Stereotype embodiment theory states “stereotypes are embodied when their assimilation from the surrounding culture leads to self-definitions that, in turn, influence functioning and health” (Levy, 2009). When internalized, implicit ageism impacts an older adult’s physical being, the person lives in a condition of stereotype embodiment known as embodied ageism. Levy’s approach narrows the overall discrimination theory of embodiment (Krieger, 1999) to self-definitions ultimately influencing health and functioning. Both concepts of embodied ageism are accurate. Following Krieger's explanation of embodiment, embodied ageism can be broadly defined as “the biological expression of age-based social inequality,” yet this conceptualization doesn't include insight into the mechanisms by which embodied ageism appear to function. Thus, embodied ageism can be more specifically understood as “implicit ageist stereotypes internalized to such a degree that individual health is negatively affected” (Kenny, 2011).

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