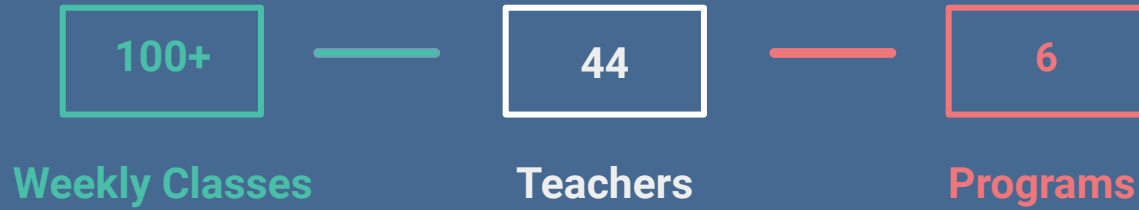


# **The Aging Aerialist**

**for those who keep climbing**

# Canopy Studio – by the numbers



# Canopy

22+ years and still growing



Ann Woodruff, 42, Canopy Studio's Executive Director  
ann@canopystudio.org



Mary Jessica Hammes, 47, full time teacher at Canopy Studio  
teacher@canopystudio.org



Deb Atwood, 65, [almost] full time teacher at Canopy Studio, retired Speech and Language Therapist



Members of the B52s class, average age 60 - 12 total students



Dr. Jenny Wares, MD, 52, Plume medical director, former ER physician



Dr. Gloria Chu, MD, 53, physician



Jennifer Morlock, 49, MS, PT, Physical Therapist, modern dancer, Canopy Board Member



Val McBee, 54, MSW, LCSW, UGA Professor, School of Social Work, Dialectical Behavioral Therapist,



**Joe Wyrick, 53, Canopy Board Treasurer, Branch Manager of Robins Financial Credit Union**



**Erika Galloway, 52, teacher at Canopy Studio, artist and graphic designer, co-founder of Figament and Athens Yoga Collective**



**Emily Carr, 75, retired elementary school teacher,**



**Carla Eaton, 71, retired accountant**



**Dr. Kathy Compton, 69, DDS, retired professor of Dentistry**



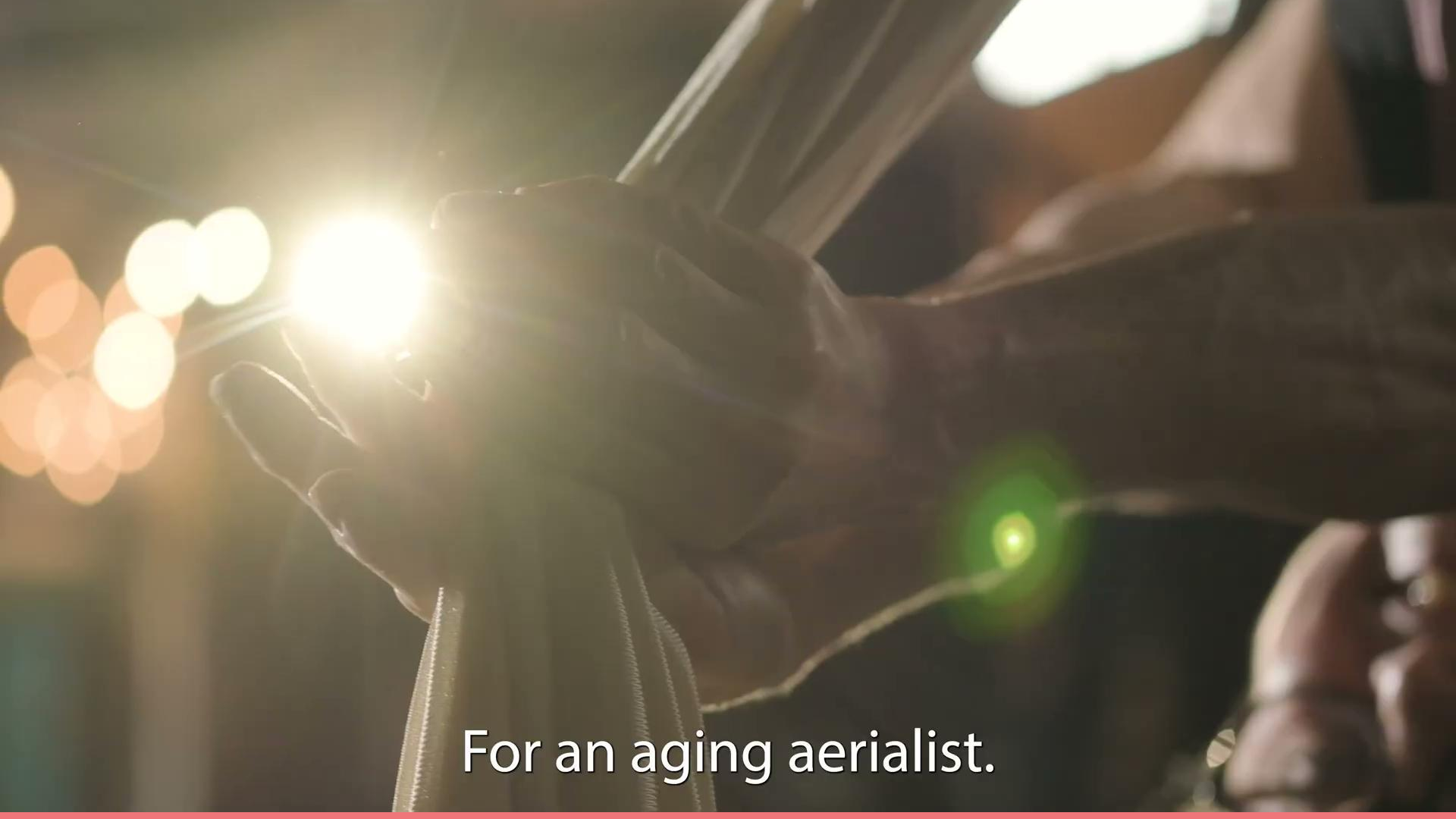
**Stephanie Johnson, 51, retired Speech and Language Therapist**



