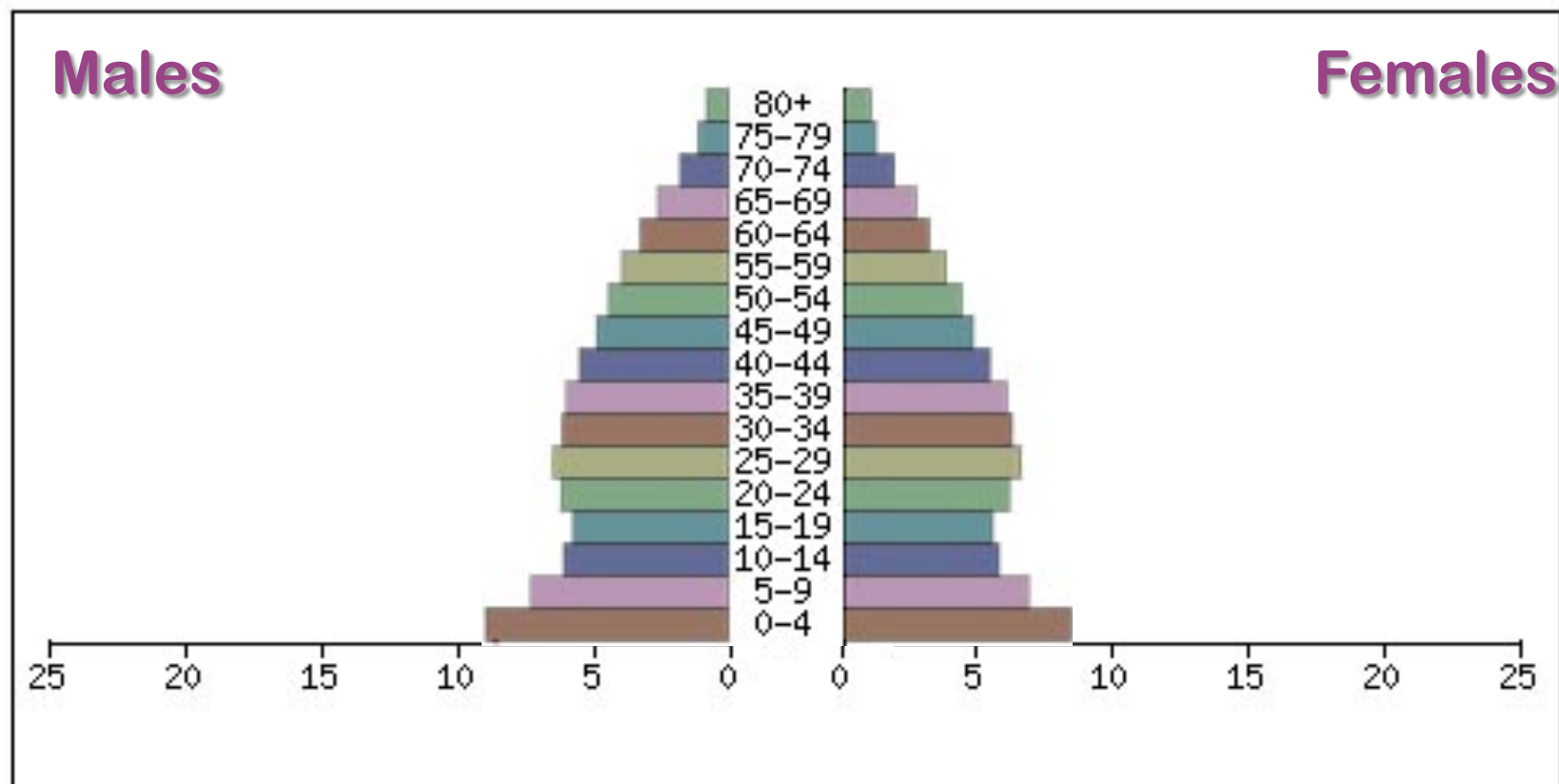


Intergenerational Physical Activity: Connecting Young & Old through Children's Literature

