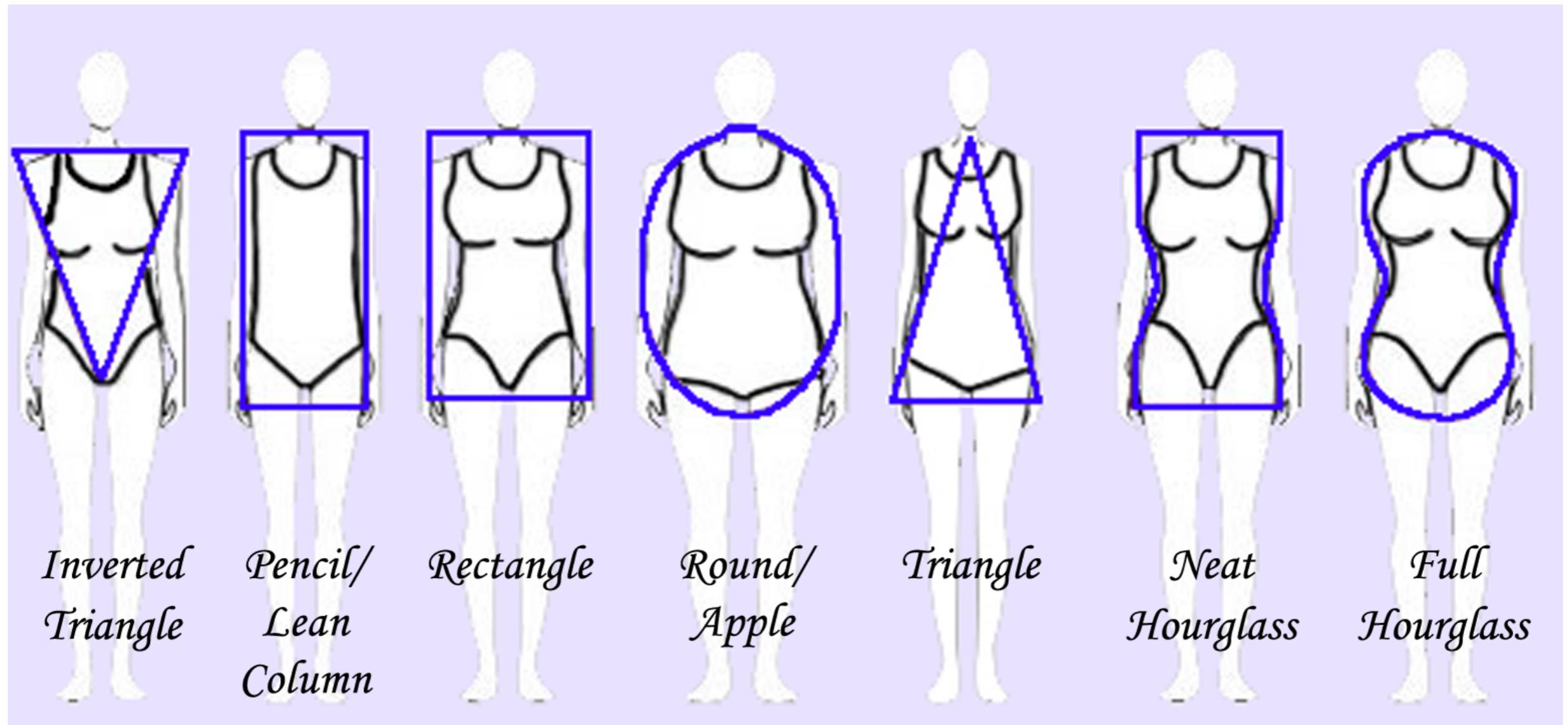


HEIDI PA

*Owner of Anytime Fitness Lake Oswego
Mrs. Oregon Premiere 2017*

CHOOSING
YOUR SHAPE TO BE IN
AFTER 40

...shape? Round is a Shape...



