

What is Pro-Aging?

For decades, aging has often been framed as something to resist, reverse, or "fight." This anti-aging narrative can reinforce unrealistic expectations and overlook the many factors that support health, function, and well-being throughout life.

ACE's Pro-Aging philosophy recognizes aging as a natural, lifelong process. Rather than focusing on appearance or decline, a pro-aging approach emphasizes evidence-based lifestyle behaviors that help individuals maintain physical, cognitive, and emotional function, as well as resilience, independence, purpose, and quality of life at every stage.

Because every individual has unique goals, experiences, abilities, and circumstances, healthy aging looks different for everyone.

KEY PRINCIPLES

- ✓ Aging is a natural process
- ✓ Small, consistent behaviors create long-term impact
- ✓ Healthy aging is multidimensional
- ✓ Support should be individualized

How the ACE 7 Core Drivers of Healthy Living™ Support Pro-Aging

The ACE 7 Core Drivers provide a practical framework for supporting health, well-being, and quality of life throughout the aging process.



Move More, Move Well

Promotes strength, mobility, balance, cognition, and independence.



Nourish Your Body

Provides energy, recovery, metabolic health, and long-term well-being.



Prioritize Restorative Sleep

Enhances recovery, memory, emotional regulation, and overall health.



Support Stress Recovery

Builds resilience and supports physical and emotional well-being.



Make Safer, Informed Choices

Encourages evidence-based practices and sustainable health behaviors.



Build Supportive Connections

Fosters belonging, social support, and healthier aging outcomes.



Cultivate Purpose and a Growth Mindset

Strengthens motivation, resilience, and lifelong growth.

For Exercise and Health Professionals

Exercise and health professionals play an important role in supporting healthy aging by:

- Prioritizing function, autonomy, and quality of life
- Programming strength, aerobic fitness, balance, mobility, and recovery intentionally
- Using age-inclusive language and imagery
- Creating psychologically safe and welcoming environments
- Helping clients connect healthy behaviors to meaningful life goals

Healthy Aging in Action



Healthy aging is ultimately about helping people continue doing things that give their lives meaning—moving well, staying connected, remaining independent, and participating fully in the activities they value.