

Black Fitness Over 50: A toolkit

The @Work Toolkit is a collection of additional resources and tips that might be useful when discussing the topic with your team.



Did You Know

“The gap in years between actual age and ‘felt age’ widens as people grow older. Nearly half of all survey respondents ages 50 and older say they feel at least 10 years younger than their chronological age.”

Source: [Pew Research Center](#)

Further Insights

The Centers for Disease Control and Prevention has six key recommendations for healthy aging:

- I. Eat and drink healthy. Make healthy choices — like fruits, vegetables, whole grains, lean meats, low-fat dairy products, and water.

2. Move more, sit less. Being active can help you prevent, delay, and manage chronic diseases; improve balance and stamina; reduce risk of falls; and improve brain health.
3. Don't use tobacco. If you use tobacco, take the first step towards quitting by calling 1-800-QUIT-NOW for free help.
4. Get regular check-ups. Visit your doctor for preventive services, not just when you're sick. This can prevent disease or find it early, when treatment is more effective.
5. Know your family history. Share your family health history with your doctor, who can help you take steps to prevent chronic diseases or catch them early.
6. Be aware of changes in brain health. Everyone's brain changes as they age, but dementia is not a normal part of aging. See your doctor if you have questions about memory or brain health.

Tip: How to reflect on aging

Start with defining what wellness means to you. In this episode, you will read stories of people like Dean Krakel, who at the age of 67, prepared for a solo bike-packing trip on the White Rim trail in Utah's Canyonlands National Park. For Krakel, wellness is about fulfilling his ambitions in the great outdoors. Think about your definition of wellness: How do you think of well-being? What does it mean to be truly well? After jotting down your definition of wellness, make a list: What steps do you take in your daily life to care for yourself? What do you want to change? And finally, reflect: As you age, what do you imagine your needs and desires around wellness will be?