

TO YOUR HEALTH

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

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SPRING TRAINING

by Barbara Chenoweth, NP

Some shocking facts about exercise, or the lack of it, may not hold true for many of the Carleton-Willard Village exercisers but read on. According to the *Washington Post*, (March 12, 2013), only 11% of people over the age of 85 engage in any regular exercise. Fewer than 15% of people 65 or older do any regular strength training. The article goes on to say that at this age the muscles begin to decline in "mass and strength contributing to the most troubling and preventable conditions of old age."

Research repeatedly has demonstrated that exercise and muscle strengthening can double and triple strength, regardless of age. It can improve balance thereby reducing falls and injuries. Simple weight-bearing exercise also prevents "sarcopenia," muscle wasting and weakness, that can lead to osteoporosis, falls, obesity, difficulty climbing stairs and rising from a chair as well as lower tolerance for heat and cold.



The Centers for Disease Control and Prevention defines moderate-intensity exercise as activity that burns approximately 150 calories a day, (*Johns Hopkins Medicine Health After 50*, December 2012). The following are examples of activities that qualify:

- Walking 3 miles per hour or faster
- Walking 100 steps per minute; start with 1,000 steps/10 minutes
- Bicycling at 10 miles per hour
- Water aerobics
- Doubles tennis
- Ballroom dancing



It is recommended that a person work-out in these ways for 30 minutes a day for five days a week or 150 total minutes. Shorter bursts of 10 minutes can be done three times a day and can accomplish the same benefits.



Just as important as weight-bearing, aerobic exercise is strength training. Moreover, recent research has shown that light weights, lifted more times, can be just as effective as heavier

weights, (*Duke Medicine*, July 2012). This can be a relief to some who imagine having to lift heavier and heavier weights to reach a strengthening goal. There are many options for strength training, often called *resistance training*, that include:

- Exercising with elastic tubing
- Exercising with free weights
- Using your body weight to build strength (push ups, sit-ups, pull-ups)
- Weight machines

Strength or resistance training has been associated with improvement in memory and problem-solving for those with *mild cognitive impairment*, (*Mind, Mood & Memory*, MGH, October 2012). Most sources recommend training twice per week for a half hour or an hour. It is best to allow a day or two in between work-outs.



Knowing and understanding the benefits of exercise do not always lead to actual exercising. Planning to begin an exercise program, even with the best of intentions, can result in delays, excuses and other distractions. Mentally preparing by setting a begin date for a few weeks ahead of time can be helpful. The goal is to form the "exercise habit," integrating exercise into one's life, a forever commitment.

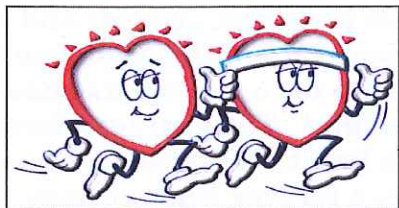
Dr. Lauren Pollak, PhD, a clinical neuropsychologist at MGH Psychology Assessment Center suggests:

10 WAYS TO FORM THE HABIT

- Start small by setting modest, short-term, achievable goals.
- Keep it simple by beginning with accessible exercise such as going to the Fitness Center/gym or walking.
- Choose a form of exercise that you like.
- Find someone to exercise with who you enjoy and who can help keep both of you on an exercising schedule.
- Schedule wisely at a time that is least likely to interfere with the rest of your life.
- Commit to a specific schedule for a specific period of time, four weeks for example, and stick with it.
- Start slow and build capacity, starting at 10 minutes and gradually increasing to 20, then 30 minutes.
- Track your progress and reward yourself for achieving small goals.
- Defeat boredom with variety. Try replacing walking with dancing or swimming.
- Don't stop. Try to continue to exercise even when you are on vacation or visiting another city. If you interrupt your exercise routine for too long, it can weaken, or worse, break your habit.

(Mind, Mood and Memory, MGH, June 2012.)

Join the healthy exercisers; use Spring Training like the baseball teams do to get into shape for the new season! Staff members of the CWV Fitness Center are ready to help you meet your goals. A simple phone call can be the beginning! Do it now!



Over cherry blossoms
white clouds
over clouds
the deep sky

over cherry blossoms
over clouds
over the sky
I can climb on forever

once in spring
I with god
had a quiet talk

-Shuntaro Tanikawa

ANNOUNCEMENTS

APRIL HEALTH EDUCATION PANEL

Please join Marcia Feldman, Palliative Care Coordinator, and Barbara Chenoweth, NP for a presentation and panel discussion on "End-of-Life Choices," on Wednesday, April 3, 2013 at 10:30am in Center Auditorium.

A NEW DERMATOLOGY NURSE PRACTITIONER IN APRIL

The Clinic is happy to announce that Danielle Raja, NP will be providing dermatology services at the Clinic. She works in collaboration with Dr. Peter Muz, our previous dermatologist. They both are associated with Adult & Pediatric Dermatology in Concord. Danielle received her Bachelor's in Nursing from the University of Cincinnati and her Master's from Simons College. She has had several years experience as a nurse practitioner as well as in the specialty of dermatology.

She will be available for appointments at the Clinic on the fourth Thursday of the month between the hours of 1:20pm-4:00pm. Please call the Clinic to schedule an appointment.