Mary Katherine Dombek
Dr Lynda Nilges-Charles
University of South Carolina

United States Population Pyramid

Age and sex distributions 1950

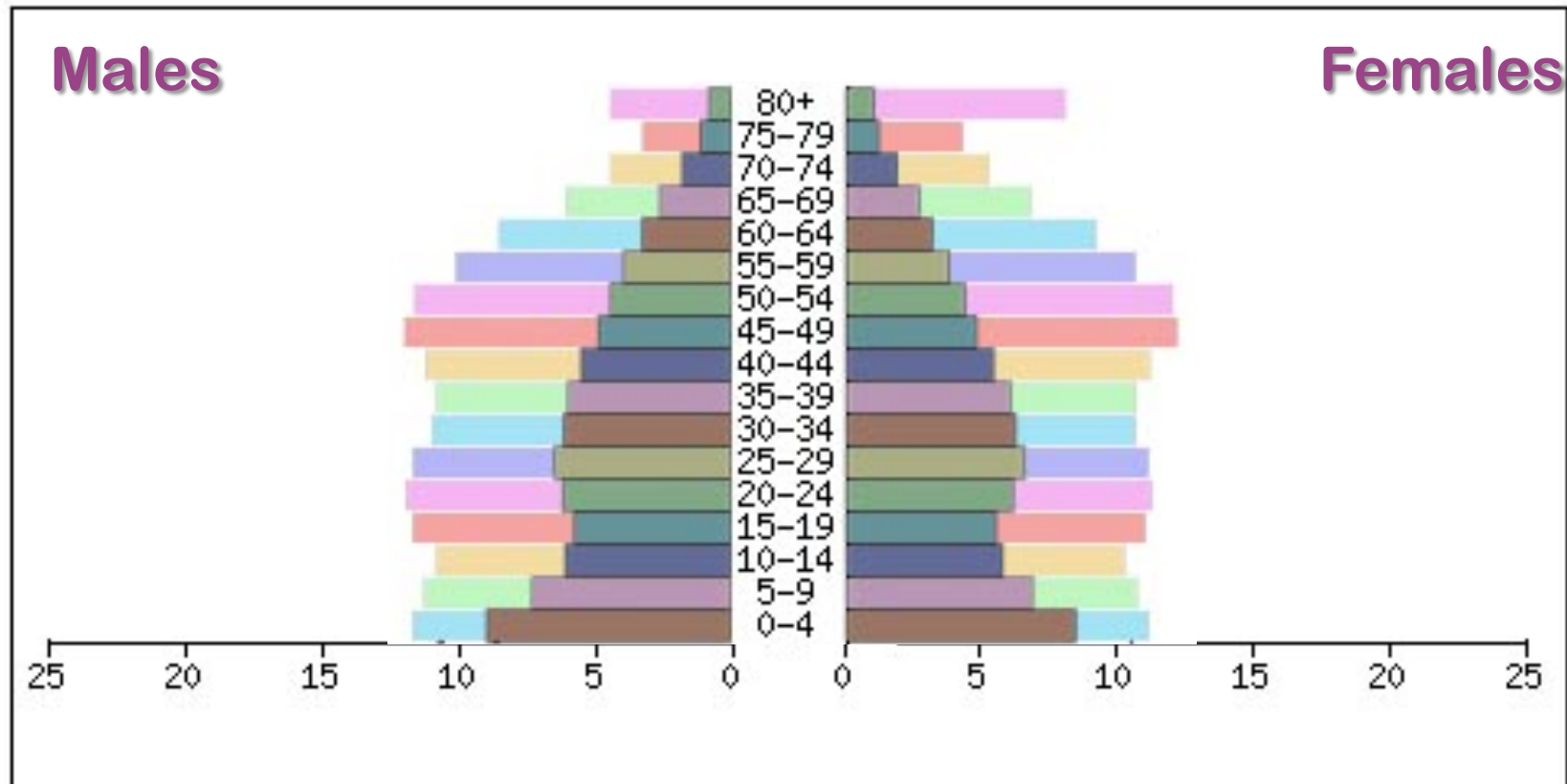


Population in millions

Source: US Census Bureau, International Data Base

United States Population Pyramid

Predicted age & sex distributions 1950 & 2010



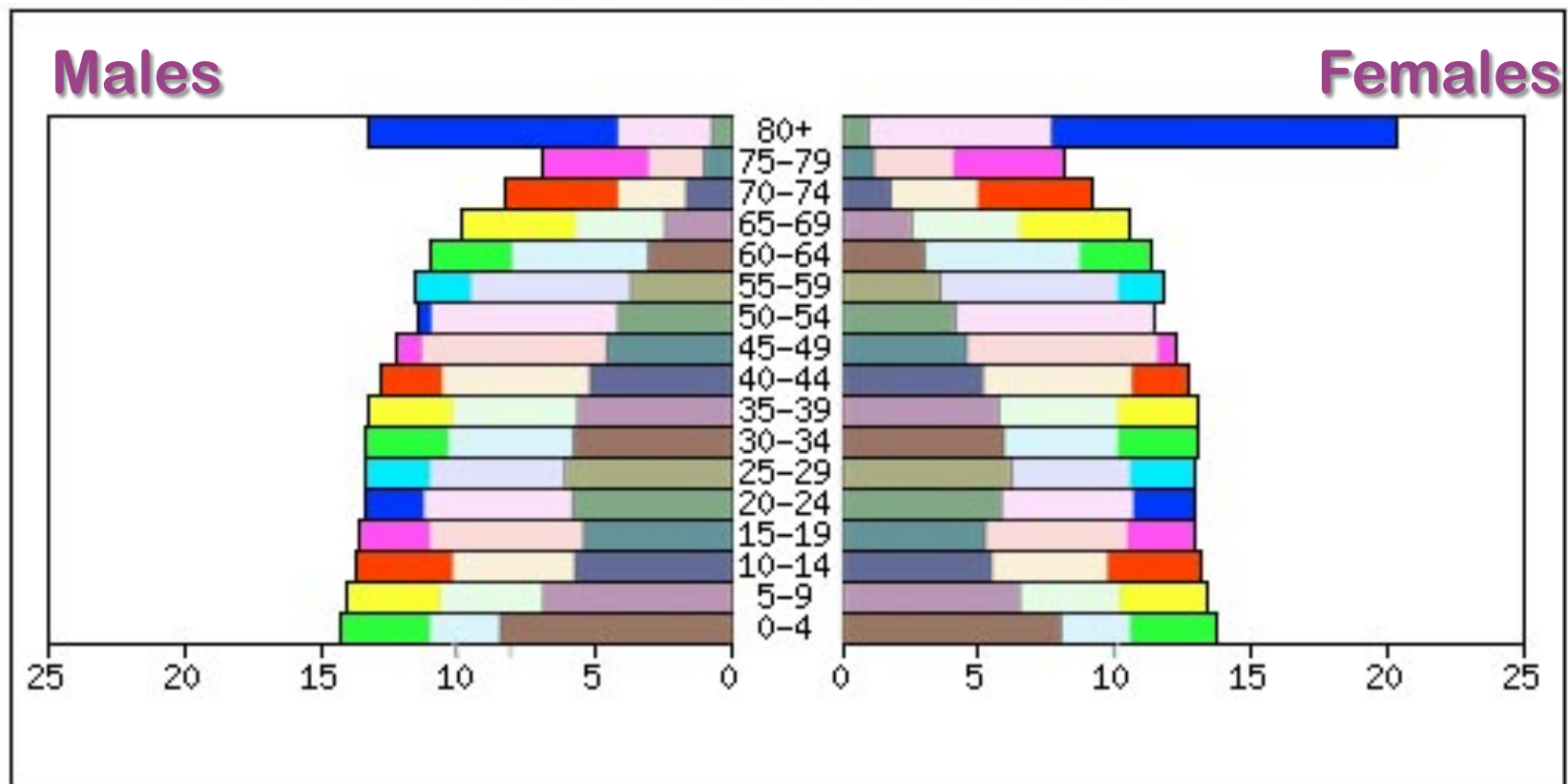
Population in millions

Source: US Census Bureau, International Data Base

United States Population Pyramid

Predicted age and sex distributions

1950 – 2010 – 2050



Population in millions

Source: US Census Bureau, International Data Base

Physical Activity Guidelines for Older Adults 65 & older



2 hours & 30 minutes (150 minutes) of moderate-intensity aerobic activity (brisk walk) every week

and

Muscle-strengthening activities on 2 or more days a week

All major muscle groups

(legs, hips, back, abdomen, chest, shoulders & arms)