**Sandy Tucker, 68, retired HR trainer USDA**



**Dawn Williamson, 53, property manager and small business owner**



For an aging aerialist.

# Teaching Methods

**Social Emotional Learning Strategies**

**Differentiation of Instruction**

**Lateral movement within skill progressions**

# Canopy's B-52s



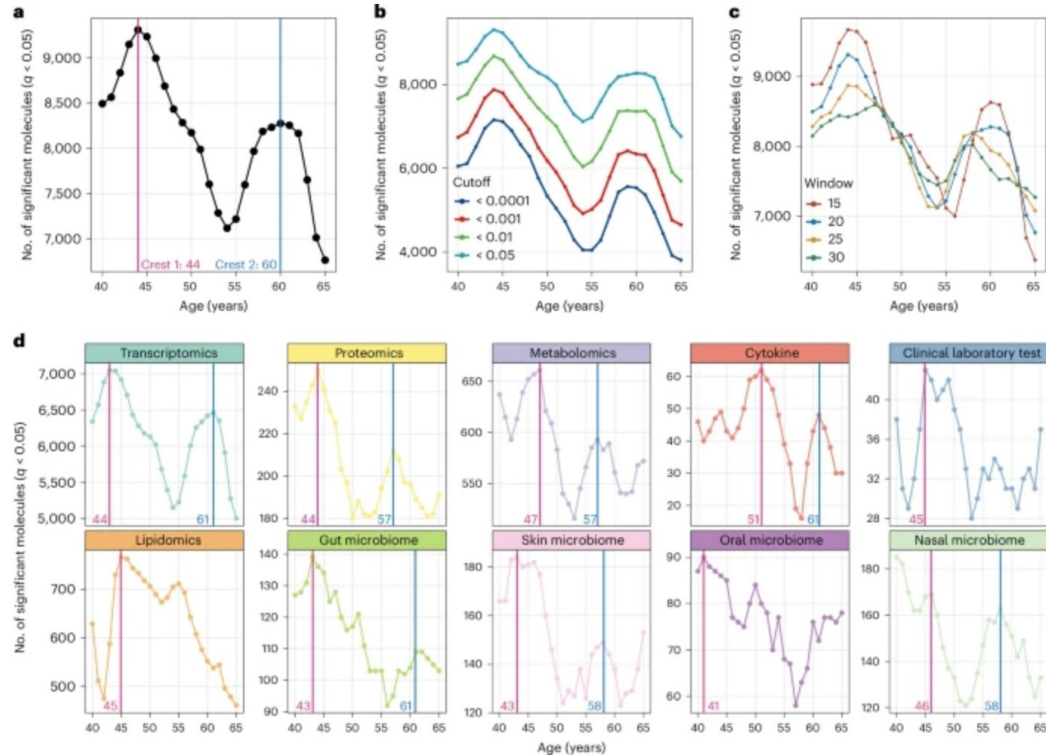


# **Aging is Not Linear**

**Molecular research shows  
significant changes around  
ages 44 and 60**

Source: Stanford University/Nanyang Technical University Singapore August 2024

**Fig. 4: Waves of molecules and microbes during aging.**



**a**, Number of molecules and microbes differentially expressed during aging. Two local crests at the ages of 44 years and 60 years were identified. **b,c**, The same waves were detected using different  $q$  value (**b**) and window (**c**) cutoffs. **d**, The number of molecules/microbes differentially expressed for different types of omics data during human aging.

- The Experience
- Skin and muscle instability
  - Muscle mass decrease
  - Metabolism
  - Immune System

**The Crests Align With...**



It sucks.

