

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

HEALTHY AGING

GETTING BETTER WITH AGE

We cannot avoid growing older. While there is some decline that occurs as we move into our golden years, does getting older necessarily mean getting worse?

The answer is no. Our bodies have the remarkable ability to regenerate at any age. Moreover, many aches, pains, and negative effects of aging have more to do with the cumulative effects of poor lifestyle choices, rather than the aging process. Make a few simple changes to your diet, daily movement, and mental state, and enjoy slowing down the passage of time. Don't allow age-related changes to impair your independence, quality of life, and happiness.

EAT WELL - AGE WELL

Some of the changes associated with aging can be slowed and even halted by including the following in your diet:

Whole, Unprocessed Foods – These tend to have fewer chemicals, preservatives, and less added sugar, which can negatively impact our bodies and minds. Talk to your Coach about the best choices for you.

Vitamin D and Calcium – Lowered levels of vitamin D can cause a variety of issues, from muscle weakness to depression. Both vitamin D and calcium, when combined, help prevent bone loss. To get adequate amounts of these nutrients, get out in the sun and eat plenty of leafy greens, like spinach, or consider taking a supplement.

CoQ10 – CoQ10 helps repair damaged DNA, which is one of the underlying causes associated with degenerative aging. Sources of CoQ10 are baked chicken, salmon, broccoli, peanuts, or in the form of a supplement.

What foods/nutrients do you need to increase in order to stay healthy?

5 TIPS FOR STAYING SHARP

- 1. Stay mentally active** – Feed your mind new challenges by completing crossword puzzles, reading, solving math problems, and even learning a new language. Like your body, your brain needs exercise to stay strong.
- 2. Socialize regularly** – Join a local club or social group to keep your mind agile and stimulated, and to ward off depression.
- 3. Get organized** – A cluttered life leads to a cluttered mind.
- 4. Sleep well** – Sleep is vital for memory and health. Aim for 6-8 hours in a dark, cool, quiet room.
- 5. Manage chronic conditions** – Getting regular check-ups and blood tests can help you stay on top of any health condition.

Circle TWO of the above that are most important to you.



KEEP YOUR JOINTS MOBILE AND STABLE

Did you know that 33% of those over age 65 have a fall every year? Joint mobility and stability tends to decrease with age, unless we take steps to maintain it. Yoga helps to maintain or increase mobility, while improving balance. Try a few of these yoga poses with the help of your Coach to see how they feel. Hold each for 20-30 seconds per side.



...AND STAY STRONG

As muscle mass and power decline with age, so does our independence and ability to take care of ourselves.

One of the best ways to maintain muscle and movement capability is to practice the movements you use in everyday life.

Ask your Wellness Coach to put a program together for you using the following movements:

- Squatting (to get out of a chair)
- Pushing (to get off the floor or mow the lawn)
- Bending (to pick up groceries and grandchildren)
- Pulling (to open a heavy door)
- Lunging (to step off of a curb or slow down while jogging)
- Twisting (to turn and reach behind you or to throw a ball)
- Walking/Running (to get around)

In a few months, meet with your Coach to progress your program, in order to continue improving on your success.



RESOURCES

www.mayoclinic.org

www.nih.gov

<http://lpi.oregonstate.edu>

For More Information visit
www.WellnessCoachesUSA.com