Or

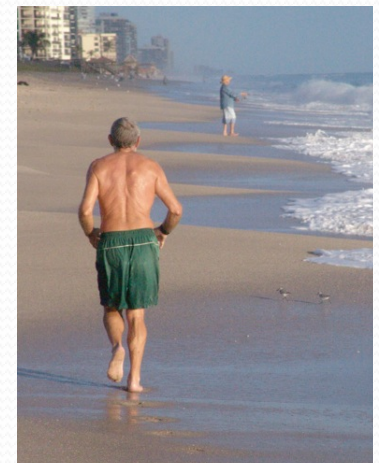
1 hour & 15 minutes (75 minutes) of vigorous-intensity aerobic activity (jogging or running) every week

and

Muscle-strengthening activities on 2 or more days a week

All major muscle groups

(legs, hips, back, abdomen, chest, shoulders & arms)



Intergenerational Movement



- Bring the generations back together
- Share characteristics logical partners and friends.
- Time for generations to cooperate rather than compete
- Players on same team parts of one larger community
- Create opportunities for the old and young to interact



Benefits of Literature inspired Children's Creative Movement & Dance

- **Expand movement vocabulary** (Rovegno, 2003)
- **Develop language & communications skills** (Schoon, 1997)
- **Emotional response to stories** (Cone, 2003)
- **Exposure to alternative avenues of physical activity** (Rink et al., 2010)
- **Group collaboration** (Schoon, 1997)
- **Inspires creative thinking** (Keun & Hunt, 2006)



Creative Movement & Dance Research with Older Adults

- **Impact of creative dance & movement training on the life satisfaction of older adults**
(Osgood et al., 1990)
- **Creative dance can enhance proprioception in older adults**
(Marmeleira et al., 2009)
- **Effects of three caregiver interventions: support, educational literature, & creative movement**
(Donorfio, 2010)



Intergenerational Research Older Adults & Children

- An intergenerational creative dance program for children and frail older adults (Rossberg-Gempton & Poole, 1999)
- A senior-center model of intergenerational programming with young children (Dellmann-Jenkins, 1997)



*Said the little boy, "Sometimes I drop
my spoon."*

Said the old man, "I do too!"

*The little boy whispered, "I wet my
pants."*

"I do that too," laughed the old man.

Said the little boy, "I often cry."