# MENOPAUSE

## The Body

**Skin change - thinning, crepeing,  
lack of elasticity**

**The Pooch - the muscle density,  
tone**

**Pelvic floor**

**Eyesight and hearing**

**Recovery from illness and injury**

## The Mind

**Forgetful**

**Need more time on task**

**Processing speed**

**Executive function changes**

## CHANGES

JOINTS

MUSCLE MASS

FLEXIBILITY

SKIN

RECOVERY TIME

## SUPPORT

STRETCHING

ALLOW FOR REST

DIET - ADEQUATE PROTEIN

COMPRESSION SLEEVES,  
PADDING, BACK WARMER

PERMISSION TO SAY "NO"





## **...but what can I do?**

Midlife health is a determinant of issues later and a critical time to prevent later life disease.




## The Body



so one of the things that  
I think Aerial is so great for

Video: Physical Health

## The Brain



Another interesting  
benefit I find medically, of aerial dance

Video - Mental Health

# Community Building = Improved Mental Health

Using SEL practices to build community.

Video: importance for community building

A woman with long, wavy blonde hair and light-colored eyes is shown from the chest up. She is wearing a red top and a thin necklace. She is looking slightly to her left with a thoughtful expression. The background is a brick wall. The entire image is framed by a blue border.

especially as people age,  
sometimes isolation can be an issue.

# How to Support the Ageing Aerialist

**Robust Skill  
Progression**

**Accessible  
Equipment**

**Teacher  
Training**

**Understanding  
of Purpose**

**Vertical and  
Lateral  
Progressions**

**Adjustable  
Points +  
Adequate  
Mats**

**SEL  
Modifications  
Differentiation  
Spotting**

**Goals for Activity  
“Challenge by  
Choice”**

**Colored bands**

**Turn off extraneous sounds**

**Repetition of material - spiral the curriculum**

**Deliver information in multiple formats - walk the choreography on the floor**

**Wedge mats to support the weight as pathways are solidified**

**Belts and slings to learn with less physical pressure**

**Visual (graphic organizer, stories)**

**Teach to both sides to accommodate injury and weakness (identify body parts)**

**Alternative pathways - skip the inversion**

**Include workshops to cross train**

Video on  
modifications

A woman with long, wavy blonde hair is seated in front of a brick wall. She is wearing a red, short-sleeved top with a ruffled neckline and a necklace with a heart-shaped pendant. She has a tattoo on her left arm. The background is a textured brick wall with varying shades of red and brown.

Obviously doing aerial is really fun,  
but it has potential for injury.

# Beneficial to Students

Intentional activity as an asset for continued health

# Organizational Benefits


**An older population is an asset**

- ❑ Community
- ❑ Longevity
- ❑ Inspiration
- ❑ Volunteers and resources
- ❑ Diversity/Inclusion
- ❑ Teacher growth



A man with short brown hair and a black t-shirt is speaking in front of a brick wall. The wall is made of red and grey bricks with white mortar. The man is looking slightly to the right of the camera. The video has a blue border on the right and bottom, and a teal bar on the top left.

Probably the reason canopy is doing  
so well is we have a group

A woman with short, wavy white hair is laughing heartily. She is wearing a dark grey t-shirt. The background is a brick wall with reddish-brown bricks and light-colored mortar. The lighting is warm and soft. The overall mood is joyful and candid.

My advice to, studio owners,

# Research Sources

Put QR code  
with access to  
full text

Shen, X., Wang, C., Zhou, X. *et al.* Nonlinear dynamics of multi-omics profiles during human aging. *Nat Aging* (2024). <https://doi.org/10.1038/s43587-024-00692-2>

SWAN: Study of Women's Health Across the Nation, co-sponsored by the National Institute of Aging (NIA), National Institute of Nursing Research (NINR), the National Institutes of Health (NIH), Office of Research on Women's Health, and the National Center for Complementary and Alternative Medicine.  
<https://www.swanstudy.org/>

Samargandy, S., Matthews, K., Brooks, M. *et al.* Arterial stiffness accelerates within 1 year of the final menstrual period: The SWAN Heart Study. *Arterioscler Thomb Vasc Bio* (2023).  
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El Khoudary SR, Qi M, Chen X, Matthews K, Allshouse AA, Crawford SL, Derby CA, Thurston RC, Kazlauskaitė R, Barinas-Mitchell E, Santoro N. Patterns of menstrual cycle length over the menopause transition are associated with subclinical atherosclerosis after menopause. *Menopause*. 2021.  
<https://pubmed.ncbi.nlm.nih.gov/34636354/>

Dalal, P., Agarwal, M., Postmenopausal syndrome. *Indian Journal of Psychiatry*. 2015.  
<https://pubmed.ncbi.nlm.nih.gov/26330639/>

A woman with long, straight, grey hair is shown in a medium shot, looking slightly to her left. She is wearing a blue vest over a grey long-sleeved shirt. The background consists of a red brick wall. To the left of the woman, there is a dark vertical element, possibly a door frame, and a sliver of a red curtain. The lighting is soft and natural, highlighting the texture of her hair and the brick wall.

Like with a solo,  
I want to I want to express an emotion