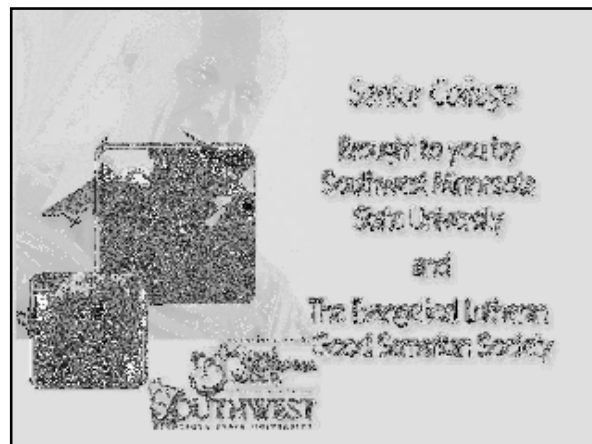
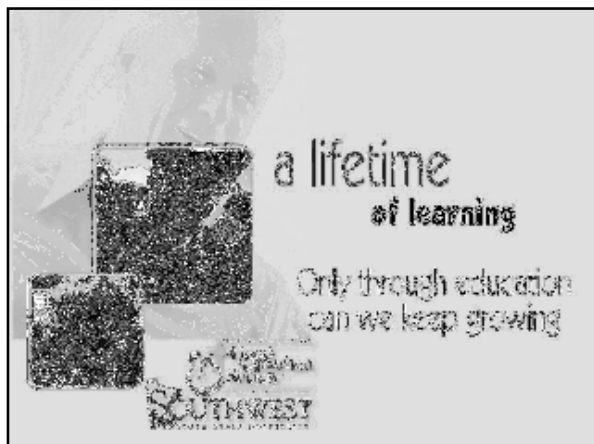



Wellness from Head to Toe
Laura Dressler
Senior College Spring 2012


Topics


1. Dimensions of Wellness
 - a. What is wellness and health
 - b. Areas of wellness including physical, emotional, social, spiritual, intellectual, vocational and environmental
2. Review of body systems and function
 - a. Look at the different systems in the human body, their structures and what the systems do for us
3. Our bodies as we age
 - a. What is "age"?
 - b. Compare "life expectancy" with "health expectancy"
 - c. Common conditions relating to body systems that affect seniors
4. Diet and nutrition
 - a. What is a nutrient?
 - b. Review of the necessary body nutrients for optimal health and which foods provide these nutrients
 - c. Look at the USDA's "My Plate" recommendations
5. The Magic Pill
 - a. Is there a "pill" for health?
 - b. Where do I get this pill?
6. Special Adaptations and Concerns with Senior Exercise
 - a. Look at safety guidelines and precautions with exercise programs for the senior population





	<p>Wellness from Head to Toe</p> <p><i>Class #1</i></p>  <p>Laura Dressler, Wellness Director Good Samaritan Society, Sioux Falls Senior Housing Senior College - Spring 2012</p>
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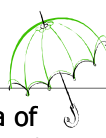
	<p>Topics</p> <ul style="list-style-type: none"> ■ Dimensions of wellness ■ Review of body systems and functions ■ Our bodies as we age ■ Diet and Nutrition ■ The "Magic Pill" for staying healthy ■ Special concerns and adaptations with senior exercise
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	<p>Why Wellness?</p> 
	<ul style="list-style-type: none"> ■ Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground..."








	<p>Why Wellness?</p> 
	<ul style="list-style-type: none"> ■ ...So God created mankind in his own image...male and female he created them. God blessed them...(and) saw all that he had made, and it was very good. Genesis 1:27-28, 31


	
<h2 style="text-align: left;">Why Wellness?</h2>	
<ul style="list-style-type: none"> ■ Do you not know that your body is a temple of the Holy Spirit within you whom you have from God? You are not your own for you were bought with a price. So glorify God in your body. I Corinthians 6:19-20 	

	
<h2 style="text-align: left;">Idea of Wellness</h2>	
<ul style="list-style-type: none"> ■ Wellness is defined as the quality or state of being in good health especially as an actively sought goal ■ Health is defined as the condition of being sound in body, mind or spirit; freedom from disease <small>Merriam-Webster Dictionary. http://www.merriam-webster.com/dictionary</small>	

	
<h2 style="text-align: left;">Idea of Wellness</h2>	
<ul style="list-style-type: none"> ■ Health falls under the umbrella of wellness and both are important for optimal body functioning ■ Medicine today is focused on prevention of chronic disease <ul style="list-style-type: none"> – Promoting the idea of overall wellness is a good way to prevent disease 	

	
<h2 style="text-align: left;">We want to maintain Independence</h2>	
<ul style="list-style-type: none"> ■ Capable of performing the day to day tasks of living: eating and drinking, going to the bathroom, bathing and self-grooming, transferring and moving about ■ Necessary in order to live independently: household maintenance (cleaning, laundry, etc), preparing meals, shopping, using stairs, driving 	

<h2 style="text-align: left;">Dimensions of Wellness</h2>	
<ul style="list-style-type: none"> ■ Physical  ■ Emotional  ■ Social  ■ Spiritual  	<ul style="list-style-type: none"> ■ Intellectual  ■ Vocational  ■ (Environmental – not abusing the earth and it's resources) 

<h2 style="text-align: left;">Physical Wellness</h2>	
<ul style="list-style-type: none"> ■ The overall condition of organ systems to optimally perform ■ Improved through building stamina, strength, endurance and flexibility 	
	

	<h2>Physical Wellness</h2>
	<ul style="list-style-type: none"> ■ Taking personal responsibility of your healthcare by better understanding your body and identifying signs or symptoms that aren't "normal" for you <ul style="list-style-type: none"> - Know your important health numbers like cholesterol levels, blood pressure, blood sugar levels - If abnormal, work to make improvements under clinician's recommendations



