

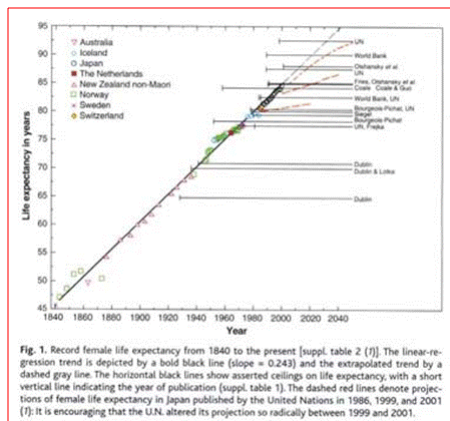
# **Aging Expectations and Physical Activity Behaviours**

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*Of all the humans who have ever  
lived to age 65, half are currently  
alive.*

*Rowe and Kahn, 1998*

## Life Expectancy



*Oeppen and Vaupel, 2002*

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- Normal versus ‘Successful’ Aging
  - How do we get more people on the ‘successful’ side of the equation?
    - Sport and PA

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"You don't have to be a senior to need SENIOR MOMENT"

Newsweek  
THE NEW MIDDLE AGE  
OH, GOD... I'M REALLY TURNING 50!

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## What we know:

Social stereotypes of aging are predominantly negative and often result in 'ageism'.

- Ageism and/or aging stereotypes have significant effects on performance and health

## What we don't know:

RQ: How do negative expectations about one's aging affect involvement in physical activity and sports?

## Description of the Project

### *Participants:*

249 community dwelling older adults (mean age = 70 years)

### *Survey:*

- Expectations regarding Aging (ERA-12; Sarkisian et al., 2005)
- Physical Activity Scale for the Elderly (PASE; Washburn et al., 1993)
- Demographic factors

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## Results:

### Overall ERA

- Overall PA ( $r = .19$ )
- Light PA ( $r = .14$ )
- Strenuous Sports ( $r = .15$ )

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## Sport Results

### Physical Health ERA

- Light Sport ( $r = .14$ )
- Moderate Sport ( $r = .15$ )
- Strenuous Sport ( $r = .15$ )

All significant at  $p < .05$

## General Conclusions

- Expectations towards one's aging affects involvement in PA and Sports
  - Consistent but small effects

## Implications for Sport and PA

- Need to improve public health messaging re: opportunities for Sport and PA
  - We have an image problem.
- ‘Toward a more positive view of aging’

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## Future Directions:

- Aging expectations and involvement in other forms of preventive health behaviour
- Interventions to ‘disarm’ ageism and ageist stereotypes

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- Aly Bailey

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