



Intelligent Aging for Senior Softball Players

*Teaching old dogs
some new tricks*

Bryan Agurcia
Walker Royce

Why are we here?

- We want to keep playing senior softball



– Have fun and compete



– Connect with like-minded peers



– Stay healthy and injury free

- What are the obstacles?



– Aging



– Injuries



– *Conventional wisdom*

What Are Today's Objectives?



Problem:

- Our aging norms are based on conventional wisdom



Hypothesis:

- Maintaining our aging bodies to the **specific needs** of senior softball will extend our longevity and enhance our enjoyment and performance.

Four Expected Outcomes:

1. Understand **modern wisdom** of aging
2. Share our combined experience
3. Leave with a few actions that can make a difference for you
4. Listen, debate & build an even better version of this workshop



Gamify Your Health

Stress + Rest = Growth

- Stress: Play Offense

- Softball, exercise, mindware



- Rest: Play Defense

- Fueling, sleep, recuperation



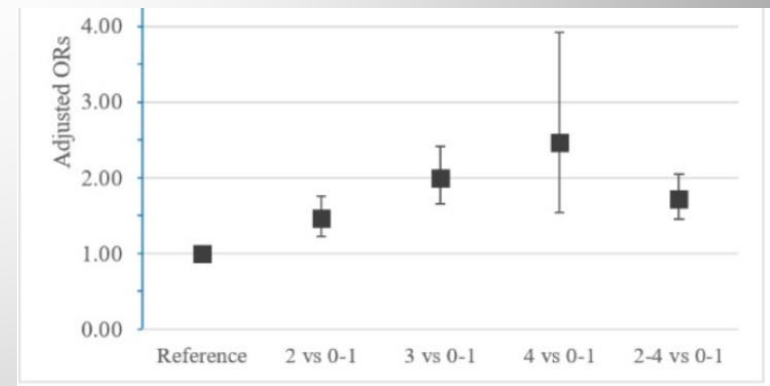
- Growth:

- Performance, longevity, satisfaction



Sources of This Workshop

- Bryan Agurcia's research/experience
- Walker Royce's research/experience in softball/EMASS
- Stan Reentz (MD), Brent Ruoff (MD) Bryan Lungo (MD)
- Discussions, endorsements with many EMASS players
- *Individual and Combined Healthy Behaviours on Successful Aging*, Séverine Sabia, et al, Dec 2011
 1. Non-smoking (low-med)
 2. Moderate alcohol (low-med)
 3. Fruits and vegetables (med)
 4. Physical activity (med-high)



It was significantly more effective to practice all 4 behaviors together

Today's Agenda



Introductions

- Who are we? 20 min
- Survey data summary

Foundations

- Mobility
- Rest/sleep
- Nutrition/fueling
- Mindware

Guidance for Senior Softball

Conclusions/Takeaways

Intros

Name, age
Occupation
Why are
you here



Bryan Agurcia, 55



Intelligent Aging Coach

*Most people have a driver's license mindset about their body. If Senior Softball players learn how to **tune up** and **maintain** their vehicle (i.e., their body), they can improve performance and longevity.*

*I want to show
you a more
optimistic
approach to
aging.*



My Intelligent Aging Dream

- Find a healthy context:
 - Connection: Where do you trust people and feel safe?
 - Esprit de corps: Where do you have a common shared goal?
- Identify your “Health Plan” (Have a financial plan?)
 - Integrate mind body and spirit
 - Integrate conventional wisdom  with modern wisdom 
 - Gamify your approach into a system of practices and decisions
 - Practice everyday (improve your game)
 - Exploit your inactive time in an active way
 - Manage injury/disease risks with proactive prevention
- Tune your vehicle (your physical body) for holistic mobility
 - Most mistakes are made on Day 1: Find the right way to workout
 - Tailor your practices to your personal context

Intros

Name, age
Why are
you here?



