



September: Healthy Aging

All through history people have been trying to find the fountain of youth so that mankind could be forever young. Unfortunately, the process of aging is inevitable, but how well you age is up to YOU! Research studies have found a few simple healthy habits you can acquire that help preserve your wellness and longevity.



The healthcare system only plays a small role in our health; your own personal actions, environment, genes, and social factors determine the rest. Therefore, do not only rely on physicians when it comes to staying healthy and aging well. When it is not an emergency or serious health issue, doctor visits can often result in spending a lot of unnecessary time and money. The more you participate in maintaining your health, the more satisfied you are likely to be when you do receive care.

How to take charge of YOUR health? You are your best advocate so start by thinking about ways you can improve your health by changing your lifestyle. People who are physically fit, eat a healthy, balanced diet and take nutritional supplements can take 10-20 years off of their biological age (how well one functions, instead of chronological age).¹ Even though you have the majority of the control over your health, always contact your health care practitioner for an annual physical or whenever you have a concern about your health. Go to your appointments prepared with a list of your current prescriptions and non-prescriptions, a list of your health concerns and most importantly ask questions!²

Three Ways You Can Extend Your Life:

- Exercise Daily! Strive to complete 150 minutes of moderate-vigorous aerobic exercise a week, as well as 3 days of strength training a week.
- Eat a nutrient dense, anti-inflammatory diet and drink lots of water!
- Maintain relationships by engaging in meaningful community activities with family, friends or local events.

¹ www.primejournal.com

² www.dartmouth-hitchcock.org “Ten Tips for Healthy Aging”

Health Tip:

Another way you can be prepared and prevent the health ailments that accompany age is through online research. Knowing how to choose the proper website to trust with your health is key when using the Internet. **So how do you know if it is reliable?** A general rule of thumb is all websites that are sponsored by Federal Government agencies are good sources for information, as well as any well-known medical school. Here are a few of the most reputable sources listed below:

- Federal Government Agencies (www.usa.gov)
- National Institute on Aging (www.nih.gov)
- Medline Plus (www.medlineplus.gov)
- National Heart, Lung and Blood Institute (www.nhlbi.nih.gov)
- National Institute on Deafness and Other Communication Disorders (www.nidcd.nih.gov)
- National Institute of Dental and Craniofacial Research (www.nidcr.nih.gov)

As you do your research, it is inevitable that you will come across websites that are not well known. Therefore, ask yourself the following questions to determine if you can trust the website. Who sponsors/hosts the website? Is it clear how you can reach the sponsor? Who wrote the information? Who reviews the information? When was the information written? Is your privacy protected? Does the website offer quick and easy solutions? And, as always, use common sense and good judgment when researching information regarding your or someone else's health. The Internet is a wonderful resource but if you have any major concerns, troubling thoughts, or questions do not hesitate to reach out to your doctor or nurse advice line.

Exercise of the Month

The strongest evidence for both reducing mortality and for providing a wide variety of impactful health benefits lies in staying active through exercise and daily physical activity. To name a few of the advantages: fewer heart risks, less depression and pain, better strength, fewer falls, improved sleep, and less likelihood for high cholesterol, diabetes, dementia, osteoporosis or strokes. Each year, more than 2 million elderly Americans go to the Emergency Room because of fall-related injuries.

Strength training and balance exercises can help prevent falls by maintaining muscle, joint and ligament strength, bone integrity, and coordination.³

Try balancing on one foot by holding onto the back of a chair with only your fingertips, then balancing with no hands at all and eventually with your eyes closed. Additionally, test your balance by walking with high knees, Heel-to-Toe-Walks or taking a Tai Chi class.



³ www.go4kufe.nia.nih.gov "Improve your Balance"

Recipe of the Month



There is no diet that guarantees immortality, but there are certain nutrients that are effective at slowing down the aging process. Striving to eat an anti-inflammatory diet consisting of foods such as anti-oxidant rich teas, freshly caught fish, green leafy vegetables, berries and herbs will naturally slow aging. Turmeric is one of the anti-oxidant packed herbs that has been proven to cleanse the body and reduce inflammation. Try this yummy and effective Anti-Aging Coconut-Turmeric Smoothie Recipe and see if the sands of time start to slow down for you!

Anti-Aging Coconut-Turmeric Smoothie

Ingredients

- 1 cup hemp or coconut milk
- 1/2 cup frozen pineapple
- 1 frozen banana
- 1 Tbsp coconut oil
- 1/2 tsp turmeric (can be increased to 1 tsp)
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1 tsp chia seeds
- 1 tsp maca powder

Instructions

Blend all together and enjoy! Want added anti-oxidant benefits? Toss in a handful of your favorite berries before blending and take the anti-aging train to the next level.

**For more Health & Wellness information visit: www.4eap.com
Or Call for More Information: (800) 324-4327**