

Tomorrow's elderly essay

Nutrition



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Tomorrow's Elderly Introduction In America's past, people performed jobs that were more physically demanding, given the comparative lack of technology and the lack of automation in fields such as manufacturing. Today, a larger percentage of the current generation of Americans is involved in a workplace environment that emphasizes cognitive skills over physical labor. If lifestyle-related exercise is ignored if this will affect the quality of life of today's generation when it grows into late adulthood and whether or not they will be better off than today's elderly is the focus of this research.

The Evidence Presented Past generations, even with manual labor that seems like torture in a modern context, have done fairly well in terms of longevity, with many people living into what we would today call the age of the senior citizen, even without the many medical advances that exist today (Ebersole & Hess, 1998). However, there is definitive evidence today that indicates that regular exercise and good nutrition are linked to longer, healthier lives in a cast majority of the cases as opposed to sedentary lifestyles, poor nutrition and other unhealthy habits (Joyner, 2007). **The Verdict** Given the evidence that links exercise and health, it is safe to say that if lifestyle-related exercise is ignored, it will affect the quality of life for today's generation as it ages, which has already been seen in the seeming epidemic of obesity and its related diseases among today's youth, which they are carrying into adulthood, and even with the advances in medical care when compared to the past, today's elderly will likely be better off than the elderly of tomorrow. Therefore, in conclusion, the focus for the elderly of the future should be cleaner living today.

Works Cited Ebersole, P., & Hess, P.

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