	<h2>Physical Activity versus Exercise</h2>
	<ul style="list-style-type: none"> ■ Both are actions that burn calories and work the body to improve your capability with daily activities ■ <u>Physical Activity</u> – gardening, walking the dog, taking stairs instead of the elevator ■ <u>Exercise</u> – weight training, yoga, aerobics class, swimming, jogging

	<h2>Improving Physical Wellness</h2>
	<ul style="list-style-type: none"> ■ Engage in regular exercise ■ Have an active lifestyle ■ Have regular medical exams <ul style="list-style-type: none"> - Follow recommendations ■ Get adequate sleep



	<h2>Emotional Wellness</h2>
	<ul style="list-style-type: none"> ■ When emotionally healthy, a person is more capable when dealing with stress and can better deal with both positive and negative thoughts and feelings. <ul style="list-style-type: none"> - Is more optimistic and accepting of feelings - Can better express feelings, not just hide them - Better able to adjust to change - Enjoys life even when it is frustrating




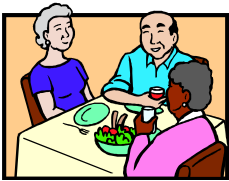
	<h2>Stress</h2>
	<ul style="list-style-type: none"> ■ Prolonged exposure to stress hormones, part of fight or flight system, can endanger health <ul style="list-style-type: none"> - Headaches - Ulcers and digestive issues - Increased heart stress - High blood pressure - Slowed wound healing - Increased general inflammation - Stress on the immune system




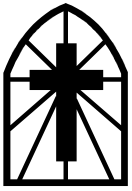
	<h2>Stress</h2>
	<ul style="list-style-type: none"> ■ Practice coping strategies such as time management skills, journaling, use of humor or mental relaxation, or improving your social support to decrease stress ■ Exercise releases endorphins, the "feel good" chemical to help counter stress ■ Belly laugh for 15 seconds each day





	Exercise
	<ul style="list-style-type: none"> ■ Possible 5 minute relaxation exercise 


	Social Wellness
	<ul style="list-style-type: none"> ■ Ability to interact with those around you is social wellness 


	Social Wellness
	<ul style="list-style-type: none"> ■ Ways to improve social wellness: <ul style="list-style-type: none"> – Respect yourself and those around you – Develop good communications skills – Generate meaningful relationships – Create a healthy support system of family and friends who are important to you 

	Spiritual Wellness
	<ul style="list-style-type: none"> ■ Having personal beliefs and values that give life purpose <ul style="list-style-type: none"> – Faith in triune God or a higher power 

	Spiritual Wellness
	<ul style="list-style-type: none"> ■ Being in a state of harmony with oneself and others while working to balance inner needs with the rest of the world. 

	Intellectual Wellness
	<ul style="list-style-type: none"> ■ Believing that learning is a lifelong endeavor <ul style="list-style-type: none"> – Expanding knowledge – Stimulating mental activity – Continually challenging oneself 

Intellectual Wellness
<ul style="list-style-type: none"> ■ How to improve intellect <ul style="list-style-type: none"> - Doing activities that use problem-solving skills - Reading - Staying knowledgeable with current events - Engaging in stimulating conversation 

Vocational Wellness
<ul style="list-style-type: none"> ■ Finding a balance between work and leisure is vocational wellness <ul style="list-style-type: none"> - Looking at different job options and finding the one that fits your lifestyle best - Doing what you love and loving what you do 

Scenario	
<ul style="list-style-type: none"> ■ Jim just retired from his job as in medical sales which he held for 42 years. ■ He is not used to being idle and tends to worry if he is not busy. ■ Jim's job brought opportunity to continually learn new ideas. ■ His parents had both died of heart issues by the time they were his age. ■ He does try to stay active and eat healthy. ■ Jim loves to socialize often. 	<ul style="list-style-type: none"> ■ His wife Sue has been a mother and housewife most of her adult life. ■ 8 years ago she started to volunteer at the local library because she loves to read books to children. ■ Sue's vision has progressively weakened in the past 6 months and she is borderline diabetic. ■ Sue is known at church as a wonderful bread maker and there is great demand for her baked goods.

Discussion
<ul style="list-style-type: none"> ■ What are the wellness concerns? ■ What would you suggest to Jim and Sue to improve their situation?


