

January 2019

HEALTHY RECOMMENDATIONS AS WE AGE

1. KEEP MOVING

Current Recommendations: 150 minutes moderate exercise per week.

- Walk, bicycle/exercycle, swim, climb stairs
Government recommendations July 2018
Improves quality of sleep; improves executive function for period of time; improves memory, reduces risk of depression
reduces symptoms of anxiety
May have greater effects with moderate to vigorous activity.
Prolongs life. Improves quality of life
Get out of the chair and walk
Watch less television
Fitness app. Iphone step count. FitBit
Set up a routine on a daily and weekly basis
Cost-effective local gym or health club
Walk in the mall//bad weather options
Can be done in 10 minute increments
Get creative and keep moving
- Stretching: Definitely important to decrease risk of injury
Lower and upper extremity
Central core and spine
- Strength Training: Personal coach if needed.
Upper and especially lower extremity program with core
3X/wk may be optimal
Start slowly and progress carefully
Listen to your body. Pain not okay

2. IF IT HURTS, GET A DIAGNOSIS AND TREATMENT

- Obviously, problems more common as we age
- Knee, hip, and spine problems need assessment and often treatment
- Ignoring these issues not a good approach. Get an answer and do not allow to slow you down if possible

3. NUTRITION IS IMPORTANT. AVOID OVERWEIGHT/OBESITY

- 73% of Americans
- Significant mobility and health risk
- Diabetes Risk

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--Talk to your doctor and get a nutrition consult and follow-up

4. **GENERAL HEALTH**

- Average male age 65 lives to 85.6 yrs. Woman: 87.6
- See your primary care physician/internist as recommended and follow through with care
- Alcohol is a potential risk factor
- Stress and Anxiety: Get care as needed
- Depression: Get care
- Isolation/Loneliness
- Volunteer as interested. Giving back is very positive
- Financial literacy important to well-being
- Debt an increasingly common problem for boomers; get help and get a plan.

5. **EDUCATE AND GIVE BACK**

- Talk to children and others. Show by example benefits of living healthy
- Especially discuss risks of lack of moving and overweight/obesity with children and family.
Tell them: Keep moving and don't gain weight
- An incredible gift to children: Help them start their ROTH IRA as a teen
Tell them you will match 50% of their deposits for 10 years as you are able.