

How Exercise Can Help You Maintain (and even improve) Your Health As You Age



Bonus!

Healthy Eating

**10 veggies that will supercharge
your metabolism in 10 days!**



By Beth Wallace • Safety Specialist at Safe Step Tubs Inc.

“If you can still move,
it's not too late to improve
your fitness level
and your quality of life”

Dean Anderson, Fitness trainer for www.sparkpeople.com



Growing older doesn't mean an automatic loss of strength, agility, or the ability to perform everyday tasks; it is in fact immobility that causes increased weakness and decreased physical function. Anderson stresses the benefits of regular exercise, and the negative impacts of not exercising, are more notable between ages 50 and 70 than at any other time in our life. After middle age, our tendons and ligaments stiffen and shorten, muscles lose tone, and cardiovascular fitness declines.

An active lifestyle can cause people of all ages to gain strength, balance, flexibility, and endurance. It improves the quality of our sleep, and can stabilize our mental health. Daily exercise helps to reduce the effects of aging, and can even reverse some of the decline caused by lack of activity.

Some of us older adults are afraid of exerting ourselves for fear of getting hurt; however, studies reveal people suffer more from a lack of exercise than by exercise itself.

The National Institute of Health reports that even frail seniors and those with conditions such as arthritis can and should exercise to stay healthy and be mobile. By developing your flexibility, strength, balance, and aerobic fitness, you will improve your confidence and vitality, which will enable you to walk tall and reduce your risk of falling.



Did you know 30 minutes of daily intense exercise is shown to be as effective as anti-depressant medication for relieving mild to moderate depression? It also provides more restful sleep!

Flexibility

By stretching your muscles, you can improve and regain your range of movement. Flexibility exercises release emotional and physical tension, improving your mood and sense of well-being. By doing simple stretches, yoga, and Tai Chi (an ancient Chinese exercise of slow, controlled movements), you can prevent injury, improve your range of motion, and can help reduce pain and stiffness.

Strength Training

Repetitive movements using light weights or resistance bands build and make stronger muscles. Strong, developed muscles take the stress off your joints, which prevents the loss of bone mass, and reduces the risk of fractures and osteoporosis.



Balance Training

Your brain, muscles, and bones work together in keeping you balanced and avoids falling. Balance exercises involve standing on one leg, walking heel-to-toe, leg raises (hold onto a chair if you need), and standing up from sitting down without using your hands. Other benefits to strengthening your balance are improved agility, reduced affects of dizziness, and increased lower body strength, which will allow you walk to with less apprehension and fear.

Aerobic Exercises

Raising your heart rate helps maintain and achieve a healthy body weight, in turn reducing the risk of chronic diseases such as high blood pressure and heart disease. Blood circulation improves, and can help to balance blood sugar levels for diabetics. By elevating your heart rate, not only does your cardiovascular health benefit, endorphins and other “feel good” chemicals like adrenaline, serotonin, and dopamine are released in aerobic activity, and improves your mental health.

Brain Health

An Italian study on adults over the age of 65 years concluded those who walked and/or engaged in other forms of exercise were at lower risk of dementia. The research indicates those who exercise the most cut their risk of developing memory loss significantly.

Some effective ways to work out your brain include:



- Reading something challenging
- Crosswords and other word games, like Scrabble
- Number puzzles and games, like Sudoku
- Strategy games like chess and bridge
- Learning new things – recipes, computer skills, a foreign language...
- Home projects – designing a garden, building a shed
- Create something – write, draw or paint, quilt, craft some pottery

Get Started!

Develop an exercise plan, factoring in your limitations. Set realistic and achievable short-term goals so you can enjoy the small successes and avoid getting discouraged.

An ideal routine includes warm ups, cool downs, and stretches; short bouts of higher intensity exercise, and longer bouts of moderate intensity exercise.

- Stretch every day for a week
- Walk to the grocery store
- Swim five laps
- Take the stairs to the apartment instead of the elevator

For more guidance, you can also attend senior tailored exercise classes, use exercise DVDs, or visit www.eldergym.com for a wealth of free exercise videos. Those who have limited mobility, including those who are frail, severely overweight, or use a wheelchair can benefit from performing chair exercises.

If you've been inactive, consult with your doctor before starting to exercise, especially if you are diabetic, have arthritis of the hip or knees, or take medications for blood pressure or heart disease.

Start your exercise program slowly, increasing it gradually, and pay attention to any signals from your body that you're overdoing it. Drink plenty of fluids before, during, and after a workout. If you experience severe pain, dizziness, extreme shortness of breath, or you break into a cold sweat, stop exercising and call your doctor.

Soreness that feels dull and slightly uncomfortable is normal; painful or sharp sensation or swelling in your bones, joints, or your muscles is a sign you've over done it. Some muscle soreness is normal, pain is not. If you feel pain at any point during your workout, please stop what you are doing.

The Canadian Physical Activity Guidelines for Older Adults suggests at least 150 minutes of moderate to vigorous activity per week, in bouts of ten minutes or more. Muscle and bone strengthening is recommended, and exercises to enhance balance for those with poor mobility should be done twice a week.

Choose activities you enjoy!

- Golfing
- Walking the pooch
- Dancing
- Yard work
- A brisk walk
- Climbing stairs
- Exercise videos
- Swimming
- Bicycling
- Playing tag with the grandkids

Better to be safe than sorry

Falls are not an inevitable, necessary part of our life as we grow older.