Some Issues		
<table border="0"> <tr> <td style="vertical-align: top;"> <p>Jim</p> <ul style="list-style-type: none"> ■ Stress of loss of job ■ Decreased learning ■ Wife is becoming frail and may lose independence ■ Genetics </td> <td style="vertical-align: top;"> <p>Sue</p> <ul style="list-style-type: none"> ■ Loss of volunteering and ability to bake ■ Health issues </td> </tr> </table>	<p>Jim</p> <ul style="list-style-type: none"> ■ Stress of loss of job ■ Decreased learning ■ Wife is becoming frail and may lose independence ■ Genetics 	<p>Sue</p> <ul style="list-style-type: none"> ■ Loss of volunteering and ability to bake ■ Health issues
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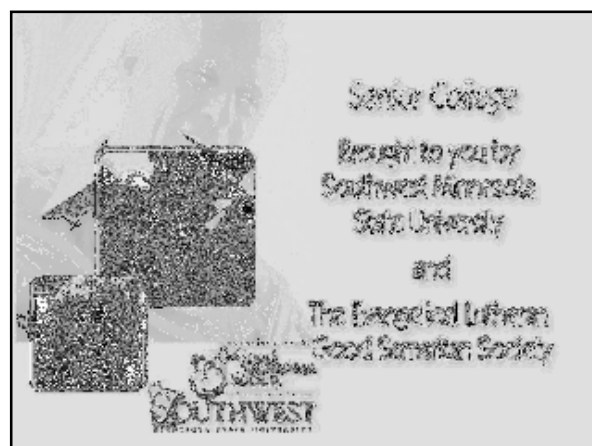
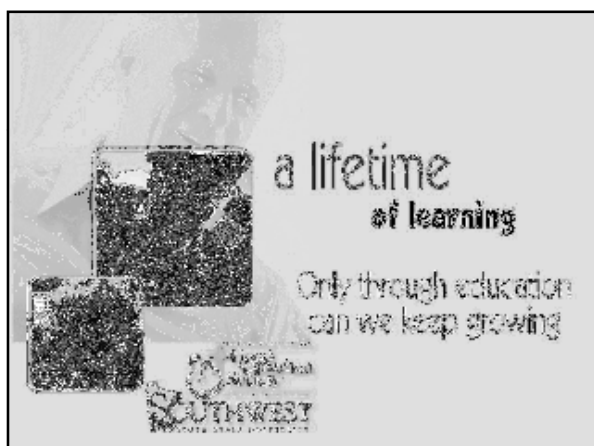
Some Options...you may have more		
<table border="0"> <tr> <td style="vertical-align: top;"> <p>Jim</p> <ul style="list-style-type: none"> ■ Continue with active lifestyle (encourage Sue) ■ Find way to stimulate learning ■ Practice stress relief ■ Volunteer ■ Keep social options open </td> <td style="vertical-align: top;"> <p>Sue</p> <ul style="list-style-type: none"> ■ Stay active ■ Find other ways to volunteer that don't require reading (story-telling?) ■ Teach someone her baking skills (Jim?) ■ Stay social ■ Books on tape </td> </tr> </table>	<p>Jim</p> <ul style="list-style-type: none"> ■ Continue with active lifestyle (encourage Sue) ■ Find way to stimulate learning ■ Practice stress relief ■ Volunteer ■ Keep social options open 	<p>Sue</p> <ul style="list-style-type: none"> ■ Stay active ■ Find other ways to volunteer that don't require reading (story-telling?) ■ Teach someone her baking skills (Jim?) ■ Stay social ■ Books on tape
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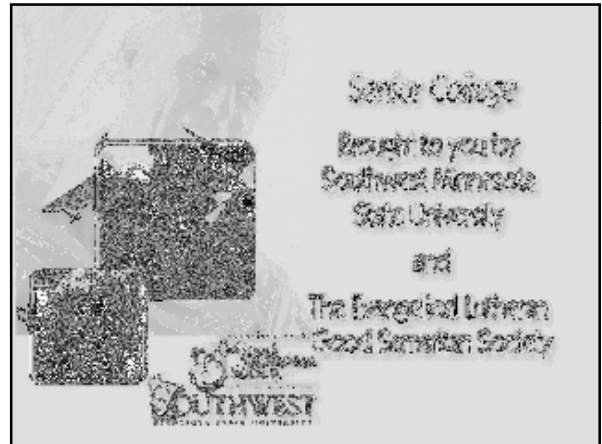
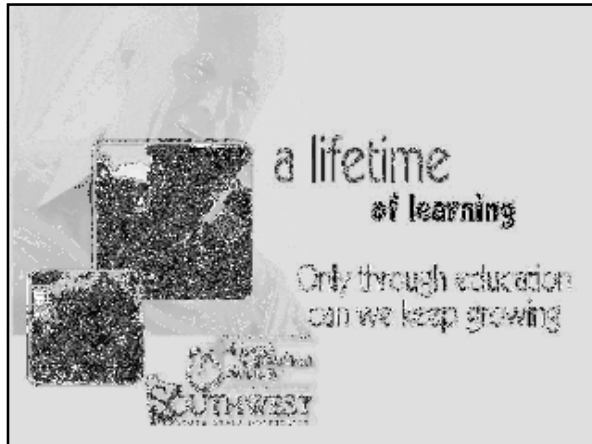
	<h3>General Health Promotion</h3>
	<ul style="list-style-type: none"> ■ Don't smoke. ■ Use alcohol in moderation, if at all. ■ Stay physically active. ■ Control body weight. ■ Eat regular meals, including a healthy breakfast and limit snacking.


	<h3>General Health Promotion</h3>
	<ul style="list-style-type: none"> ■ Sleep 7 to 8 hours a day. ■ Think safety to avoid accidents. ■ Foster meaningful relationships. ■ Accept change and challenges. ■ Keep a positive attitude.

	<h3>References</h3>
	<ul style="list-style-type: none"> ■ Alters, S and Schiff, W. 2006. <i>Essential Concepts for Healthy Living, 4th Ed.</i> Sudbury, MA: Jones and Bartlett Publ. ■ American Senior Fitness Association. 2009. <i>Senior Fitness Instructor Information and Instruction Manual.</i> New Smyrna, FL: ASFA.


	<h3>Wellness from Head to Toe</h3> <p>Class #1</p>  <p>Laura Dressler, Wellness Director Good Samaritan Society, Sioux Falls Senior Housing Senior College - Spring 2012</p>
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	<h2>Wellness from Head to Toe</h2> <h3><i>Class #3</i></h3>  <p>Laura Dressler, Wellness Director Good Samaritan Society, Sioux Falls Senior Housing Senior College - Spring 2012</p>
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	<h2>Topics</h2> <ul style="list-style-type: none"> ■ <i>Dimensions of wellness</i> ■ <i>Review of body systems and functions</i> ■ Our bodies as we age ■ Diet and Nutrition ■ The "Magic Pill" for staying healthy ■ Special concerns and adaptations with senior exercise
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	<h2>Why Wellness?</h2> 
	<ul style="list-style-type: none"> ■ Gray hair is a crown of splendor; it is attained in the way of righteousness. Proverbs 16:31 ■ Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. Isaiah 46:5

	<h2>How "old" are you?</h2> 
	<ul style="list-style-type: none"> ■ Definition of "to age" = to become old, show the effects or characteristics of increasing age <ul style="list-style-type: none"> – Chronological age (true age in years) – Functional age (how your body has aged) – Mental age (how old you feel and act)

Who is a Senior?

