

Promoting Active Living for a Healthy Future

Active Cambridge is a unique Ontario community network that "sees bridges built between those providing physical fitness opportunities and those who desire to participate in them." Alex Hourahine, a member of Active Cambridge, asked the Science Shop to explore fitness programs that cater to Baby Boomers, adults aged 45-64. The thought was that Baby Boomers needed facilities that recognised that their physical abilities were more limited when compared to young adults, but at the same time the abilities of Baby Boomers exceeded those of senior citizens.

Active Cambridge brought four research questions to the Science Shop.



1. What are the present and future population estimates of Cambridge residents between 45 and 64 years of age?
2. What are the predicted effects of aging Baby Boomers on the Canadian health care system?
3. Might age-specific fitness programs benefit Baby Boomers?
4. Do any such fitness programs currently exist, and what are their characteristics?

The questions were answered using information from Census Canada, Statistics Canada, Health Canada, Red Cross, Heart and Stroke Foundation, and many other websites. Online testimonials supported age-specific fitness programs. Baby Boomers fitness programs were located in California, Ohio, and Ontario.

Stephanie McCaig, a recent BSc graduate of the University of Waterloo and Science Shop research assistant funded by Knowledge Impact Strategies Consulting Ltd, and Derek Rauwerda, Science Shop undergraduate co-op student funded by the Faculty of Arts, completed the work.

The Science Shop delivered the results at the September 2009 meeting of the Active Cambridge board of directors.



To obtain a **copy of the resource**, please email contact@scienceshop.ca with the following information.

Subject: Promoting Active Living for a Healthy Future

Message:

1. Your name
2. Email address
3. Affiliation
4. Reason for your interest in our review of fitness programs for Baby Boomers.

When the information is complete, you will receive the report by email within two working days. The report is free of cost in return for telling us about your interests in the topic. Your comments will help demonstrate Science Shop impact to our current and future sponsors. Your identifying information will, however, never be revealed or released by the Science Shop to any other individual or group.