

Age-In Class Design

Now more than ever, SilverSneakers Circuit is an important part of the full menu of SilverSneakers group exercise classes offered in our locations. The Johns Hopkins Bloomberg School of Public Health surveyed 1,741 physicians, 155 healthcare policymakers and 1,663 adults from the general public and found that more than 90% of respondents agreed that the current healthcare system is not meeting the needs of people with chronic conditions. Therefore, our group exercise classes empower participants in that they take an active role in managing their health.

In addition to the rise in chronic conditions that can compromise physical activity, health and well-being, a study from Age Wave, “Retirement at the Tipping Point: The Year That Changed Everything”, discerned that pre-retirees report that they will postpone retirement by 4.2 years. Older adults who either choose to or must remain in the workforce past retirement age are not only faced with competing with younger employees, but also with needing to remain fit and healthy in order to do so.

Increasing life expectancy also pushes our boomer population into the role of caregiver of their elderly parents. It is not uncommon for someone in her sixties to come home from a full-time job and step into another full-time role caring for her mother or father. Herein lies an opportunity for SilverSneakers Circuit to provide a solution.

Sources: Johns Hopkins Bloomberg School of Public Health, Archives of Internal Medicine 163:437-442, Age Wave, Retirement at the Tipping Point: The Year That Changed Everything™.