- Chronological age:
 - Middle Aged 45-64 years
 - Young-Old 65-74 years
 - Old 75-84 years
 - Old-Old 85-99 years
 - Oldest-Old 100 years and over



Life Expectancy

- Age 78.2 (men – 75.7, women – 80.6)
 - Hispanic > non-hispanic white > black
 - All groups are continuing to live longer
- Causes of death (chronic disease)
 - Most recent data from the CDC is 2009

Causes of Death 2009, CDC

1. Heart disease
2. Cancer
3. Respiratory disease
4. Stroke
5. Accidents
6. Alzheimer's disease
7. Diabetes
8. Influenza and pneumonia
9. Kidney Disease
10. Self-harm

Aging

- Look at **Health Expectancy** rather than **Life Expectancy**
 - How we can function physically, mentally and emotionally
 - Living a more "fit" or "healthy" life can help your body age slower and more gracefully

What happens as we age?

- Tissues harden and lose elasticity
- Lean body mass becomes less dense
 - Affects bones and muscles
- Cells lose ability to regenerate
 - Affects all systems, immunity
- Nerve cells which live our whole life don't function as well affecting sensation, movement and brain function

Frailty

- Being physically weak, often losing some physical function with some chronic disorder and/or disability
- Not all frailty is permanent
 - Surgery or illness
 - Exercise can counter some of the weaknesses



Causes of Frailty

- Medical condition or chronic disorder
- Loss of one or more senses
- Above with a new medical condition
- Changes in muscles, bones or joints
- Very old age
- Physical inactivity

Skin Disorders

- Skin becomes thinner and less elastic
- Bruising is easier, as is skin breakdown and tears
- Less oil is produced so skin is drier and more wrinkled
- Age spots are more common

Cardiovascular Disorders

- As we age, our heart becomes less efficient (must work harder)
- The vessels are less elastic and may develop deposits within their walls that slows blood flow



Cardiovascular Disorders

- Hypertension or hypotension (blood pressure)
- Coronary artery disease (affects the vessels directly to the heart)
- Disease to heart valves
- Heart failure
- Dysrhythmia (abnormal heart rhythms)
- Peripheral artery disease (vessels throughout the body)

Pulmonary Disorders

- Lungs tissues lose elasticity
 - COPD - chronic obstructive pulmonary disease (damage to bronchi and air sacs in lungs)
 - Pneumonia (bacteria, fluid in the lungs)



Musculoskeletal Disorders

- Bones shrink and become less dense, protective cartilage wears away, muscles lose strength and elasticity so that you may be less coordinated and lose balance



Musculoskeletal Disorders

- Arthritis (degeneration of the cartilage at the ends of the bones, joints)
- Degenerative disk disease (spine)
- Polymyalgia rheumatica (many...muscle...aches)
- Osteoporosis (porous bones that can predispose fractures)
- Degenerative joint disease (arthritis caused by wear and tear over time)

Metabolic/Endocrine

- The amount of hormone produced may decrease as well as the target organ becoming less sensitive to the hormone
 - Diabetes (inability of body to produce or respond to the hormone insulin)
 - Hypercholesterolemia (high cholesterol)

Gastrointestinal

- Mouth becomes more dry, less saliva that can predispose dental decay, teeth become more brittle
- Medications and medical conditions can predispose constipation or diarrhea
 - Dental disorders
 - Malnutrition
 - Incontinence

Genitourinary

- Lose of bladder control (incontinence) is common due to aging, obesity, chronic constipation, chronic cough and prostate issues in men
 - Urinary Tract Infection
 - Cancer

Hematologic/Immunologic

- Decreased ability to produce and maintain blood cells, greatly affects immune function
 - Anemia (low red blood cells/lack of ability to carry oxygen)
 - Leukemia and cancer

Neurologic

- Number of neurons in the brain decrease so memory worsens with age and it may take longer to learn new things





	Neurologic
	<ul style="list-style-type: none"> - Dementia <ul style="list-style-type: none"> ■ progressive and degenerative, loss of intellectual functioning ■ Alzheimer's disease (6th cause of death) - Stroke/Cerebrovascular disease - Parkinson's disease (degeneration of area of brain) - Multiple sclerosis (hardening of covering of nerves) <p>■ Depression is common</p>

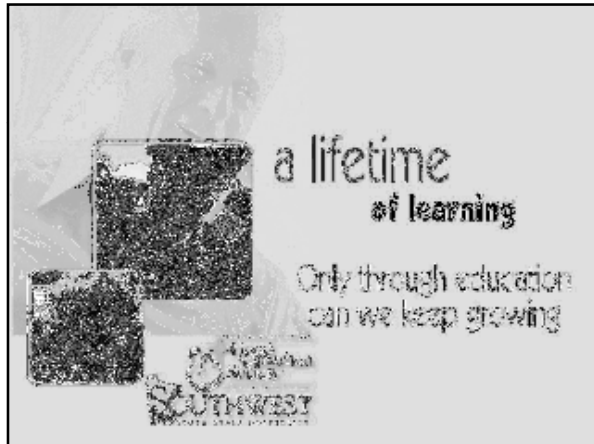
	Eye and Ear
	<ul style="list-style-type: none"> ■ There are less tears, tissues become thinner and less elastic so vision worsens <ul style="list-style-type: none"> - Cataracts - Glaucoma ■ Hearing dims and it may be harder to follow conversation in crowded areas or at extremes of frequency <ul style="list-style-type: none"> - Hearing disorders