Esthetics and Appearance, the visual “shape”

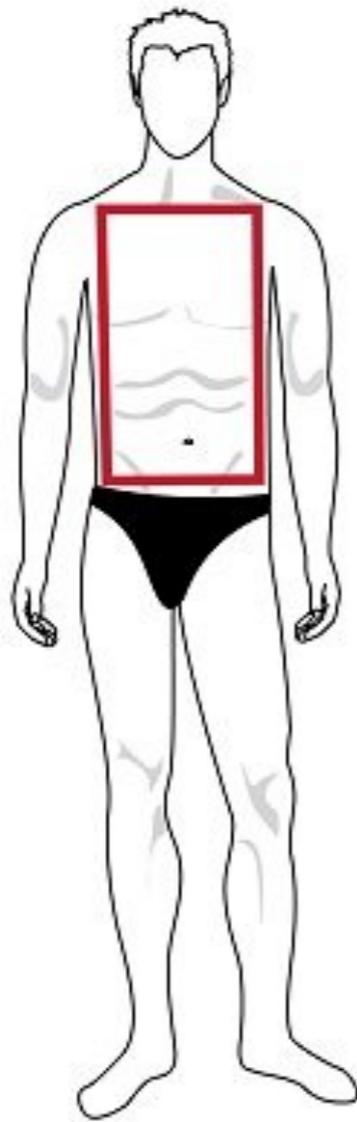
Body Fat Percentages of Women



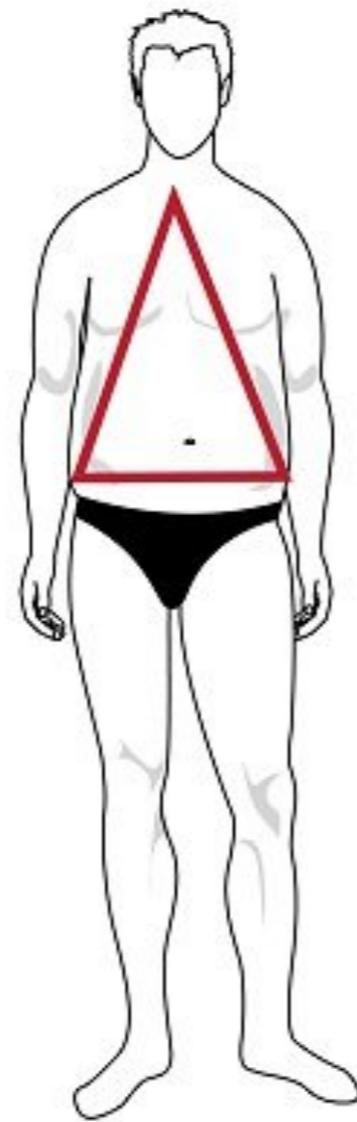
*Physical
Condition
and
Performance
... the state of
Being in
Shape*

Different Male Body Types

Presented by Real Men Real Style



Rectangle



Triangle



Trapezoid



Oval



Inverted
Triangle



3 - 4%



6 - 7%



10 - 12%



15%



20%



25%



CHOOSING

YOUR SHAPE TO BE IN

AFTER 40

CHOOSE / CHOOSING

Select someone or something as being the best or most appropriate of 2 or more alternatives.

Decide on a course of action, typically after rejecting alternatives.