Walker Royce, 64

Aspiring geriatric dog trainer

*Build useful guidance for
senior softball players*



Intros

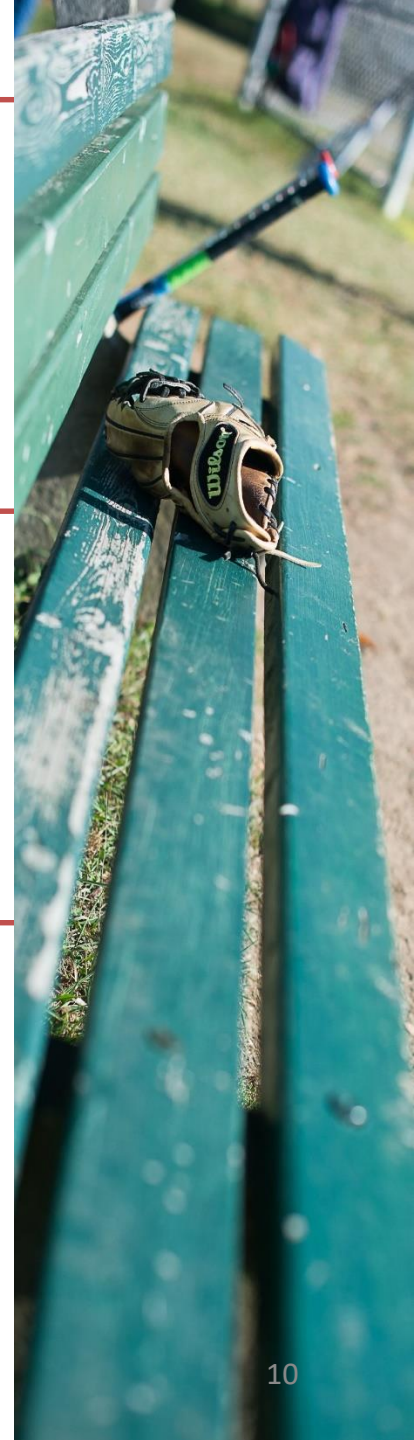
Name, age
Why are
you here?



Name, age

Why are you
here?

[Keep each intro to
under a minute.]





Survey Data Summary



Introductions

- Who are we?
- Survey data summary 5 min

Foundations

- Mobility
- Rest/sleep
- Nutrition/fueling
- Mindware

Guidance for Senior Softball

Conclusions/Takeaways

Survey Summary

- We are an extraordinarily healthy group
 - Statistically high correlation across many modern practices
 - >90% NOT exhausted after a double-header? Wow.
- We can spend less time on Fueling and Rest
 - Stronger foundations already
- We can spend more time on Mobility and Mindware
 - More opportunity for significant action
- We have optimistic expectations
 - We (almost all) expect to play into our 70s and 80s
 - We all expect to “choose” to quit playing

Will you choose to retire?

- 90% of respondents believe they will choose to retire and not be forced. The reality is closer to 50%.
- How likely are you to play into your 70s?
 - Roughly a 4 in 10 chance
- How likely are you to play into your 80s?
 - Less than a 1 in 10 chance

Age	Players	%
50s	66	17%
60s	164	41%
70s	139	35%
80s	27	7%



What can we do to improve our odds?

Your health outlook is 1/3 DNA and 2/3 under your control—Dr Oz



Mobility



Introductions

- Who are we?
- Survey data summary

Foundations

- Mobility 20 min
- Rest/sleep
- Nutrition/fueling
- Mindware

Guidance for Senior Softball

Conclusions/Takeaways

Human Body Dynamics

A body at rest tends to stay at rest and a body in motion tends to stay in motion. –Isaac Newton

- Mobility: Freedom of movement
 - Pain-free, neural control, flexibility, stability
 - Flexibility: Range of motion
 - *Stretching, massage, physical therapy*
 - Stability: Structural integrity, balance, strength
 - *Exercise, workout, stressing*

Mobility Principles



To get better at softball, play more softball



Diversify your training regimen

- Muscle system: Resistance training
- Nervous system: Learn new things
- Cardiovascular system:
 - Aerobic: endurance and prolonged exercise/stress
 - Anaerobic: bursts of physical exercise/stress
- **Avoid, avoid, avoid over-stressing**