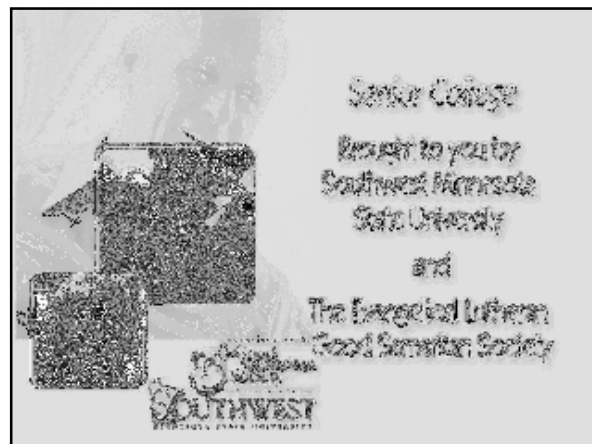
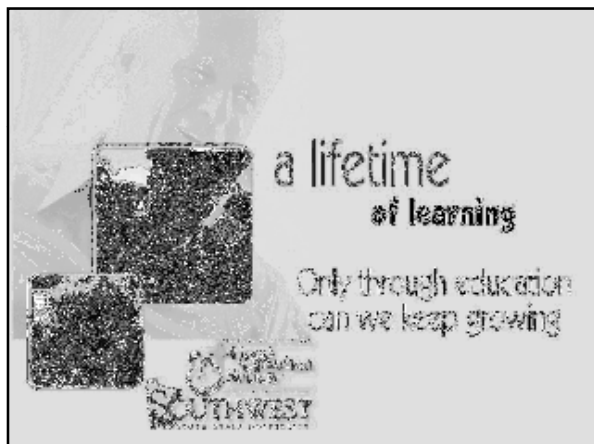
	Psychiatric
	<ul style="list-style-type: none"> ■ As overall body function and ability decreases, worry and anxiety are common, mental ability can deteriorate <ul style="list-style-type: none"> - Anxiety disorders - Hypochondria (preoccupation with disease) - Depression - Alcohol/substance abuse (sometimes is side effect of many medications that sedate)

	References
	<ul style="list-style-type: none"> ■ Martini, E.B. and Botenhagen-DiGenova, K.A. 2003. <i>Exercise for Frail Elders</i>. Champaign, IL:Human Kinetics. ■ American Heart Association. http://www.heart.org. ■ Center for Disease Control. http://www.cdc.gov/aging/ ■ Merriam-Webster Dictionary. http://www.merriam-webster.com ■ Mayo Clinic. What to expect as you get older. http://www.mayoclinic.com/print/aging/HA00040/METHOD=print


	<p>Wellness from Head to Toe</p> <p>Class #3</p> 
	<p>Laura Dressler, Wellness Director Good Samaritan Society, Sioux Falls Senior Housing Senior College - Spring 2012</p>








Wellness from Head to Toe

Class #4 


Laura Dressler, Wellness Director
 Good Samaritan Society, Sioux Falls
 Senior Housing
 Senior College - Spring 2012

Topics

- *Dimensions of wellness*
- *Review of body systems and functions*
- *Our bodies as we age*
- **Diet and Nutrition**
- The "Magic Pill" for staying healthy
- Special concerns and adaptations with senior exercise

Why Nutrition? 


- Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything. Genesis 9:3

Why Nutrition? 

- Go, eat your food with gladness, and drink your wine with a joyful heart, for God has already approved what you do. Ecclesiastes 9:7

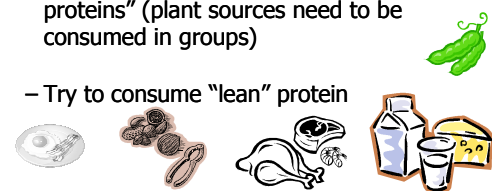
Purpose of Food - Nutrients
<ul style="list-style-type: none"> ■ Carbohydrates – provide energy ■ Proteins – build and maintain our structure ■ Fats – components of cells and stored energy ■ All of these nutrients have calories

Purpose of Food - Nutrients
<ul style="list-style-type: none"> ■ Water – components of cells and body fluids ■ Vitamins and Minerals – help our bodies function correctly and use other nutrients ■ These nutrients do not have calories

Carbohydrates
<ul style="list-style-type: none"> ■ Sugars and starches <ul style="list-style-type: none"> – Breads, cereals, pasta, rice – Fruit and vegetables – Fiber 

Carbs – what do they do?
<ul style="list-style-type: none"> ■ The body needs to maintain a certain level of sugar in the body. <ul style="list-style-type: none"> – Simple sugars are quickly taken from the gut to the blood stream – Complex carbohydrates (chains of sugars) need to be first broken down

Carbs - FIBER
<ul style="list-style-type: none"> ■ Found in whole grains, legumes, fresh fruits and vegetables (including skin) <ul style="list-style-type: none"> – Help reduce blood cholesterol levels, obesity, and may lower risk of type 2 diabetes – Aids in colon-rectal health – Help the stomach feel full earlier so quit eating sooner

Proteins
<ul style="list-style-type: none"> ■ Meats, Dairy, Nuts and Legumes <ul style="list-style-type: none"> – Only animal sources provide “complete proteins” (plant sources need to be consumed in groups) – Try to consume “lean” protein 

Proteins – what do they do?

- Proteins build lean tissues in the body (muscle, organs)
- If a body part is damaged or stressed, proteins help re-build the structure (lifting weights, injury)
- Can be used as energy

Proteins – more information

- Red meat is also a good source of iron which helps maintain the oxygen-carrying part of red blood cells
- Omega 3 Fatty Acids found in oily fish (sardines, salmon, trout) help reduce heart disease – eat 8 oz/week

Fats

- Butter, lard, oils
 - Saturated fats are usually solid at room temperature
 - Hydrogenated oils and trans-fats
 - Mono- and Poly-unsaturated fats are the “healthier” fats



■ Mediterranean Diet

Fats – what do they do?

- Part of cell structures
- Cushion for internal organs and under skin
- Stored calories

Vitamins and what do they do?

- Water soluble (B complex, C)
- Fat soluble (A, D, E, K)
- Generally help with metabolic functions and use of other nutrients

Vitamins – what do they do?

