**Exercises with Aging**

This exercise is designed to help you feel what it is like to become old. By putting on the aging suits you will have the sensation of aging with extra weight and decreased flexibility, vision and sensation. You will actively moving without the suits on first, and then moving again with the suits on and retaking measurements to determine the impact of again on your body.

1. Record your heart rate at rest for 30 seconds. Multiply X 2. (This is your resting pulse rate) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Run in place for 60 seconds. Record your heart rate for 30 seconds. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Time how long it takes you to walk down the hall as fast as you comfortably can. Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Time yourself sitting down and getting up out of a straight chair ten times. Time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. **With the Again suit on:**
   1. Run in place for 60 seconds. Record your heart rate for 30 seconds, multiply X2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Time yourself walking up and down the hall. Time: \_\_\_\_\_\_\_\_\_\_\_\_
   3. Time yourself sitting down and getting up out of a chair ten times. Time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Discussion questions**

* 1. *How much difference was there in your ability to move with and without the suits on?*
  2. *What surprised you the most about becoming older?*
  3. *If you were taking care of an older person, what would you need to remember in order to provide good care?*
  4. *How will you use the experience you just had to think differently about older people?*