Flexibility Disciplines





Stretching

- Daily, especially after games or exertion



Balance

- Yoga can be done anywhere: Mind-body control

- **Balance**  and **focus** 

- 12 poses, 16 breaths takes only 15 minutes

- Half moon, Warrior (3), Eagle, Mountain,
- Chair, Child, Pigeon, Down dog, Plank, Up dog

www.doyogawithme.com

- SlackBlock (www.slackbow.com)



- Whirlyboard (www.whirlyboard.com)



Stability and Exercise Discipline



Conventional workout routines:



– Cardio, aerobics, endurance



– Lifting: strength



– Running, cycling, swimming



Hitting, Throwing, Sprinting

– Softball is mostly explosive energy bursts

» Explosive = Strength + Speed (Burst)



– Power burst workouts

» Boxing, Rowing,

» High Intensity Interval Training (HIIT)

Pre-game Ritual



Static stretching vs Dynamic warmup



Get muscles and joints loose for the activity at hand.

***Dynamic stretching** is a better way to **warm up** safely before softball.*

Dynamic warm ups can increase power, explosiveness and performance.

***Static stretching** is more useful when muscles are warm, not cold.*



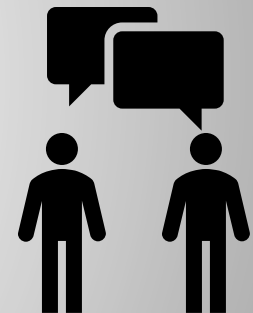
Examples of dynamic warmup:

- High knee kicks, bear crawls, jumping jacks, dancing
- Batting practice and ball-shagging



Mobility: Discussion/Debate

- What techniques have made the most difference for you?
- Did anything we just reviewed hit a nerve?
 - Positive or negative



Rest and Sleep



Introductions

- Who are we?
- Survey data summary

Foundations

- Mobility
- Rest/sleep 10 min
- Nutrition/fueling
- Mindware

Guidance for Senior Softball

Conclusions/Takeaways

Rest/Sleep Principles

"I love sleep. My life tends to fall apart when I'm awake, you know?"
--Ernest Hemingway



Rest an injury, get 8 hours of sleep



MICE not RICE (Rest-Ice-Compression-Elevation)

- **Motion**-Ice-Compression-Elevation
- Sprains, strains, arthritis, aches and pains

Sleep habits vary widely.

- 6-8 hours of sleep is necessary and sufficient.
- The need for sleep depends on the physical, emotional and spiritual stressors experienced.

Idle Hands are the Devil's Workshop



Workout 3 times a week for 45 min, rest in between



Workout...and *actively* manage your inactive time.

Gym nuts only spend 7% of their time working out

– What are you doing the other 93% of the time?

- Sitting on a couch? Staring at a PC? On your phone?

– What you could do:

- Go for a walk
- Stretch to improve elasticity and range of motion
- Self-massage of joints
- Yoga poses (mind-body discipline)
- Balance exercises

Preventing Muscle Strains

- Most common temporary disability in senior softball

Problem

Solution

Not warming up properly

Dynamic, not static stretch

Poor flexibility

Yoga, massage, stretching

Poor conditioning

Diverse exercise

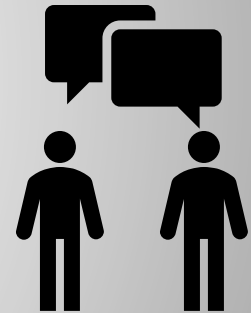
Overexertion or dehydration

Hydration, rest, **pacing**

- Chronic strains are a result of:
 - Repetitive movement (from too much softball)
 - Lack of healing from a previous strain

Rest/Sleep: Discussion/Debate

- What techniques have made the most difference for you?
- Did anything we just reviewed hit a nerve?
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Guidance for Senior Softball

Conclusions/Takeaways

Nutrition and Fueling



Introductions

- Who are we?
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Foundations

- Mobility
- Rest/sleep
- Nutrition/fueling 10 min
- Mindware

Guidance for Senior Softball

Conclusions/Takeaways

We are what we eat: Fruits and Nuts



Eat fruits and veggies



Exploit the benefits of various fruits and vegetables

Best fresh fruit sources for: (per cup, USDA)