- Generally help with metabolic functions and the use of other nutrients
- Some prevent birth defects and aid immunity

• <http://www.ck-12.org/human/basics/vitamins/index.html>

	<h2>Minerals and what do they do?</h2>
	<ul style="list-style-type: none"> ■ Like vitamins, help with metabolic functions and with the use of other nutrients ■ Part of body structure <ul style="list-style-type: none"> – Bones – calcium – Hormones – iodine – Body fluid balance – sodium and potassium

	<h2>Minerals and what do they do?</h2>
	<ul style="list-style-type: none"> ■ Crucial for electrical impulses (muscle contraction and brain function) • http://www.cdc.gov/nutrition/everyone/basics/vitamins/index.html

	<h2>Empty Calories</h2>
	<ul style="list-style-type: none"> ■ Foods that have most calories from saturated fats and/or added sugars <ul style="list-style-type: none"> – Cakes, cookies, pastries, candies – Sodas, energy drinks, fruit drinks – Cheese, pizza – Ice cream, sausages and hot dogs ■ Can be ok in small amounts

	<h2>What am I to eat?</h2>
	<ul style="list-style-type: none"> ■ History of USDA's (US Dept of Agriculture) nutrition recommendations

	<h2>History of USDA's Food Guidance</h2>
	<p>The diagram illustrates the progression of USDA's food guidance from 1916 to 2005. It begins with the 'Food for Young Children' circular chart in 1916, which evolves into a circular chart in the 1940s. This leads to a vertical rectangular chart in the 1950s-1960s, followed by another vertical rectangular chart in the 1970s. The next stage is a pyramid-shaped chart in 1992, and finally, a complex, multi-layered chart in 2005.</p>

	<h2>What am I to eat?</h2>
	<ul style="list-style-type: none"> ■ 2011 – My Plate http://www.choosemyplate.gov/index.html


Recommendations from MyPlate

- Enjoy your food, but eat less, avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

Recommendations from MyPlate

- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.

Sample label for Macaroni & Cheese




<http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>

Look for Nutrient Dense Foods, Limit Empty Calories




Look for Nutrient Dense Foods, Limit Empty Calories



References


- Alters, S. and Schiff, W. 2004. *Essential Concepts for Healthy Living, 4th Ed.* Sudbury, MA: Jones and Bartlett Publishers
- U.S. Food and Drug Administration. Nov 2004. <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>
- CDC. Nutrition for Everyone. Feb 2011. <http://www.cdc.gov/nutrition/everyone/basics/vitamins/index.html>
- USDA. Center for Nutrition Policy and Promotion. Dec 2011. <http://www.choosemyplate.gov/>

**Wellness from
Head to Toe**





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a lifetime
of learning

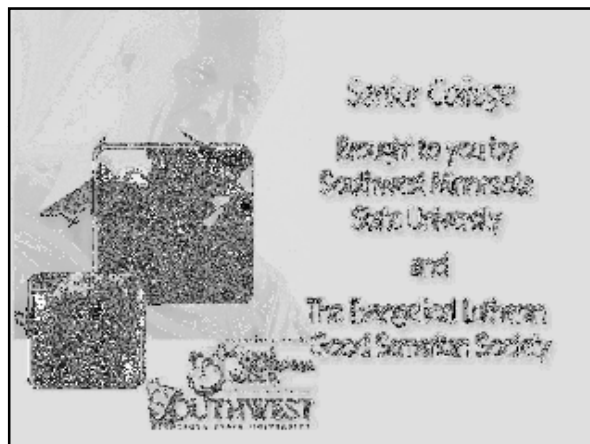
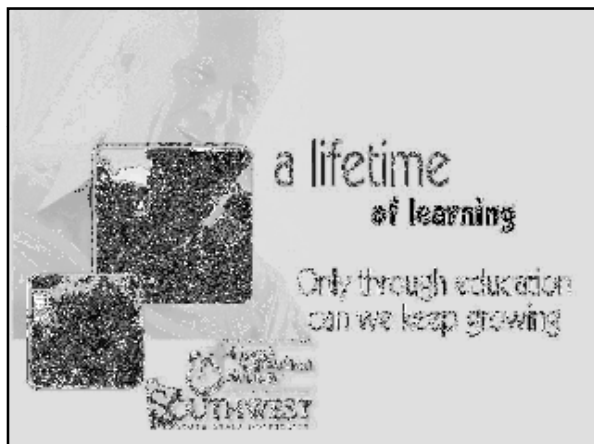
Only through education
can we keep growing



Senior College


Present to you by
Southwest Minnesota
State University
and
The Evangelical Lutheran
Good Samaritan Society







	<p>Wellness from Head to Toe</p> <p>Class #5</p> 
	<p>Laura Dressler, Wellness Director Good Samaritan Society, Sioux Falls Senior Housing Senior College - Spring 2012</p>

	<p>Topics</p> <ul style="list-style-type: none"> ■ <i>Dimensions of wellness</i> ■ <i>Review of body systems and functions</i> ■ <i>Our bodies as we age</i> ■ <i>Diet and Nutrition</i> ■ The "Magic Pill" for staying healthy ■ Special concerns and adaptations with senior exercise
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	<p>Why Wellness?</p> 
	<ul style="list-style-type: none"> ■ A healthy spirit conquers adversity Proverbs 18:14 ■ These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation; but be of good cheer; I have overcome the world. John 16:33

	<p>Lifestyle</p>
	<ul style="list-style-type: none"> ■ Lifestyle is a way of living and by living a healthy or positive lifestyle, you can dramatically lower your chances of developing some diseases. ■ Healthy versus unhealthy choices <ul style="list-style-type: none"> - To make positive changes, a habit takes about 2 weeks to form

	
<h2 style="margin: 0;">Genetics</h2>	
<ul style="list-style-type: none"> ■ One's genes can have a significant impact on how one ages + or - <ul style="list-style-type: none"> - Physical changes - Predisposition to disease - Lifespan ■ But lifestyle can either work with or against your genetics 	


	
<h2 style="margin: 0;">Is there a "Magic Pill" for Health?</h2>	
<ul style="list-style-type: none"> ■ What would it be worth? <ul style="list-style-type: none"> - The fountain of youth ■ How would it be marketed? ■ Who would receive it? 	


