

Staying fit as we age should be a top priority, but is it? As we age, it gets more and more difficult to keep up with our body's physical and psychological needs. We all know that we have to work at it or it doesn't get done! It gets easier and easier to sit back and say, "I'll start it tomorrow," and tomorrow passes by and nothing has been accomplished. It is so important to do self-care, both physical and psychological. So take that step into wellness and feel better inside and out about yourself.

Motivation

Motivation and willpower are key factors. If motivation and willpower aren't there, it's easy to just let things pass you by. If possible, try finding a friend or family member to help encourage and motivate you through your fitness program; you may find greater success. Studies have shown that when we have connections with other people, we have a greater sense of purpose, and that can help us feel more motivated to take better care of ourselves. Remember that motivation is the desire and will to do something, so let's do this! Don't procrastinate and worry that you can't do enough, just do what you can, and that will be good enough. Keep in mind that we aren't out for perfection; we're out for improvement in our health. Motivation is different for everyone, so take the time to find out what can help you get up and get going to increase your drive for a fit you!

Goals

Put into place some specific goals and get started on the road to a healthier you! Your goals should be specific and realistic to be achieved by and for you. It's better to start small and attain success than to set yourself up for failure. Be realistic and start out slow; by working with smaller goals it will strengthen your expectations toward achieving greater aspirations. Be time specific also in your goals; choose a time to meet your goals and evaluate your success. Continue to evaluate your goals regularly and readjust them if you find the need to!

Exercise

Choose an exercise program that is right for your body, your abilities and your interests. Make sure you have your doctor's approval of any exercise and fitness program before you start. Keeping in mind that a little exercise is better than no exercise at all, many simple things that you can do for anything but your time. So now you're don't have." Well, this is where it gets can improve your health as you age. If you minutes are better than nothing - remember - Make the effort to stand more than sitting extra steps, a little goes a long way and they do add up. On the average we walk between three and five thousand steps daily. Try to move the numbers up as you can to ten thousand, if possible. Using a pedome-



you don't have to join a gym; there are your better health that won't cost you saying to yourself, "that's the one thing I tough. You must make the time so you can't spare 30 minutes at a time, five or ten ber, small amounts of time do add up. and walk as much as you can. Take the

Exercise (continued from Page 1)

ter is a great way to see your improvement in steps. Your fitness program can be low impact and low potential risk of injury and be just as successful and beneficial to your better health. Make sure you allow time for rest and recovery throughout your program. Regular moderate exercise improves your stamina, energy, and mood and also improves your self-confidence and self-esteem. Keep active and stay engaged. Studies have shown that adults that don't exercise are at greater risk for depression. Our self-care should be a valuable part of each and every day; consider it as a daily maintenance.

Your exercise program should include cardiovascular and strength training:

Cardiovascular exercise is when the body's large muscles move in a rhythmic manner for sustained periods of time, as in walking, jogging, swimming, dancing or biking. These exercises increase your breathing and heart rate to improve the health of your heart, lungs, and circulatory system. Each individual is different; consult your doctor as to setting up a program that is right for you. Average cardio workouts can range from 30 minutes of moderate intensity exercise five days a week to more, depending on your overall health. If you need to break it down to 10 minute sessions that is fine, they all add up. Do not exercise to the point of pain!

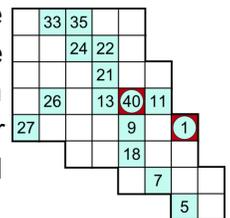


Strength or resistance training includes exercises that cause your muscles to hold or work against a force or weight. This training increases both muscular strength and endurance. This is also important for your bone health. As we age bone density decreases, putting us at a higher risk for fractures. Weight bearing exercising bone density. Strength training bands, weights and strength training



equipment. Older men and women are also at risk for osteoporosis. Another benefit of strength training is that the more muscle mass you carry, the more calories you burn at rest. So, if you weight train regularly, you burn more calories even when you are not working out!

Mental exercise is just as important. Research has proven that cognitive changes are normal with aging. Reaction time and working memory are both affected as part of the normal aging process. Learning new skills and challenging yourself with new adventures can stimulate and support brain function. Using your problem-solving skills with puzzles and other challenging games and activities can actually stimulate the development of new neural connections to support brain functioning.



