

## What Does Exercise Mean to Older Adults and Baby Boomers?

An interesting perspective is what exercise means to older adults and baby boomers. The concept of exercise has changed over the generations. Older adults/baby boomers grew up with different notions of what exercise is or should be (Graham & Connelly, 2013). Then factor in other differences such as ethnicity, socioeconomics, education, geographical location, urban/rural, etc. and the issues become more complex quickly (Graham & Connelly, 2013). In order to build successful partnerships and programs to engage and motivate older adults with greater compliance, the modern clinical construct of "exercise" needs to somehow meet the older adult sub-group's construct of "exercise". Some older adults believe "any movement at all is exercise" (Graham & Connelly, 2013, p. 338). Past activity also influences older adults' current activity. Some older adults may have played tennis or bowling, and they may be more likely or inclined to pursue the camaraderie of group activities (Graham & Connelly, 2013). Factors important to older adults in Graham and Connelly's 2013 study were independence/self-care, sense of community, and being with others.

## References

Graham, L. J., & Connelly, D. M. (2013). 'Any movement at all is exercise': A focused ethnography of rural community-dwelling older adults' perceptions and experiences of exercise as self-care. *Physiotherapy Canada*, 65(4), 333-341. doi:10.3138/ptc.2012-31