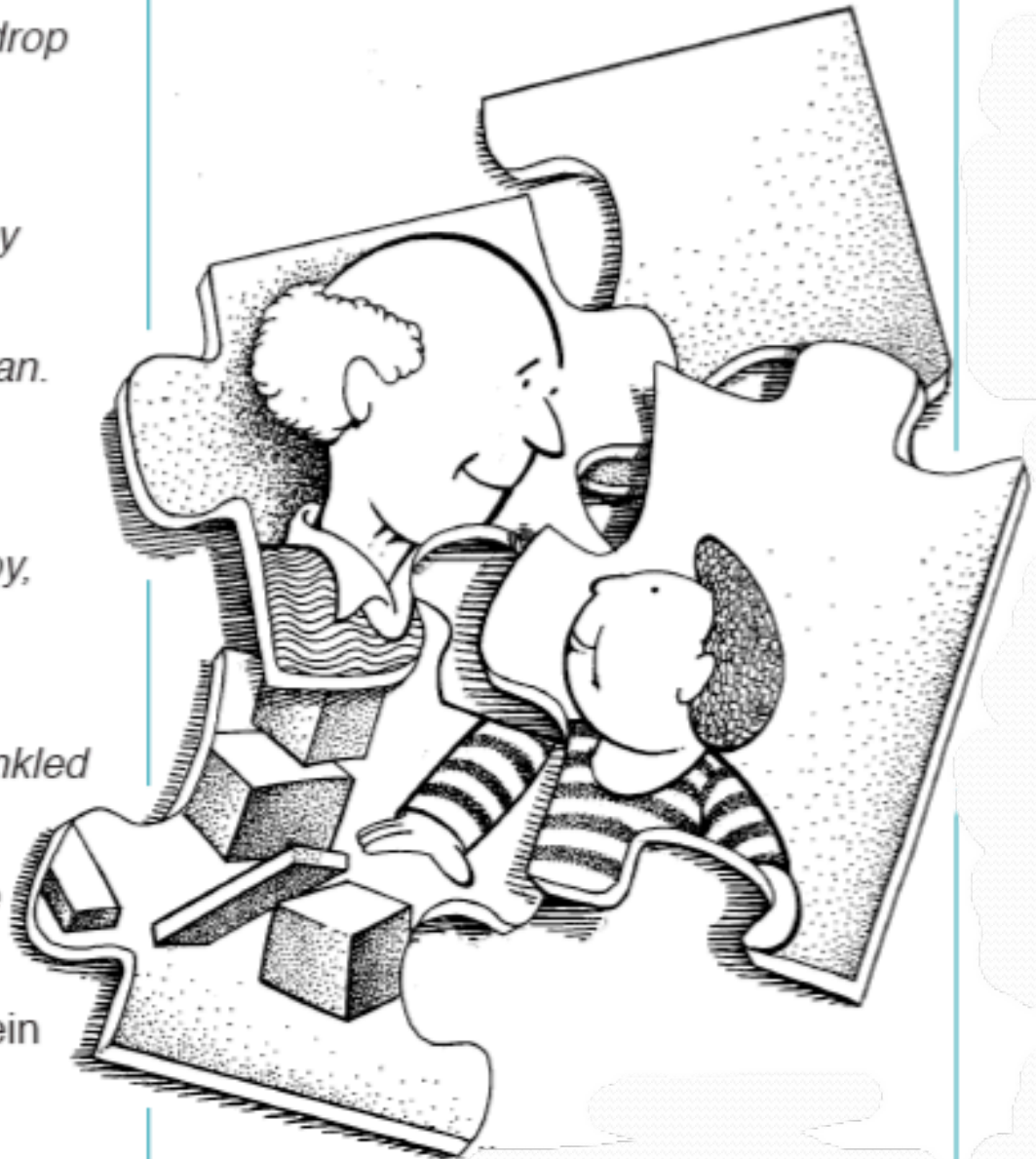
The old man nodded, "So do I."