	
<h2 style="margin: 0;">The "Magic Pill" is...</h2>	
<ul style="list-style-type: none"> ■ Healthy Living & Exercise <ul style="list-style-type: none"> - Much less expensive and easier to access than you would think! ■ It's never too late to start to make positive changes that can have a great impact on your health 	


	
<h2 style="margin: 0;">The Ultimate "Magic Pill"</h2>	
<ul style="list-style-type: none"> ■ Get adequate sleep ■ Use good nutrition <ul style="list-style-type: none"> - VARIETY and MODERATION, limit processed foods, eat bright/deep colors, whole grain, lean proteins ■ Practice moderation in all aspects of life ■ Manage your stress 	

	<h2 style="margin: 0;">The Ultimate "Magic Pill"</h2>	
<ul style="list-style-type: none"> ■ Have an active lifestyle and exercise most days of the week ■ Maintain a healthy weight <ul style="list-style-type: none"> - Muscle mass (which needs more energy) decreases with age so you may need to eat less or exercise more to maintain your weight - Keep an eye on portion size 		

	<h2 style="margin: 0;">Physical Benefits of Exercise</h2>	
<ul style="list-style-type: none"> ■ Better regulated hormones such as glucose and adrenaline ■ Lowered blood pressure ■ Improved sleep and increased energy ■ Improved body image (increased lean body mass and decreased fat) 		


<h2>Physical Benefits of Exercise</h2>	
<ul style="list-style-type: none"> ■ Stronger bones ■ Improved digestion <ul style="list-style-type: none"> – Exercise is a natural laxative ■ Over time improved <ul style="list-style-type: none"> – Cardiovascular function – Muscle strength and flexibility – Coordination and balance 	

<h2>Social Benefits of Exercise</h2>	
<ul style="list-style-type: none"> ■ Self-sufficiency and independent living ■ Improved public image of seniors ■ Increased productivity and contributions to society 	

<h2>Social Benefits of Exercise</h2>	
<ul style="list-style-type: none"> ■ Opportunity to form new friendships ■ Reduced risk of premature withdrawal from society 	

<h2>Exercise Terms</h2>	
<ul style="list-style-type: none"> ■ Mode – the type of activity (walking, lifting weights, aerobic dance, chair exercises) ■ Intensity – how hard the activity is ■ Duration – how long the activity is to be done ■ Frequency – how often the activity is done ■ Aerobic – sustained rhythmic movement ■ Anaerobic – short quick movement, speed, power 	

<h2>Modes of Exercise</h2>	
<ul style="list-style-type: none"> ■ Aerobic training ■ Muscle strengthening <ul style="list-style-type: none"> – Power and endurance ■ Flexibility ■ Balance and agility 	

<h2>Magic pill for Heart</h2>	
<ul style="list-style-type: none"> ■ Exercise daily (aerobic is best) ■ Eat plenty of fruits, vegetables and whole grains ■ Quit using tobacco 	
	

Magic pill for Heart

- Limit saturated fats and cholesterol
- Decrease stress



Magic Pill for Bones and Muscles

- Get plenty of vitamin D and calcium
- Weight bearing exercises such as walking and strength training increase bone density and muscle strength
- Maintain a health weight
 - Excess weight is hard on joints (even though it may strengthen bones)

Magic Pill for Bones and Muscles

- Strong muscles better protect bones and joints from trauma (falls)
- Do functional movements that enhance everyday movements like sweeping the floor, reaching, dancing

Magic Pill for Digestion


- Eat a variety of foods including fruits, vegetables and whole grains
 - Fiber
- Drink plenty of water to prevent constipation


Magic Pill for Digestion

- Be active every day
- If you take medications that affect your digestion, talk to your doctor about other possible options

Magic Pill for Urinary and Reproductive System

- Urinate more often
- If overweight, lose weight
- Strengthen the pelvic floor with Kegel exercises if recommended by your doctor

<h3>Magic Pill for Memory</h3>	
<ul style="list-style-type: none"> ■ Exercise regularly ■ Eat a healthy and varied diet ■ Do activities requiring learning and memory or those that utilize current skills ■ Stay positive and remain social 	

<h3>Magic Pill for Eyes and Ears</h3>	
<ul style="list-style-type: none"> ■ Keep regular checkups with doctors <ul style="list-style-type: none"> – Wear appropriate glasses and/or hearing aids as determined by doctor ■ Protect eyes from the sun ■ Protect ears from loud noises 	

<h3>Magic Pill for Dental Health</h3>	
<ul style="list-style-type: none"> ■ Brush your teeth twice daily and floss your teeth at least once daily ■ Regularly see a dentist (at least yearly) and dental hygienist 	

<h3>Magic Pill for Skin</h3>	
<ul style="list-style-type: none"> ■ Bathe in warm, not hot water ■ Use mild soaps and lotions ■ When outside protect this skin using sunscreen and clothing ■ Quit smoking 	

<h3>I'm not close to a gym...what do I do</h3>	
<ul style="list-style-type: none"> ■ Increase moderate activity level by expanding your leisure opportunities <ul style="list-style-type: none"> – Walking or biking to see the area or run errands – Window shopping or looking at antiques 	

<h3>I'm not close to a gym...what do I do</h3>	
<ul style="list-style-type: none"> – Dancing – Gardening – Taking up a sport hobby like golf or tennis – Collecting items that require you to get out of the house like leaves, flowers or stamps – Doing a craft 	

Walk!

