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## MEDIA RELEASE

# Aging adults need more physical activity

March 25, 2014

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**Photo:** <http://at.sfu.ca/FzuSve>

Working daily physical activity into the lives of older Canadians is critical to improving health benefits, yet most don't meet national recommendations, says the director of Simon Fraser University's Aging and Population Health Lab.

Dawn Mackey will explore ways to entice older adults to stay physically active at SFU's next free, public **Café Scientifique** on **Wednesday, March 26 at 7 p.m. at the CBC studios at 700 Hamilton Street, Vancouver**. CBC's Stephen Quinn will moderate the discussion.

Mackey, who has directed the SFU lab since 2011, is among researchers investigating the prevention, causes and management of age-related mobility impairment and disability, including falls and osteoporotic fractures as well as chronic processes, such as fatigue and impairments to movement.

"Ultimately our research seeks to identify and disseminate effective strategies for successful population aging, through the maintenance of mobility and functional autonomy," says Mackey.

The café is the fifth in a series that began last fall at SFU's Surrey campus. It's the second of three to be held at the CBC Vancouver location. The final session on April 16 looks at the increasing burden of chronic diseases with Scott Lear, BPK and health sciences professor.

SFU's Faculty of Science and the Canadian Institutes of Health Research support the cafés. For more details and to register: <http://at.sfu.ca/cGQsxl>

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