*"But worst of all," said the little boy,
"it seems grown-ups don't pay
attention to me."*

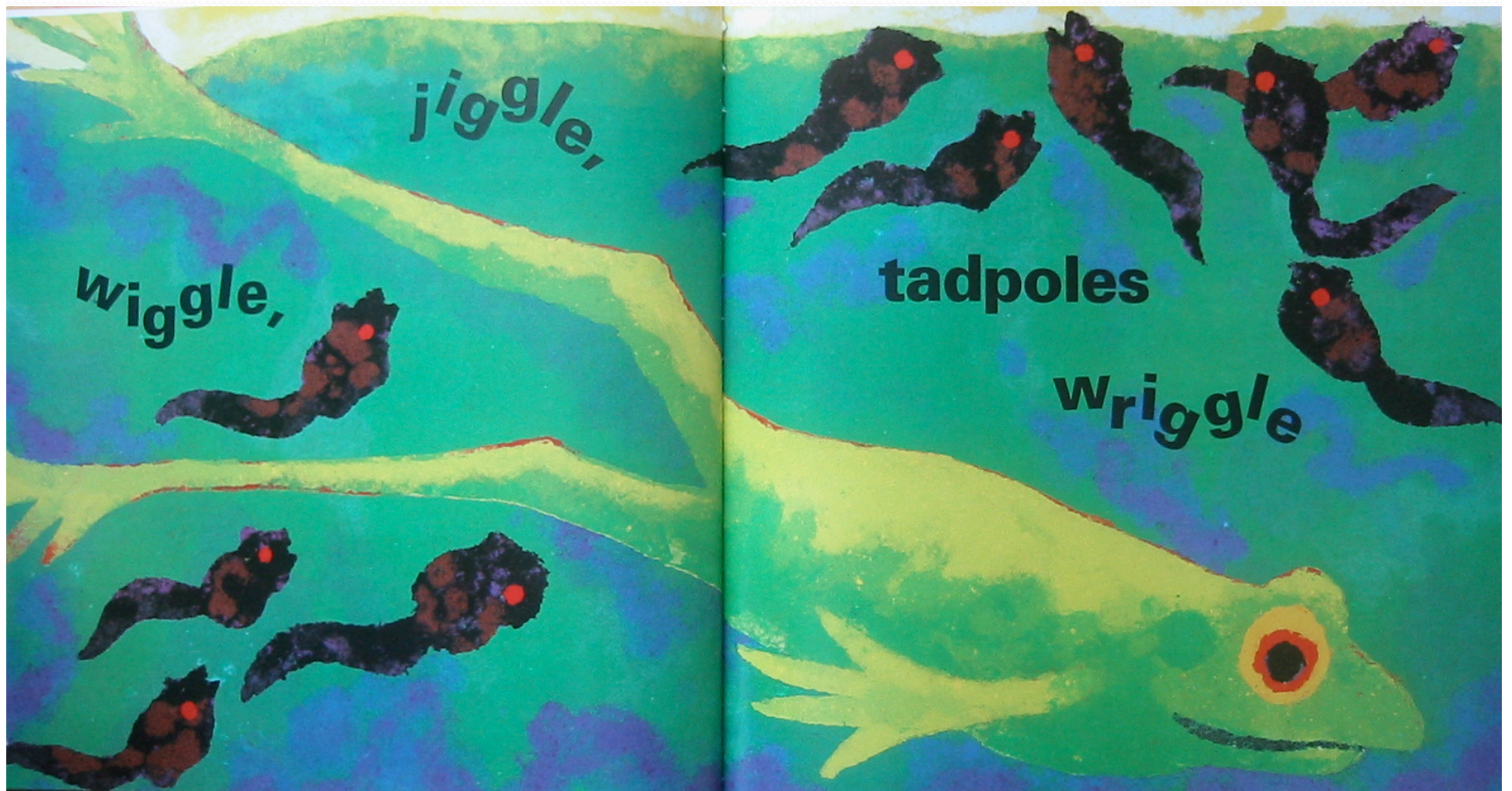
*And he felt the warmth of the wrinkled
old hand.*