Sleep is very important for better health. Studies have proven that sleep deprivation reduces your concentration, working memory and logical reasoning and also contributes to poor decision making. If you are one of those who thinks 5 or 6 hours of sleep a night is all you need it has been proven over and over again that it's not so. Lack of sleep can also have long-term effects. Did you know that sleeping less than five or six



hours a night can increase risks of coronary heart disease and maybe even diabetes along with mental health issues? If you make the effort and strive to get a good eight hours of sleep a night you will have better health and feel better. Sure there are those who say they do just fine with only a couple hours of sleep, but science has proven over and over again that it takes a toll on the mental and physical well-being of our bodies. Your body can adapt to a regular fixed time for bed as long as you stick to it. Try to avoid caffeine and alcohol four to six hours before bed time. Avoid exercise before bed, unless it's a relaxing exercise or yoga to calm you down, as this can also affect your sleep time.

Stress

Stress hormones also can make you more prone to short- and long-term illnesses. They can also have a negative effect on your weight and decision making abilities. Stress can elevate your heart rate, blood pressure and respiration. Stress can play a big factor in insomnia, digestive upset and emotional irritability. When we experience stress over a long period of time, it can lead to chronic health issues. Find what

stress management tools work well for you. Everybody deals with stress in his or her own way; become aware of what triggers your stress and use healthy coping techniques to manage and care for yourself as you age. There are many relaxation therapies that you can try to help reduce stress including Yoga, meditation, and breathing exercises.

Nutrition

A well balanced diet is very important to our overall health and wellness as we age. Forget the junk food and strive for a well-balanced diet with whole natural foods with fresh fruits and vegetables if possible. Try to stay away from processed foods. Staying hydrated with plenty of fresh water is a must.



Staying Fit as We Age

Getting enough sleep, managing your stress, regular exercise program and a healthy diet, you're on your way for a better wellness as you age. Let's focus on a positive outcome, healthy aging and the decision to get you there. Remember to keep a positive outlook, set realistic goals and reward yourself for the accomplishments you have made. Satisfaction will lead you to even more success. Fitness is an ongoing process

as we age. Stick to your goals and expand on your successes. How well we care for ourselves now has a major impact of our health and well-being in the future. You can have the impact to improve your fitness as you age. Health and fitness are important and you must be the one to put it into practice! What does healthy aging mean to you? Challenge yourself in a safe way.

Keep in mind

- * Use a positive approach and remain optimistic
- * Set goals that are realistic
- * Find joy in your fitness program
- * Keep track of your success
- * It is an ongoing process
- * Reward yourself

Home Study Evaluation

Training Title: Staying Fit as You Age

Date: _____

- | | |
|--|--|
| <input type="checkbox"/> Direct Support Professional | <input type="checkbox"/> Provider Administrator/Supervisor |
| <input type="checkbox"/> Program Specialist | <input type="checkbox"/> Provider Clinical Staff |
| <input type="checkbox"/> Consumer/Self-Advocate | <input type="checkbox"/> Family Member |
| <input type="checkbox"/> Support Coordinator | <input type="checkbox"/> Support Coordinator Supervisor |
| <input type="checkbox"/> PCH Staff/Administrator | <input type="checkbox"/> County MH/MR/IDD |
| <input type="checkbox"/> FLP/LSP | <input type="checkbox"/> Other (please list): _____ |

Please circle your PRIMARY reason for completing this home-study training:

- It's mandatory interested in subject matter need training hours convenience

Please circle the best response to each question.

5 = Strongly Agree 4 = Agree 3 = Undecided 2 = Disagree **1 = Strongly Disagree**

- | | | | | | |
|---|---|---|---|---|---|
| 1. As a result of this training, I have increased my knowledge. | 5 | 4 | 3 | 2 | 1 |
| 2. I learned something I can use in my own situation. | 5 | 4 | 3 | 2 | 1 |
| 3. This training provided needed information. | 5 | 4 | 3 | 2 | 1 |
| 4. The training material was helpful and effective. | 5 | 4 | 3 | 2 | 1 |
| 5. Overall, I am satisfied with this training. | 5 | 4 | 3 | 2 | 1 |
| 6. I am glad I completed this training. | 5 | 4 | 3 | 2 | 1 |

Suggestions for improvement: _____

Additional information I feel should have been included in this training: _____

I would like to see these topics/conditions developed into home-study trainings: _____