Protein: Passionfruit, 5 g

Fiber: Raspberries, 8 g

Calcium: Dates, 96 mg

Iron: Persimmons, 3.75 mg

Magnesium: Dates, 81 mg

Folate: Guava, 81 mg

Potassium: Guava, 688 mg

Zinc: Blackberries, 0.76 mg

Vitamin C: Guava, 377 mg

Choline: Clementines, 21 mg

→ Guava juice, berry, banana and protein smoothie is an excellent pre-game energy burst. (Adds 50 points to your batting average!)



Consume protein daily for muscle build and repair

Meat, fish, eggs, poultry, and legumes

Hydration

*"Millions have lived without love, not one without water."
-- W. H. Auden*



Hydrate during exercise.



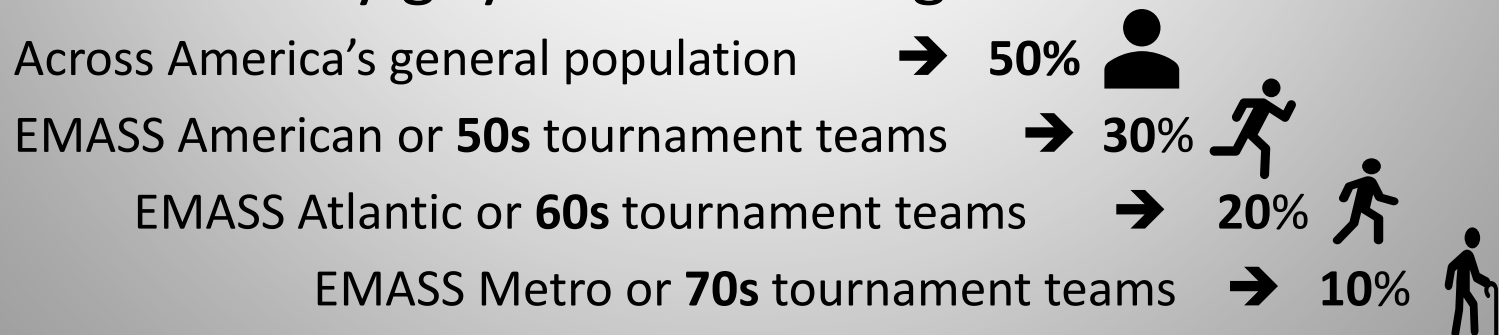
Hydrate before, during and after.

- Do modern energy drinks matter? Yes
 - They enhance thirst (sodium) to keep you drinking
 - They add electrolytes for enhanced rehydration
 - They add fuel (carbs) for sustained energy
 - They can add carbs and protein for recovery, repair
- Morning games → before-game hydration is critical
 - The body naturally dehydrates overnight
 - You are **late** hydrating if you get thirsty

Wait! What about Weight?

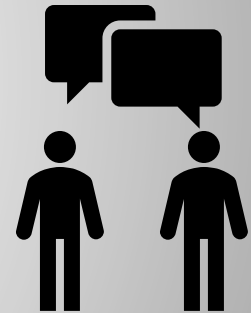
"The reason fat men are good-natured is they can neither fight nor run."
--Theodore Roosevelt

- Stay lean
 - Weight loss increases your odds of longevity.
 - Less stress on joints, less energy expended.
- Look for yourself
 - Older players are increasingly lean.
 - How many guys are overweight?