TRANSTHEORETICAL MODEL FOR BEHAVIORAL CHANGE

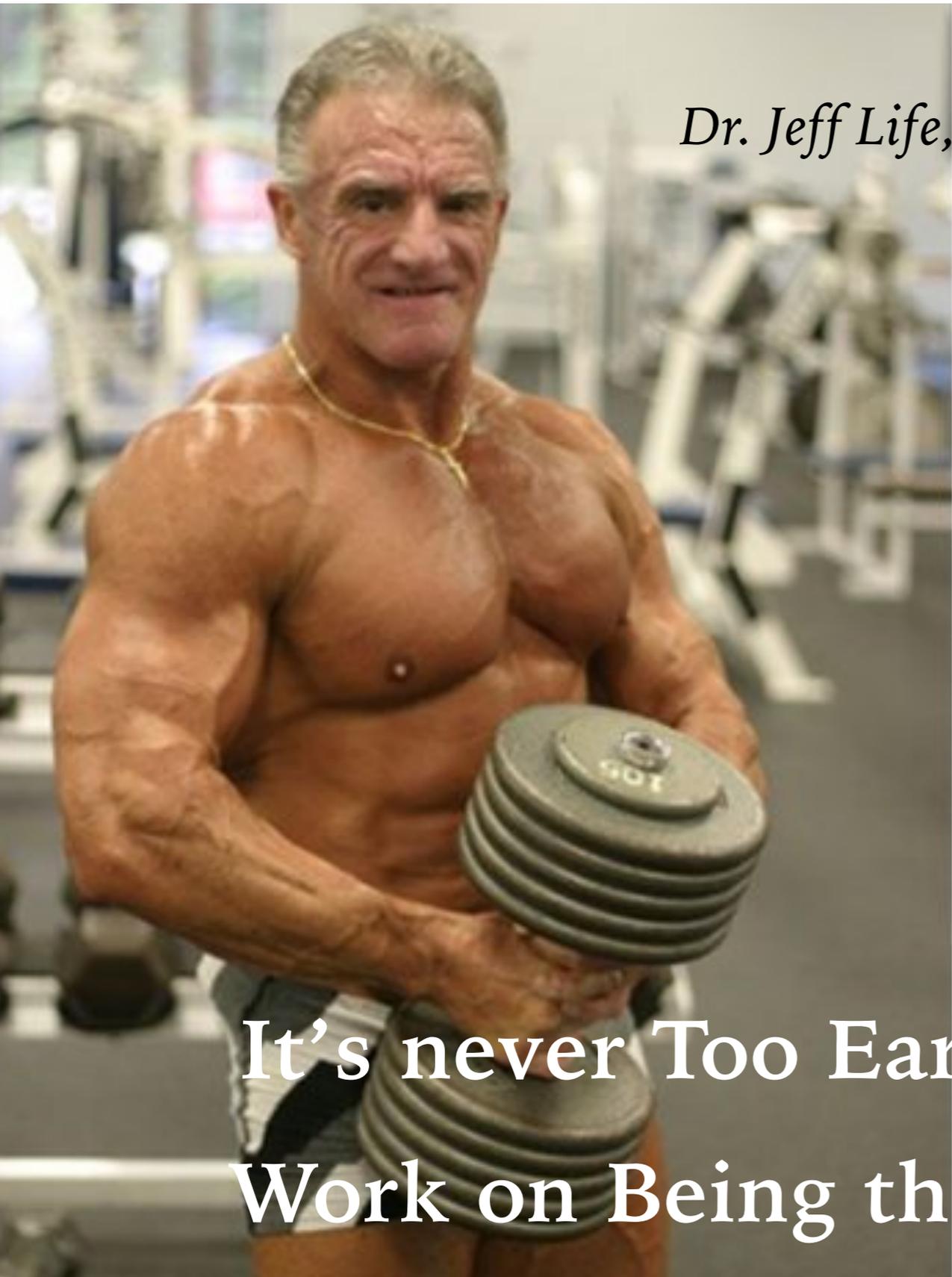
- Pre-contemplation: Not intending on taking action, or *unaware* that their behavior is problematic
- Contemplation: Begin to realize that their behavior is problematic and is *considering* the pros and cons of the continued actions.
- Preparation: *Intend* on making changes and may take small steps to behavioral change.
- Action: Modifying problem behavior by acquiring new healthy *behaviors*.
- Maintenance: *Sustain* action for 6 months to prevent relapse.



