

Successful Aging In Place



Welcome to our Newsletter focusing on advancing lifestyle interventions for Successful Aging In Place. 80% or more of all healthcare spending in the U.S. is tied to the treatment of conditions rooted in poor lifestyle choices. We help our clients make better choices!

—Nicci Kobritz, President

*Chronic Disease Statistics in the US**

- 4 in 10 Americans have 2 or more chronic diseases
- Half of all Americans have Cardiovascular Disease
- 88 Million Americans have Pre-Diabetes | 90% do NOT know it
- Every 65 seconds someone is diagnosed with Alzheimer's disease

*American College of Lifestyle Medicine/Alz.org



Exercise– Sitting is the New Smoking!

Exercise has multiple mechanisms by which it promotes overall health, cognition and successful aging in place. Regular, significant exercise—combining aerobic and strength training—is one of the most important tools in the remediation of cognitive decline.

Everyone wants to know the best form of exercise for aging in place. Research is mixed, with aerobic exercise taking a slight lead over strengthening exercise, but both are vitally important especially as we age. The two different types of exercise activate different mechanisms, thus protecting against decline by different routes.

Steps to Get Started:

1. Increase movement throughout the day. Avoid sitting for extended periods. Look for opportunities to be active. Perform household chores with vigor. Always take the stairs in lieu of an elevator or escalator. Walk to your destination when possible. If you must drive, try to park as far away from your intended stop as possible to increase your overall activity level.
2. Take a daily walk, preferably outdoors. Research shows that spending time in nature confers healing properties. Work up to at least 30 minutes per day. Walk with a purpose with the intention of increasing your heart rate to derive optimal benefit. It's a good idea to vary your speed throughout your walk, with periods of running if you are able.
3. Adopt a strength training program 3-4 times per week. If you've never engaged in strength training before, consider working with a personal trainer to develop a personalized program for overall body strength, with a special emphasis on building leg strength.

TAKE A WALK

One of the best forms of exercise, that incorporates aerobic fitness with strength training (because it's naturally weight bearing) is simply walking. Try to incorporate a daily walk into your routine. Depending on your current fitness level, you may need to start slowly. That's okay. Always walk with a purpose, increasing the length of your walk by a few minutes a day until you reach 30 minutes or more.



How to Determine Your Maximum Heart Rate:

Subtract your age from 220.

For instance, if you're 60, subtract 60 from 220 to get a maximum heart rate of 160.

This is the maximum number of times your heart should beat per minute during exercise.

General Health Benefits of Regular Exercise

- Maintains a healthy body mass index (BMI)
- Improves insulin sensitivity
- Reduces insulin resistance
- Decreases systemic inflammation
- Improves blood pressure
- Reduces the risk for heart disease and stroke
- Increases blood oxygenation
- Generates ketones for fuel
- Increases mitochondria— the "batteries" of our cells
- Decreases stress and anxiety
- Enhances mood and sleep

Strong Legs = Better Balance

When developing a strength training routine, don't forget your legs. Multiple studies have found that leg strength is correlated with better balance. Squats are a simple leg strengthening exercise that use your own body weight. If your legs are weak, start in front of a chair so that you can sit down if necessary. Work up to 3 sets of squats with 10-15 repetitions, 3-4 days per week.



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nkobritz@youthfulaginghomecare.com |

youthfulaginghomecare.com