

# THE AGELESS ATHLETE WITHIN

How Challenge Fuels Health, Confidence, and Vitality

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# PRESENTATION OUTLINE

- Why challenge matters
- Active aging and lifelong performance
- Lessons from sport
- Building confidence and vitality
- Implications for fitness leaders

# Why Challenge Matters

Why Active Aging Matters?



# Why Challenge Matters

Challenging the "Slow Down" Narrative



# Lessons from Sport

## The Olympic Mindset



# Active Aging & Lifelong Performance

## What Research Tells Us About Aging and Performance



# Active Aging & Lifelong Performance

## Physical Benefits of Lifelong Activity



# Active Aging & Lifelong Performance

## Mental & Social Benefits of Lifelong Activity



# Active Aging & Lifelong Performance

Performance Beyond Youth



# Why Challenge Matters

Redefining What Aging Looks Like



# Lessons from Sport

## Lessons Learned as an Olympian



# Lessons from Sport

## Continuing the Journey: Masters Athletics



# Building Confidence & Vitality

## The Importance of Goal Setting

The famous, empowering quote by tennis legend Arthur Ashe is:

***"Start where you are. Use what you have. Do what you can."***



# Building Confidence & Vitality

## Building Confidence Through Challenge

*"Start where you are. Use what you have. Do what you can."*

- This timeless message focuses on taking immediate action rather than waiting for the perfect conditions.
  - **Start where you are:**
  - Accept your current circumstances, limitations, and starting point without comparing yourself to others.

# Building Confidence & Vitality

Resilience, Adaptation, and Growth

*"Start where you are. Use what you have. Do what you can."*

- Use what you have:
- Rely on the skills, resources, and experiences you already possess.



# Implications for Fitness Leaders

## The Role of Group Fitness Leaders

*"Start where you are. Use what you have. Do what you can."*

- **Do what you can:**
- Focus your energy on what is within your control, taking one manageable step forward.

# Implications for Fitness Leaders

Turning Research Into Action

*Vonda Wright –*

*“Unbreakable: A Woman’s Guide to Aging with Power”*

# Key Takeaways

- Never give up
- You can always improve within your circumstances
- immediate action rather than waiting for the perfect conditions.
- Understand and Accept your limitations, without comparing yourself to your younger self or to others, but push yourself
- Challenge allows you to see who you really are and what you can really do – you will surprise yourself
- Group fitness leaders can inspire, support, challenge and offer wisdom.