

Network Newsletter: June 2010

Welcome to all our new Network members in the last month!

We can't wait to see everyone who has already booked for our Active Ageing Seminar, July 13th. If you haven't booked yet – there are a small number of tickets remaining for this exciting event. This is a unique opportunity to meet Colin Milner, founder of ICAA and one of the world's visionaries on the health & well-being of the older adult. See below for all the details and the full event programme.

Research Update: New ACSM Guidelines for Exercise & Cancer

New guidelines from the American College of Sports Medicine have been presented at the 2010 meeting of the American Society of Clinical Oncology, aimed at making cancer exercise rehabilitation programs as common as those offered to people who have had heart attacks or undergone cardiac surgery. The ACSM Expert Panel stated "There is a still a prevailing attitude out there that patients shouldn't push themselves during treatment, but our message -- avoid inactivity -- is essential. We now have a compelling body of high quality evidence that exercise during and after treatment is safe and beneficial for these patients."

[University of Pennsylvania School of Medicine (2010, June 4). New cancer guidelines: Exercise during and after treatment is now encouraged.]

Research Update: Vitamin D and Falls Prevention

New research shows that Vitamin D effectively reduces the risk of falls amongst over 60s. Researchers at John Hopkins University carried out a systematic review and meta-analysis and concluded that Vitamin D therapy resulted in 14% fewer falls amongst older adults. The researchers did not find any linear association between dose or duration and treatment effect but did note that calcium supplementation also reduced falls and fractures.

[Vitamin D Treatment for the Prevention of Falls in Older Adults: Systematic Review and Meta-Analysis Journal of the American Geriatrics Society, 06/25/10]

Keep more up to date with all the active ageing news and Vida Network updates, by following us online, here's how:

1. Facebook: search 'vidanetwork' and click 'like' to get all our updates
2. Follow us on twitter – vidanetwork
3. LinkedIn: Connect with Claudine Aherne (Vida Wellness)



Have you delivered a physical activity focused project in primary care or with primary care professionals? If so, the BHF NC would like to hear from you!

The BHF National Centre for Physical Activity and Health is looking for projects to showcase at their 10th Anniversary conference in November 2010. Visit the BHF website for more information and to submit a relevant project: www.bhfactive.org.uk

*** By 2025, there will be more over 60s than under 25s ***

*** Older people consistently cite health as their key concern ***

*** Public health priorities are shifting towards wellness and preventive measures ***

Are you interested in improving the health and wellbeing of older people? Do you run exercise, wellness or activity programmes and want to know more about working with this growing demographic?

Then you will definitely want to attend the UK's FIRST EVER Active Ageing seminar!

Tuesday July 13th, 1.30-5pm

Venue: Woburn House Conference Centre, Tavistock Square, London WC1H 9HQ

Vida Network and the BHF National Centre are excited to announce that Colin Milner, founder of the International Council on Active Aging® (ICAA) will be speaking at this exciting Seminar. Colin is one of the world's visionaries on the health and well-being of the older adult and has been recognised by the World Economic Forum as one of "the most innovative and influential minds" in the world on ageing-related topics.

This Seminar has been designed for anyone working in or interested in learning about older adult wellness, including exercise instructors; occupational therapists; physiotherapists; researchers; care workers; physical activity coordinators; public health professionals; residential care managers; policy makers; service managers in local national organisations and with an interest in Active Ageing, public health and well being including non-governmental organisations, adult and social care services.

Take advantage of valuable networking opportunities and be inspired by the Innovation Exchange. Pick up lots of new ideas and ensure you are at the forefront of the exciting and fast-growing Active Ageing Movement.

Seminar Tickets: £45 *Limited Availability: Buy 2 tickets, get 1 FREE!*

Book online: www.activeageingseminar.eventbrite.com

You can also book by post – download a booking form from our website or contact us for details.

Tuesday 13th July 2010

Venue: Woburn House Conference Centre, Tavistock Square, London WC1H 9HQ

Programme

- 1.30 Arrivals and Refreshments
- 1.45 Welcome and Introductions
- 1.50 Active Ageing: Global trends, world-wide initiatives and ICAA's dimensions of wellness model - Colin Milner, Founder & CEO, International Council on Active Aging
- 2.50 Questions & Round table discussion
- 3.10 Transforming Lives - Elena Stegemann, International Business Manager, NuStep
- 3.25 Refreshments
- 3.50 Innovation Exchange - Active Ageing pioneers and innovators share their successes, learnings, challenges and ideas
- 4.20 A Vision for Active Ageing in the UK - Claudine Aherne, Founder, Vida Wellness & Vida Network
- 4.55 Summary & Close

Vida Wellness and the BHF National Centre for Physical Activity & Health are pleased to host the International Council on Active Aging® for the first time in the UK.

For more information on ICAA visit www.icaa.cc

We are very grateful to NuStep for their sponsorship of this exciting event – www.nustep.com