- **Walking** is a great exercise.
 - Start with 2-5 minutes if you aren't active
 - Try to work up to walking a mile every day
 - Once you feel comfortable, you can increase distance and/or time to continually challenge yourself

Benefits of Walking

- Improved lean body mass
- Increased energy
- Improved fitness level and cardiovascular health
- Decreased stress and tension
- Improved muscle tone
- Increased ability to perform activities of daily living
- Decreased risk for age-related disease

References

- Center for Disease Control. <http://www.cdc.gov/aging/>
- Mayo Clinic. What to expect as you get older. <http://www.mayoclinic.com/print/aging/HA00040/METHOD=print>
- Medline Plus. Seniors <http://www.nlm.nih.gov/medlineplus/seniors.html>

Wellness from Head to Toe



Class #5



Laura Dressler, Wellness Director
 Good Samaritan Society, Sioux Falls
 Senior Housing
 Senior College - Spring 2012

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	<h2>Why Wellness?</h2> 
	<ul style="list-style-type: none"> ■ Strengthen the feeble hands, steady the knees that give way. Isaiah 35:3 ■ Do not cast me away when I am old; do not forsake me when my strength is gone. Psalm 71:9


	<h2>Who is a Senior?</h2>
	<ul style="list-style-type: none"> ■ Chronological age: <ul style="list-style-type: none"> – Middle Aged 45-64 years – Young-Old 65-74 years – Old 75-84 years – Old-Old 95-99 years – Oldest-Old 100 years and over 


	<h2>Assessing Fitness by Function</h2>
	<ul style="list-style-type: none"> ■ Physically dependent – needs help with activities of daily living ■ Physically frail – can do some light activities and may or may not be homebound ■ Physically independent – can do some physical work, participates in mild recreational activities, likely to drive


	<h2>Assessing Fitness by Function</h2>
	<ul style="list-style-type: none"> ■ Physically fit – can do moderate physical work and some endurance sports (bicycling, swimming, walking) ■ Physically elite – has rare physical ability for competitive sports 


	<h2>Medical Clearance</h2>
	<ul style="list-style-type: none"> ■ Men over age 40 and women over age 50 should consider pre-exercise medical approval from their doctor on an annual basis <ul style="list-style-type: none"> – May include exercise stress test – Physician may encourage all or some, or may exclude certain activities for your own safety 

	<h2>Environment for Exercise</h2>
	<ul style="list-style-type: none"> ■ Adequate space for body movement and exercise equipment ■ Well lit area, minimized glare and good acoustics ■ Temperature between 68-72 degrees F. ■ Sturdy, supportive shoes ■ Most seniors should use the bathroom prior to exercise

	<h2>Basic Safety Guidelines</h2>
	<ul style="list-style-type: none"> ■ Warm-up routine for 5-15 minutes to gradually increase circulation and heart rate and ready the body for activity ■ Cool-down for 5-15 minutes to lower heart rate and stretch muscles after the main activity 


	<h2>Basic Safety Guidelines</h2>
	<ul style="list-style-type: none"> ■ Breathe naturally and regularly during exercise <ul style="list-style-type: none"> – Holding breath can increase blood pressure and intracranial pressure 

	<h2>Basic Safety Guidelines</h2>
	<ul style="list-style-type: none"> ■ Stop exercise if (and may need to contact doctor): <ul style="list-style-type: none"> – Dizziness – Extreme shortness of breath – Queaziness or nausea – Shakiness 

	<h2>Precautions for Aerobic Exercise</h2>
	<ul style="list-style-type: none"> ■ Breathe naturally and regularly. ■ Stand tall as you walk or sit to improve posture  <ul style="list-style-type: none"> ■ Keep fists loose, not tight ■ If doing standing activity, don't bounce


Precautions for Stretching

- Stretch slow and steady, don't bounce
 - Try to hold for at least 10-15 seconds and repeat a couple times
- Don't force a motion, just work within your body's ability, don't lock your knees straight




Spine Issues

- Maintain a straight spine
- Don't move backwards beyond "neutral"
- If standing, have something nearby to hang on to
- Don't strain the back by attempting an exercise that is too hard



Precautions for Walking




- Walk at a pace where you can maintain posture
- Use a support (cane or walker) if needed
- Walk at a comfortable speed

Work Within Your Ability




Balance

- Start with seated and/or supported exercises before moving to standing ones
- Always have something able to hold on to



Protecting your Joints

- Use only pain-free motion
- With a squat, make sure you can see your toes



My Joints Pop and Crack... is this OK?

- Grinding, popping, snapping or crunching can be due to rough cartilage covering bones.
- Motions should be limited somewhat so that the joint doesn't make these noises (especially if it is a weight bearing joint – hip, knee,)
- It's still important to work motion of joints, but this should be done in non-weight bearing positions (seated or reclining).

Precautions with Strength Training

- Only use resistance that you can comfortably lift
 - Bands, hand weights, machines, body weight
- Use smooth slow motion
- Exhale as you lift
- Maintain good posture



Additional Areas to Consider

- Seated versus standing exercise
- Posture
- Balance training
 - Examples
- Duration and intensity of exercise
 - Poor to fair fitness level (frail)
 - Average fitness level
 - Good to excellent fitness level
- Recovery and prevention of overtraining
- Water exercise
- Sample warmup

Precautions for exercise in the heat

- Acclimatize
- Wear light colored, loose-fitted clothing that allows evaporation of sweat
- Drink plenty of fluids (also after exercise)
- Take regular breaks in a cool environment
- Stop activity if you don't feel well

Precautions for exercise in cold weather

- Wear warm hat, gloves and socks
- Cover nose and ears with scarf if windy
- Dress in light insulating layers that can be removed if necessary
- Stay dry (remove sweaty or wet clothing)
- Take rest breaks as needed

References

- Special thanks to my co-worker TC Fraser, and to my Mom and Dad LeRoy and Lorene and my nephews Alec, Cole and Brady for help with this presentation.
- American Senior Fitness Association (ASFA). 2009. *Senior Fitness Instructor Information and Instruction Manual*. New Smyrna, FL: ASFA.
- Janie Clark. 2006. *Quality of Life Fitness, Designing Exercise Programs for Older Adults*. New Smyrna, FL: ASFA