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Aging, Mental Retardation and Physical Fitness

by James H. Rimmer, Ph.D., Director, Center on Health Promotion Research for Persons with Disabilities, and Principal Investigator of the Health Promotion Project, RRTC on Aging with Mental Retardation, Institute on Disability and Human Development, University of Illinois at Chicago

The purpose of this fact sheet is to provide an overview of what physical fitness is and how it relates to older people with mental retardation. The fact sheet will also provide some helpful guidelines for family members, support people, service providers, and others interested in starting a program for older individuals with mental retardation.

The fitness movement

The fitness movement in this nation has risen to new heights. People today are becoming more aware of the need to participate in regular physical activity. Many Americans are joining fitness centers or purchasing home exercise equipment. This remarkable interest in fitness stems from several research studies that have been published over the last few years demonstrating the enormous health benefits that can be obtained from a higher level of fitness. These studies have shown that the risk of health problems and death from disease, including heart disease, cancer, diabetes, and stroke, drops as a person's fitness level improves.

What is "physical fitness?"

Physical fitness must be defined with consideration for an individual's age and lifestyle. For a younger person, physical fitness is defined as a physical condition that allows an individual to work without becoming overly fatigued, perform daily chores, and have enough energy left over to engage in leisure activities. For example, if an individual is unable to make it through an eight-hour work day or is too tired at the end of the day for leisure or household activities such as gardening, walking, playing tennis or cleaning, then he or she probably has too low a level of physical fitness. For the older person who may not necessarily be working eight to ten hour days, physical fitness could be defined within the context of being able to conduct the day's chores (e.g., cleaning, dressing, shopping, doing laundry, climbing stairs) without becoming exhausted or tired. Stated another way, the person has enough energy to do daily chores, and still has a reserve of energy left over in order to participate in some type of leisure activity such as gardening or going for a walk. Physical fitness is extremely important for the older population because as a person ages, there is a higher level of fatigue and often pain resulting from arthritis, low back problems, or other ailments. As these conditions worsen over time, many older

Author's note: This information is pertinent to many people with other developmental disabilities.

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