Nutrition: Discussion/Debate

- What techniques have made the most difference for you?
- Did anything we just reviewed hit a nerve?
 - Positive or negative



Mindware



Introductions

- Who are we?
- Survey data summary








Foundations

- Mobility
- Rest/sleep
- Nutrition/fueling
- Mindware 15 min

Guidance for Senior Softball

Conclusions/Takeaways

Mindware Principles

-  Play for a fun retirement activity
-  Understand why you play
 -  –Give and receive in a softball family
 -  –Exercise, release, escape
 -  –Mental connection with peers
 -  –Mindwork: Mental exercise
 -  –Competition without conflict

Avoid Injury: 85%

- An elder (age 50+) body is more vulnerable



Give it 100%

- Injuries happen when there is high force:

- $F_{\text{force}} = M_{\text{mass}} * A_{\text{acceleration}}$

- Speeding up and slowing down:

- Accelerating out of batters box
- Abrupt direction change (base-running, & **bad coaching**)
- Sliding or diving



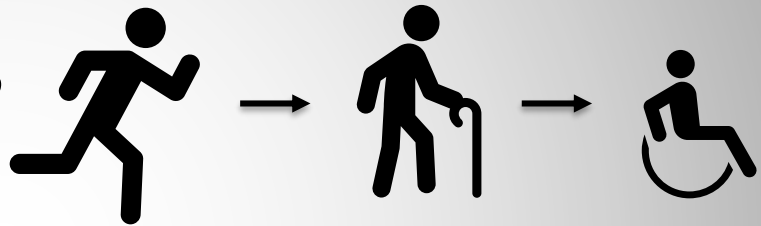
Consciously work on exerting at 80-90% and avoid abrupt speedup or slowdown

Perspective: Offense vs Defense

“A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.”

- Defensive attitude:

What can I do to not die?



- Offensive attitude:

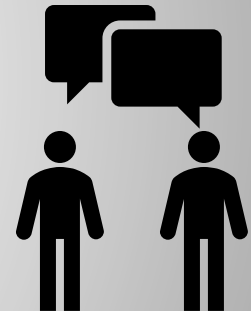
What can I do to make the most out of my next 5 years?



Positivity, spirituality, life with purpose are highly correlated with happiness and longevity.

Mindware: Discussion/Debate

- What techniques have made the most difference for you?
- Did anything we just reviewed hit a nerve?
 - Positive or negative





Guidance for Senior Softball



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Guidance for Senior Softball

10 min

Conclusions/Takeaways

Senior Softball Mobility Themes



Aerobic and anaerobic (explosive) workouts

- Conventional workouts favor slow twitch endurance.
- Softball prep is better focused on fast-twitch workouts.
 - Sprints, Boxing, Short-Quick exercise blasts



Pre-game dynamic warmups, not static stretching



Mind/body balance/focus needed in softball



Senior Softball Rest Themes



Consistent sleep patterns matter.



Actively recuperate aches, pains and injuries

- Post-game physical therapy
 - Hot tub, professional massage, icing, stretching



Manage your inactive time

- Stretch, self-massage, walk, yoga, move
- Balance exercises

Senior Softball Nutrition Themes



Hydrate **before, during** and **after** the game

- Sports drinks help
- Especially for morning games



Eat/drink fruits

- Banana, apple, pineapple, guava, berries
- Energy boost before games and daily



Muscle repair foods

- Protein, fruits, vegetables, fish

Senior Softball Mindware Themes



“The means justifies the ends.”

- Systems over goals: keep doing the right things
- Create rituals for focusing on the right means.



Visualize successful outcomes.



Consciously adjust your top-exertion to 85%

- Best way to avoid injury
- Don't decelerate abruptly: dive or slide
- Don't accelerate at 100% to beat out a dribbler
- Don't be an injury causing base coach



Conclusions and Takeaways



Introductions

- Who are we?
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Guidance for Senior Softball

Conclusions/Takeaways

5 Min

A Few Key Takeaways

	Conventional Wisdom	Modern Wisdom
Mobility	Static stretching Aerobic, slow twitch	Dynamic warmup Explosive, fast twitch
Rest/Sleep	Rest an ache or strain 7% activity, 93% inactivity	Actively recuperate → 10-15% activity
Nutrition	Gameday hydration All food groups	Continuous hydration Fruits, veg, protein
Mindware	Retirement financial plan Goals (the ends) Defense (How do I not die) Give it 100%	Retirement health plan Systems (the means) Offense (How do I thrive) Peak exert at 80-90%

Was this time well-spent?

References

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