



UNIVERSITY OF MINNESOTA

TUCKER CENTER FOR RESEARCH ON GIRLS & WOMEN IN SPORT

presents

THE 2010 SPRING DISTINGUISHED LECTURE

Are Women Aging Successfully?: New Thinking and Research about Gender and Physical Activity

Featuring: Mariah Burton Nelson

Wednesday, April 21, 7-9:00 PM
Hubert H. Humphrey Center, West Bank Campus



About the Lecture: The world's population is rapidly aging. By 2030, the number of U.S. citizens over 65 will be nearly twice what it is today and a large majority will be women. This gender difference in longevity has significant implications for women's health, well-being, and quality of life. Scholars and advocates argue that older women are disproportionately affected by ageism and that cultural factors pressure many aging women to focus more on appearance versus physical health, more on face-lifting than weight-lifting. Mariah Burton Nelson, an internationally known author, journalist, and speaker on gender and sports and the Executive Director of the American Association for Physical Activity and Recreation, challenges us to ask how women can positively embrace growing older and simultaneously resist the detrimental societal forces which may negatively impact their lives. A provocative thinker and writer, Nelson will provide an inspirational look at how women can reframe ageism and redefine "successful aging." She will discuss the latest research pertaining to personal behaviors that contribute to maintaining and enhancing physical ability, cognitive function, vitality, and joy as we grow older. She will also explore how we typically think and speak about aging and our own aging process, and encourage us to include stories about hope, humor, health, and happiness.

About the Distinguished Speaker: Mariah Burton Nelson is the author of six books, including *The Stronger Women Get*, *The More Men Love Football*. A former Stanford and professional basketball standout, Nelson is an expert on issues related to gender and sports. She has written for *The New York Times*, *The Washington Post*, *USA Today*, *Newsweek*, *Ms.*, and has appeared on numerous television shows including *Today*, *Good Morning America*, *Dateline*, and *Larry King Live*. A former director of the speechwriting team at AARP, Nelson joined the Gray Panthers when still in her twenties, indicative of a lifelong interest in women and aging. In 2007, Nelson was named one of the 100 Most Influential Sports Educators in America by the International Institute for Sport.

FREE & Open to the Public! Parking Available

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