You can take the preventative steps to decide what changes will help you to live more safely!

Did you know ...

- 1 in 3 adults over 65 fall each year. 80% of those falls happen in the bathroom
- 72% of the population wears the wrong sized shoes
- Men can lose an inch of height between age 30-70 and women can lose up to two inches
- After age 80, it's possible to lose another inch of height
- In the USA, the senior population is expected to double by 2030. This is approximately 72 million seniors!
- 85% of injury related hospitalizations among seniors is due to falls

Reduce the risk of falls

Use proper lighting to help you see clearly and avoid tripping. At home use night lights, especially in the hallways between the bedroom and the bathroom. Be sure to wear your prescription eyewear at all times.

Wear proper footwear

Make sure your shoes are good quality, fit properly, are laced or buckled, and that the soles are worn out or slippery. Research shows wearing shoes indoors rather than going around barefoot, in socks, or barefoot may prevent falls and injuries.

Make sure your clothing fits

We get shorter as we age; pants, skirts, and dressing gowns that once fit us can become too long, and can cause us to trip. Be sure to have these clothing pieces altered to avoid any accidents from happening.

Avoid risky situations

Climbing ladders, standing on chairs or stools, and using stairs with no handrails are potentially dangerous situations. Consider the purchase of a **Safe-Step Walk In Bathtub**, equipped with handrails, grab bars, and anti-slip surfaces to greatly improve your safety and confidence in the bathroom.

Have a healthy diet

Good, balanced nutrition keeps muscles, bones, and organs strong for the long haul. Sensible, balanced, nutrient and vitamin rich foods with plenty of water will increase your sense of vitality, and provide the proper fuel for you to keep going. Be sure to regularly review all of your medications with a doctor or a pharmacist.

Growing older doesn't mean an automatic loss of strength, agility, or the ability to perform everyday tasks. Just a little exercise can help reduce and even eliminate aches and pains, while maintaining physical, emotional, and cognitive health – even those who think they are too old, or too out of shape. **It's never too late to become the best version of ourselves!**

6 Myths & Facts About Working Out & Seniors



Don't settle in the rocking chair just yet! And don't fall prey to the senior exercise myths you may have heard. You can improve the quality of your life and reduce the aging process!

Myth: There's no point to exercising. I'm going to get old anyway.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure and obesity.

Myth. Older people shouldn't exercise. They should save their strength and rest.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.

Myth. Exercise puts me at risk of falling down.

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth. It's too late. I'm already too old to start exercising.

Fact: You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

Myth. I'm disabled. I can't exercise sitting down.

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.



10 Veggies To Supercharge Your Metabolism in 10 Days!

These colorful and delicious foods will keep you healthy and feeling wholesome! By filling your plate with plenty of these fresh and preferably raw fruits and vegetables, and drinking 8-10 glasses of water a day, there is simply no better way to fight off pathogens and keep your immune system strong.



Garlic

The active ingredient in garlic is a sulfur compound called allicin, which fiercely fights off infection and bacteria. A naturally powerful antibiotic, garlic is also anti-viral and an anti-septic, and is best eat raw as it loses some of these amazing properties when it is cooked.



Mushrooms

Crimini and Portobello mushrooms are rich in anti-oxidants and may have the ability to fight inflammation. Rich in Zinc, mushrooms regulate immune responses, attacking infected and cancerous cells.

Berries

Potent in antioxidants, berries help your body fight free radicals than can lead to illness. Also rich in Vitamin C, they help to reduce inflammation, and may help the effects of arthritis. With high fiber content, berries assist in lowering blood pressure and cholesterol.



Pink and Red Grapefruit

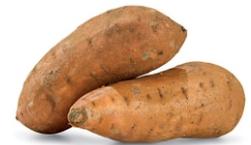
These citrus are packed with Vitamin C and bioflavonoids. These juicy citrus fruits serve as powerful immunity boosters and work to promote cardiovascular health and lower cholesterol.



Lemons and Limes An excellent source of Vitamin C, these citrus fruits are antioxidants that neutralize free radicals, protecting and strengthening your immune system.

Tomatoes

Lycopene is a potent antioxidant in which tomatoes are extremely abundant, it prevents cellular damage and improves cell function. With strong immune boosting power, tomatoes are rich in Vitamin C which promotes a healthy, resilient immune system.



Sweet Potatoes

These root vegetables promote a healthy, strong immune system. With large doses of Vitamin A and E, they have plenty antioxidant and antiviral properties. Beta carotenes promote healthy skin, and when the skin is healthy, infection is starved.

Cruciferous Vegetables

Kale, broccoli, Brussell sprouts, cabbage, cauliflower- A potent source of antiviral and antibacterial agents and anti-oxidants, these vegetables greatly improve the immune system response by boosting the liver's capability to flush out toxins.



Dark Leafy Greens Collards, spinach, Swiss chard - Rich in antioxidants and Vitamin C, these powerful vegetables fight off colds and flu by increasing the production of your white blood cells. Packed with nutrients, the anti-inflammatory properties promote a healthy brain, build strong bones, and maintain healthy skin, eyes, and hair.



Bell Peppers

Particularly red bell peppers are rich in Vitamin A, which is a powerful defense against sickness and disease. A strong source of vitamin c and e, they help to support a strong immune system and encourage tissue health.

Thanks for reading our ebook. If you enjoyed it pass it along. It's good karma :)

