

Strength training

Exercise is important, even in your golden years. If you become inactive, you will lose flexibility endurance and strength. Your metabolism will slow down and you may gain some weight.

Before you start any program make sure to check with your doctor first!



Weight training is not dangerous for older people as long as you take a few precautions.

- Ask your doctor for clearance
- Take advice about medications. Diabetics using drugs or injectable insulin may need adjustments.
- Drink sufficient fluids -- more if it's hot.
- Stop if something hurts -- other than the discomfort of muscular effort.
- Start slowly and work up to heavier weights and more repetitions to suit your existing level of fitness and capability.

While exercising remember:

- Don't hold your breath during strength exercises. This could affect your blood pressure.
- Use smooth, steady movements to bring weights into position. Avoid jerking or thrusting movements.
- Avoid locking the joints of your arms and legs into a strained position. Breathe out as you lift or push a weight and breathe in as you relax. (cont'd on pg 2 - Strength)

Eat Smart, Think Smart

Want to be more mentally alert? The right fruit and vegetable combinations can help you think more clearly —especially if those combos are raw, with their nutrients intact, says AARP health and fitness ambassador

Martina Navratilova.

Some examples:

- Add veggies to everything. For example, augment spaghetti sauce with green peppers, spinach, or zucchini, or throw chopped broccoli onto wild rice.
- Put crunch into your sandwiches with dark green lettuce, tomato, and cucumber.
- Keep raw vegetables on hand to eat as snacks or with meals. Serve them alone or with fat-free dips or hummus.
- Add at least one large salad to a daily meal. Use a variety of dark, leafy greens and a light olive oil dressing.
- Experiment with several raw food recipes each week.

FEATURED PRODUCT

As people age, their metabolism changes and they begin to burn fewer calories. In older folks, the body seems to sense a decreased need for calories, subsequently people tend to lose interest in food. Not having companionship during mealtime, little mobility to go grocery shopping, dental problems that interfere with chewing, and medications may also lead to disinterest in food.

Health & Home Solutions

offers a variety of delicious supplements to help Seniors maintain proper nutritional health.



***Don't count the days,
Make the days count!***

Nurse's Corner

HEALTHY SKIN CARE

Skin is a large part of our bodies that, often, has not been given the respect that it deserves. Skin is an organ system that has many functions. One very important role is that of protection of our body. It is important for our overall general health and fitness to keep our skin in good condition. Skin cannot be too dry or too moist, and we must avoid prolonged pressure to any one area of our bodies. Each extreme can have harmful effects. Skin must be properly cared for in order for it to remain a first line of defense for us.

Our products, at **Health & Home Solutions**, are designed to protect the skin, whether it be a garment that keeps moisture away from the skin, or a cleansing product or barrier cream. We have a complete line of products that include nutritional supplements. Our catalog lists products that will serve your personal care needs and we are also available on the internet. I look forward to your calls in order to discuss your specific needs and how together we can assist you in keeping your skin healthy.

Strength (cont'd)

- Muscle soreness lasting a few days and slight fatigue are normal after muscle building exercises.

Strength training works well when done two or three times per day for 30 to 40 minutes in the privacy of your own Home.

Arm Raises

Sit in a chair with your back straight. Keep feet flat on the floor even with your shoulders. Hold hand weights straight down at your sides with palms facing inward.

Raise both arms to side, shoulder height. Hold the position for 1 second. Slowly lower arms to the sides. Pause. Repeat 8 to 15 times. Rest. Do another set of 8 to 15 repetitions.

Note: Start without weights, and as you gain strength you can add weight in increments of 1 or 2 pounds. Cans of soup make a good substitute for weights.

Bicep Curls

Sit in armless chair. Keep feet flat and even with shoulders.

Hold hand weights at sides, arms straight, palms facing toward your body.

Slowly bend one elbow, lifting weight toward chest. Be sure to rotate palm to face shoulder while lifting weight.

Hold position for 1 second. Slowly lower arm to starting position.

Repeat with other arm. Alternate until you have repeated the exercise 8 to 15 times on each side.

Rest. Then do another set of 8 to 15 alternating repetitions.

Chair Stands

Place pillows against back of chair.

Sit in middle or toward front of chair, knees bent, feet flat on floor.

Lean back on pillows in half-reclining position, keeping your back and shoulders straight.

Raise upper body forward until sitting upright, using hands as little as possible, or not at all. Your back should no longer lean against the pillows.

Slowly stand up, using hands as little as possible.

Slowly sit back down. Keep back and shoulders straight throughout exercise.

Repeat 8 to 15 times. Rest. Then repeat 8 to 15 times more.

Did you know?

Peel a banana from the bottom and you won't have to pick the little 'stringy things' off of it. That's how the primates do it.



Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.



To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat



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"The handle on your recliner does not qualify as an exercise machine."



Whether they answer to Fido or Fluffy, pets aren't just companions, they become true members of our family. But unlike some relatives, our pets are natural stress-busters who help keep us young at heart by keeping us fully engaged in life. Ever wonder about the different ways those furry friends can benefit your health? Here are 5 amazing ways pets keep us young at heart.

- 1. Daily exercise.** Taking your dog for a daily walk means you get a daily walk, too.

- 2. Fight depression.** A University of Kentucky study presented in 1987 found that pet owners had greater levels of overall happiness than non-pet owners. .

- 3. Establish a schedule.** Feed the cat. Walk the dog. Clean the litter box. Pets require daily care.. Having a to-do list for your pet gives you tasks to do every day and keeps you busy.

- 4. Laughter.** Pets are like furry comedians; they keep us laughing and bring joy to our lives.

- 5. Lower blood pressure.** Therapy animals are used to help lower blood pressure and stress. Owning a cat or a dog is like having your own personal therapy animal by your side 24/7.