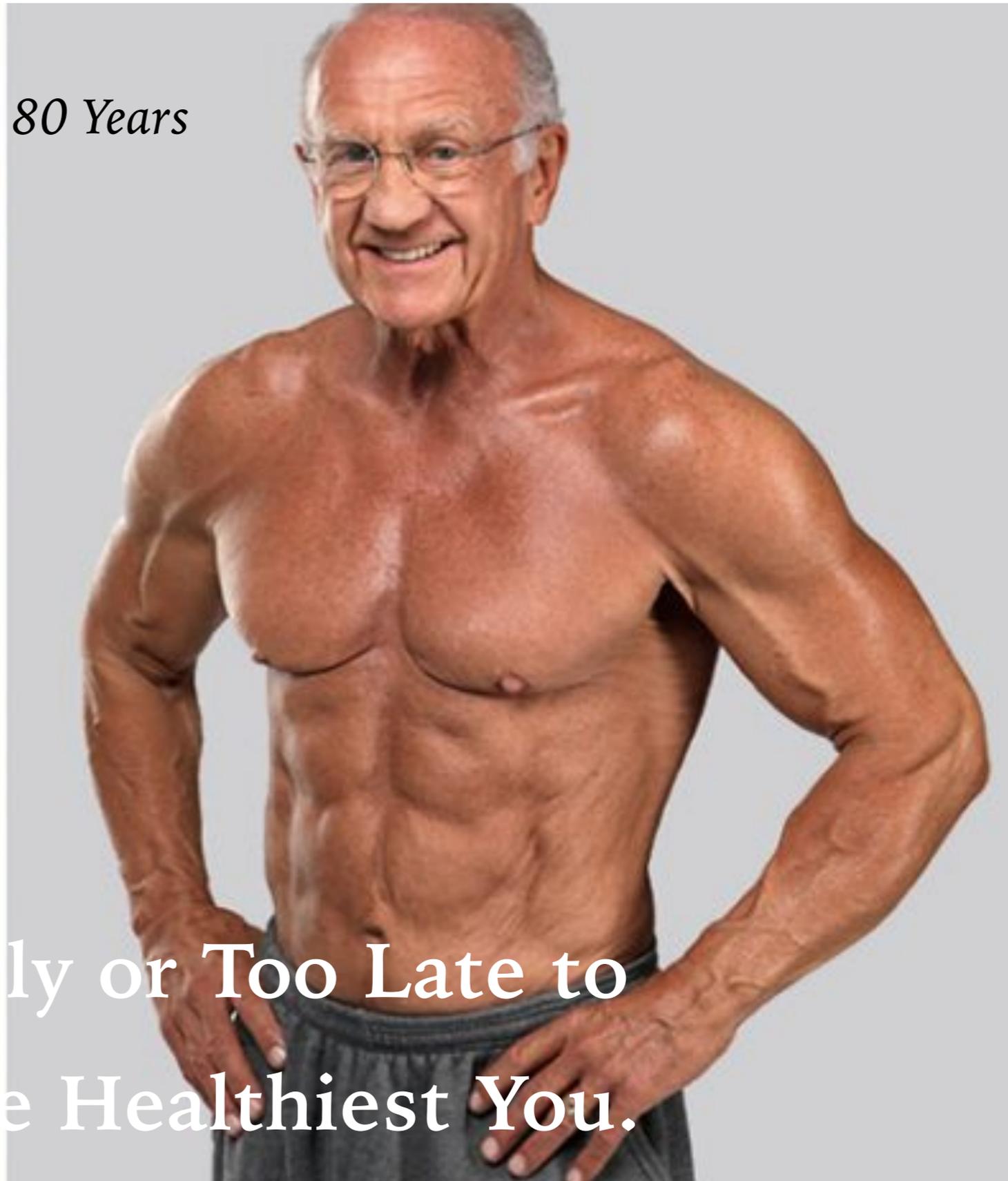
**We Cannot Become
What We Want
by Remaining
What We Are**

Max Depree

Ernestine Shepherd, 80 Years Old



Dr. Jeff Life, 80 Years



It's never Too Early or Too Late to
Work on Being the Healthiest You.

MOTIVATION

the reason or reasons one has for acting or behaving in a particular way.

the general desire or willingness of someone to do something.



EXERCISE

Some motivation required.

You don't have to be
great to start, but
you have to start
to be great.

-Zig Ziglar



Your *body* hears
everything your
mind says.

Stay *positive.*

He  She **EAT CLEAN**

A landscape photograph with a blue sky, white clouds, and green trees. The text is overlaid on the image.

Losing
weight
is hard.

Being
overweight
is hard.

CHOOSE YOUR HARD.

If positive motivation doesn't speak loudly to you...

80% OF PREMATURE HEART DISEASE AND STROKES ARE PREVENTABLE

- In 2016 over 800,000 adults aged 35-64 years
- In 2016 more than 1,000 adults died from Heart Attack, Stroke, other preventable events
- Risk Factors that missed on a daily bases:
- 9 Million not taking aspirin as recommended
- 39 Million not taking Statin (Cholesterol lowering meds)
- 40 Million with uncontrolled Blood Pressure
- 54 Million are smokers
- **71 Million are physically INACTIVE**

HOW MUCH EXERCISE IS RECOMMENDED?

- **Moderate** Intensity Aerobic Workout Totaling 2 Hours and 30 Minutes every week **Plus** 2 or more days of Strength Training large muscle groups.
- **Vigorous** Intensity Aerobic Workout Totaling 1 Hour and 15 Minutes every week **Plus** 2 or more days of Strength Training large muscle groups.

2011-2014 NON-INSTITUTIONALIZED ADULTS WITH OBESITY

- Men aged 65-74, 36.2%
- Men older than 75, 26.8%
- **Women aged 65-74, 40.7%**
- Women older than 75, 30.5%

OVERWEIGHT AND OBESITY

- (2013-2014) Adults over age 20 with Obesity (BMI of 30 or greater): 37.9%
- **(2013-2014) Adults over age 20 Overweight (BMI of 25-29) including Obesity (BMI of 30 or greater): 70.7%**

**CHOOSING
YOUR SHAPE TO BE IN
AFTER 40**