



Heart of America Medical Center - Wellness Center

Healthy diet helps defend against aging

By Kathy Brandt, LRD

After hitting the gym on your quest to aging gracefully, make a turn into your local grocery store to find potential age-detering compounds — in fruits, vegetables, green tea, and a host of other healthful foods that are rich in antioxidants.

Adopting a healthy lifestyle that includes regular physical activity, adequate rest, avoiding tobacco, and a diet full of healthy foods and beverages can be the best defense against aging. Stress, hormones, ultraviolet light, and a weakened immune system also contribute to aging.

For maximum benefits, experts say, you should load up on a variety of healthy foods.

"We know about antioxidants and anti-inflammatory activities of foods, but we suspect there could be so much more going on beyond attacking free radicals that promote health and ward off disease," says Susan Moores, RD, and spokesman for the American Dietetic Association.

Moores suggests adding these foods and beverages into your eating plan for good health and to reduce the signs of aging:

- Fish. Follow the guidelines of the American Heart Association and eat twice weekly, especially the fatty kind that is rich in omega-3 fatty acids. This is a powerful anti-inflammatory food that offers a multitude of health benefits.

- Fruits and vegetables are powerhouses of antioxidants. Aim for a variety of colorful produce. Enjoy at least 5 servings per day for the maximum benefits.

- Whole grains provide soluble fiber to help lower blood cholesterol levels, and also have phytonutrient content equal to any fruit or vegetable. Strive for at least 3 daily servings.

- Legumes are unsung heroes packed with nutrients similar to fruits and vegetables and with very few calories. Add them to your diet 3 to 4 times a week.

- Yogurt has all the benefits of dairy foods, plus probiotics that help add healthy bacteria to the intestines. Moores recommends eating a yogurt with active cultures as one of your 3 dairy servings each day.

- Nuts are a great source of B vitamins that are good for your heart and your brain. The healthy fats in nuts benefit the elastin and collagen in skin, helping to maintain skin's structure and keep it resilient. Small portions are advised as nuts are high in calories.

- Water is essential for hydration of the skin, muscles, circulation, and all organs in the body. Enjoy 3-4 glasses of pure water in addition to other liquids and watery foods.

Making healthy lifestyle choices are within YOUR control, and are among the best things you can do to help prevent disease and retard aging.

Adapted from www.webmd.com healthy-aging guide

Fitness for healthy aging

By Tammy McClintock, CFT

Our new fall schedules are in full force and we want to make sure that a regular part of our routine is a scheduled fitness time. September is Healthy Aging Month and exercise is key in helping people feel better and enjoy life more. It gives you energy and increased self-esteem. Regular exercise can prevent or delay some diseases like cancer, heart disease and diabetes. It can also perk up your mood, keep your thinking sharp, control stress and help depression too! Being active can help older people to stay independent and able to keep doing things like getting around and caring for themselves. No one is too old or out of shape to be more active!

Four types of activity everyone should be doing are:

1. 30 minutes of activity that makes you breath harder
2. Strength training for building and keeping muscle
3. Balance exercises
4. Stretching

Almost anyone, at any age, can improve their health by doing some type of activity, so be sure to include it in your schedule this month!

The Wellness Center is open from 7 a.m. - 9 p.m. Monday through Friday and 8 a.m. -12 p.m. on Saturdays.

Don't put off one of the most important things you can do for preventative treatment, good health and quality of life! See you there!

Source: webmd

Exercise, good for you at any age

By John Brandt, Director PT

Greetings everyone! Today's topics look at Healthy aging. Judith Selerno, M.D., Executive Officer of the Institute of Medicine presented a summary of the studies outlined below in a statement to the U.S. Senate on March 11, 2003.

Did you know...

Older exercisers are not only more likely to live to an advanced old age, but are more likely than non-exercisers to remain independent right up to the end of their lives. This according to a 1999 study by Luigi Ferrucci, head of the NIA's Baltimore Longitudinal Study on Aging.

According to a study conducted by the Diabetes Prevention Program, exercise and diet resulted in a 71 percent decrease in the incidence of diabetes in high risk individuals 60 and older.

In a study conducted by Dr. Mary Tinnetti at Yale University, exercise in conjunction with other interventions was able to reduce falls among older people by 44 percent.

A Study conducted at the Bowman Gray School of Medicine revealed that walking and strength-building exercises by people with knee osteoarthritis can help reduce pain and maintain their function and quality of life.

So no matter your age or current health, exercise will allow you to stay active and feel great right up till the end of your life. See you at the gym!

Source: nia.nih.gov

SPECIAL: Call now and schedule a Healthy Aging workout with Tammy McClintock, Certified Wellness Trainer, and receive 50% off! Limited to the first 10 participants. Call 701-776-5261 Ext. 2209.

Wellness Center Hours:
 Monday-Friday 7 a.m.-9 p.m.
 Saturday 7 a.m.-Noon

September 2009

Heart of America Wellness Center Monthly Activities

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	
Reminder: track your workouts in the spaces below. You may surprise yourself with how much you get done. —Exercise —Healthy Habit —Water My goal this week is _____		1	2 Fall After School Sports Acceleration	3	4 Fall After School Sports Acceleration	5 <i>Nothing's better than the wind at your back, the sun in front, and your friends behind you.</i> ~Aaron Trimble	
	6	7 Labor Day: Take a break from your labors	8	9 Fall After School Sports Acceleration	10	11 Fall After School Sports Acceleration	12
	13	14 Fall After School Sports Acceleration	15	16 Fall After School Sports Acceleration	17	18 Fall After School Sports Acceleration	19 <i>Walking is the best possible exercise...</i> ~Thomas Jefferson
	20	21 Fall After School Sports Acceleration	22	23 Fall After School Sports Acceleration	24	25 Fall After School Sports Acceleration	26
	27	28 Fall After School Sports Acceleration	29	30 Fall After School Sports Acceleration			

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