*"I know what you mean," said the
old man.*

— Shel Silverstein



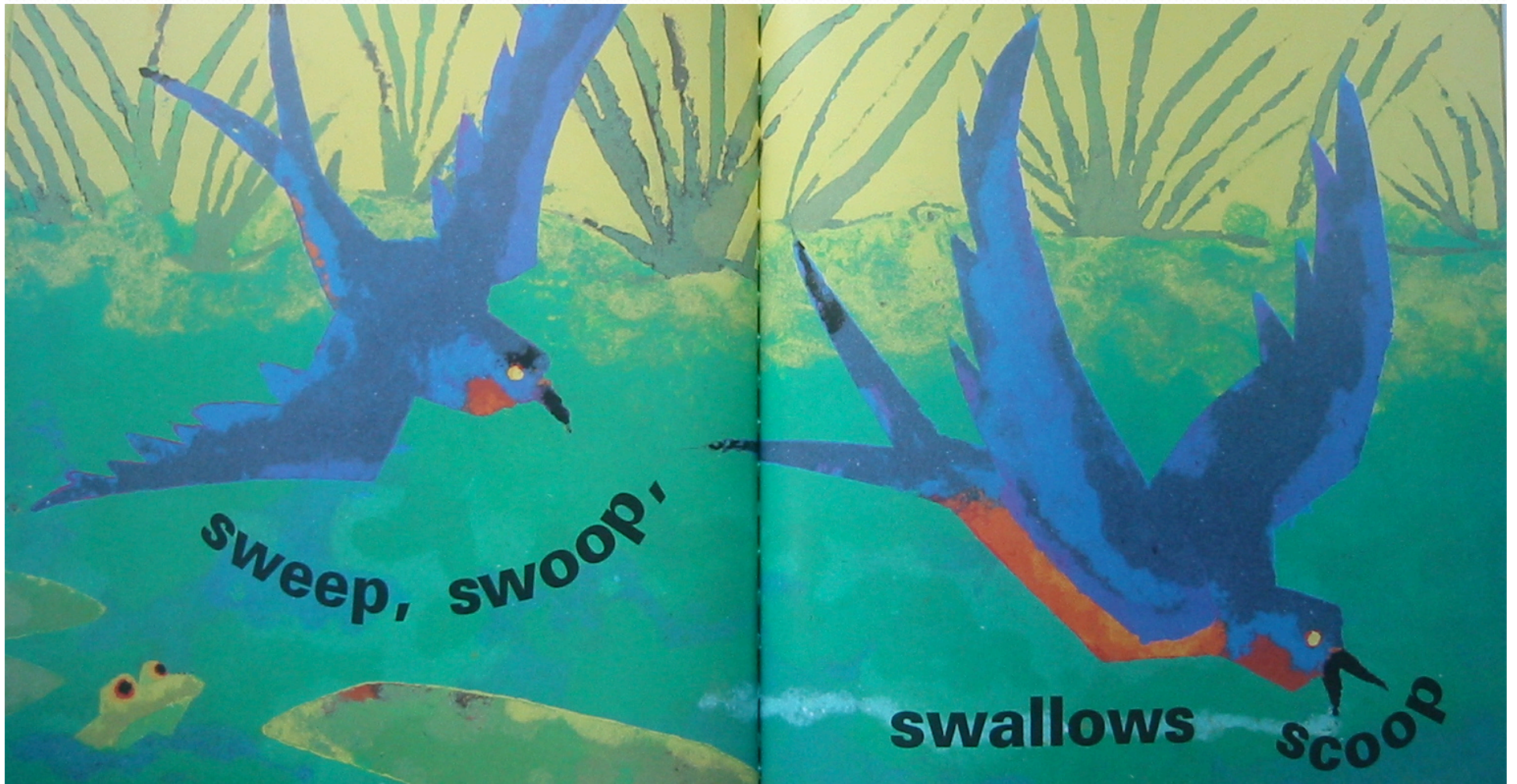
Wiggle, jiggle, tadpoles wriggle



Waddle, wade, geese parade



Sweep, swoop, swallows scoop

