

TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic - 100 Old Billerica Rd., Bedford, MA 01730

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Let's Move!!!

By Carl Virusso, DC, Chiropractor

We can all benefit from exercise and it doesn't have to be boring or take a long time each day.

According to the CDC and World Health Organization guidelines, there are three options for adults over 65 to improve their health and stay healthy. The first option is to include at least 150 minutes of moderate aerobic activity such as cycling or walking every week, (that is only about 20 minutes per day!)

Examples of moderate aerobic exercises are walking, water aerobics, dancing, bike riding or volleyball.



The recommendations also include strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

We can strength train by using either free weights such as dumbbells, machines, Therabands and body weight exercises like yoga.

The second option is 75 minutes of vigorous aerobic activity every week. Examples include fast walking or jogging, fast swimming and hiking uphill.

The strength exercises are the same as described previously.



The third option is a mix or combination of moderate and vigorous aerobic activity along with strength training two days per week.



Circuit training, which is a combination of various exercises with little rest in between exercises, can count as both an aerobic activity and muscle strengthening activity.

There are many health benefits to include aerobic exercises and strength training on a regular basis.

Aerobic exercise, for any age group according to the Mayo Clinic, has been shown to help people lose weight, increase stamina, boost your immune system, lower blood pressure, strengthen your heart and it can improve your good cholesterol (HDL) levels while lowering the bad cholesterol (LDL) levels.

Strength training will help to increase muscle size and endurance, increase bone density to help with osteopenia and osteoporosis and reduce the risk of falls. Having stronger muscles will also make it easier to carry groceries, lift objects and make daily activities a little easier.

Exercise has also been shown to reduce the signs and symptoms of chronic diseases such as heart disease, arthritis and Type II diabetes. There have also been improvements noted to the quality of sleep as well as a reduction in symptoms of depression.

Be sure to check with your physician before starting any exercise routine.

There are many fitness classes available at Carleton-Willard for Residents of all abilities. You can see what is available by contacting the Fitness Center.

And remember to keep moving!



Health Education Lecture

**Dr. Delia Sang will present:
“Update on Macular
Degeneration”**

Dr. Sang is a well-known Boston ophthalmologist associated with Vitreoretinal Consultants of Brookline.

**Please join us for this lecture on
Friday, March 17
in Auditorium Center
3:30pm - 4:30pm**

Smart Pre-Exercise Snacking

If you start exercise low on fuel, you could end up feeling weak...or you may simply feel hungry, making it hard to focus on your exercise. Unnecessary snacking before a workout may make exercise uncomfortable and add calories you don't need, counteracting the calorie burn of your physical activity.

Carbohydrate-rich foods should be the main focus of pre-exercise snacks... balanced with protein and fat. "Including a bit of protein, fat and/or fiber in a carbohydrate-rich snack helps with satiety and helps prevent a big blood sugar spike followed by a drastic fall during exercise,"

says Jennifer Sacheck, PhD, an associate professor at Tufts' Friedman School who specializes in physical activity research. The addition of protein to snacks eaten before strength training also may promote muscle recovery after your workout.

Low-fat yogurt, cheese sticks, nuts, seeds and canned seafood in single-serve packs are quick sources of protein and healthy fat. Opting for whole grains or whole fruit is an easy way to get carbohydrate with fiber.

Excerpt from Tufts Health & Nutrition Letter, March 2017