

New documentary lays out a roadmap for aging with energy and optimism, rather than fear

Filmmaker Jim Owen, 85, highlights the power of the virtuous circle



VIRTUOUS CIRCLE

A GEEZER'S GUIDE TO SUCCESSFUL AGING

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San Diego, California Mar 18, 2026 (IssueWire.com) - Want to get healthier but don't know how to start, let alone make lifestyle changes stick?

A new documentary film from producer Jim Owen, an 85-year-old fitness crusader, has an answer: the virtuous circle, the dynamic whereby each step forward leads to other positive changes in a cycle of ongoing improvement.

Titled [The Virtuous Circle: A Geezer's Guide to Successful Aging](#), the film is grounded in Owen's own transformation from "certified couch potato" at age 70 to competitive athlete in his eighties. He was the gold-medal winner in all ten fitness events at the 2024 California Senior Games.

An antidote to unrealistic, radical lifestyle makeovers, the film offers practical, science-based strategies for improving fitness, nutrition, sleep, and stress levels one step at a time. It shows how small, sustainable changes can reduce chronic pain, improve physical function, and sharpen the mind.

The ultimate payoff, said Owen, is more abundant energy for life-enriching activities such as socializing, travel, volunteering, hobbies, or sports.

"The goal is what I call 'Geezer-Fitness,' because it's not about having big muscles or wearing yourself out with grueling exercise routines. It's about being able to play with your grandchildren or finally take that bucket-list trip," said Owen.

In Owen's case, his physical transformation gave him the energy and confidence to plunge into producing documentary films without any prior experience.

His two previous films, [The Art of Aging Well](#) (2020) and [SuperAgers: Getting Old, Living Young](#) (2023), aired on PBS stations across the nation and can be streamed at pbs.org. All three of his films were directed by three-time Emmy award winner [HaveyPro Cinema](#), based in Denver.

"Most fundamentally, this new film aims to take the fear out of getting older," said Owen. "Beyond a guide to healthy aging, it offers hope that we can make our later years a time of vitality, possibility, and joy, rather than decline."

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Source : Jim Owen

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