Olga Kotelko

Olga is a Canadian track athlete in her 90s. She holds 23 world records! She competes in the Masters Athletics Track Championship where she continuously rivals athletes in the 80-85 age group.

She is participating in a study at McGill University in Montreal that is exploring new territory. There has been very little research done on the long term effects of exercise and aging. There are links between the mitochondria in the cells and energy provided for building and maintaining muscle. As we age, less and less mitochondria perform that task effectively, hence muscle and strength loss (Grierson, 2010).

For Olga, the effects of aging seem to be progressing slower. The interesting part is that although she was active her whole life, she didn’t start participating in track and field events until she was 77!

How can YOU live like Olga?

- Don’t be afraid to find what you love!! Even at an older age, you can try new things!
- You are not too old, and it is not too late! Olga did it, and so can you!

What are they studying now?

- Now scientists are studying whether intense training for older adults can help rewind the clock in muscle strength...so far they have found that it might (Grierson, 2010).
- Another study agrees that intense resistance training is beneficial in prolonging muscle strength loss (Peterson, 2010).

Why should you care?

- Not only does your physical activity and exercise intensity affect aging, but so do your expectations about aging (Meisner, 2013).
- Intense exercise can help you improve:
  -- Brain Function
  -- Activities of Daily Living
  -- Sleep Quality
- “Big physiological benefits from exercise are there for the taking. You just have to keep exercising.” — Bruce Grierson

What Now?

- Find an event and sign up!
- Ask your doctor if you are in a good place to begin a more intense exercise program!
- Ask a professional to help guide your through a program!

Spring Predict Race:
Sunday April 12, 2015
7:30am – Rolland Moore Park

Sport and Social Connections:
Colorado group of 55+ citizens that get together to socialize while playing sports!

Colorado Senior Games:
June 4-8, 2015
Greeley, CO
Individual and Team Events offered!

National Senior Games:
July 3-16, 2015
Minnesota, USA
Individual and Team Events offered!

Emily Kiesel