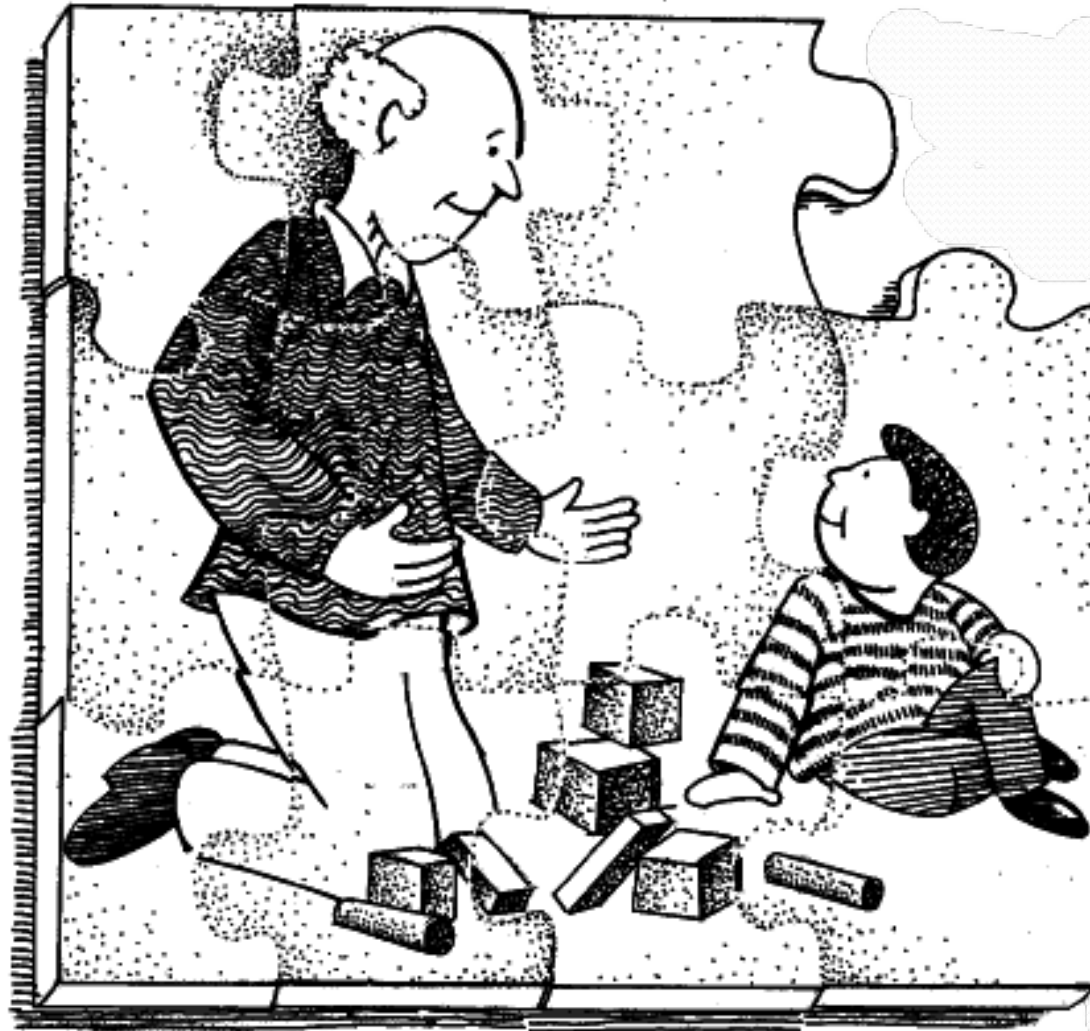




Wiggle, jiggle, tadpoles wriggle

Waddle, wade, geese parade

Sweep, swoop, swallows scoop



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