

# Golden Topics

Presented by the experts at Wexner Heritage Village



## Celebrate Healthy Aging Month

The U.S. Department of Health and Human Services recognizes September as Healthy Aging Month. There are simple things we all can do to age gracefully and healthily!

The body loses four elements through normal aging which can be prevented, or at least held at bay: **flexibility, strength, endurance and balance.**

We can maintain our strength, flexibility, endurance and balance with a **regular exercise program** which incorporates an **aerobic** component and an **anaerobic** component. In other words, part of the program should involve taxing your heart and making you breathe hard (aerobic) and part of it should involve weight training of some type which taxes your muscles (anaerobic). Almost any exercise will suffice as long as you do it **at least 3 times per week for 30 minutes** for the rest of your life.

Some of the best exercises include walking, doing tapes in front of the TV, swimming, racquetball, Tai Chi, Yoga, step machines, treadmills or elliptical trainers. It may help to change your routine periodically to prevent boredom. Join-

### Quick Facts

Keep mentally, socially, physically and financially fit at any age with these healthy tips!

- Exercise for 30 minutes at least three times per week
- Contribute to your community through volunteering
- Stay in close contact with family and friends. Make it a goal to call, write or email someone every day.
- Keep your mind exercised by reading or working puzzles
- Develop a new hobby. It's never too late to learn.
- Keep track of your financial goals and be sure to save
- Invest primarily in secure plans that guarantee a return
- Watch out for scams that try to prey on retired individuals. Never put money into something that sounds too good to be true.

Source: [www.healthyaging.net](http://www.healthyaging.net)

ing a gym and doing exercises in conjunction with others helps to motivate and is a good way to make friends.

Another important tip for healthy aging is to maintain good body tissue by **drinking plenty of water.** All of our muscles, nerves, tendons, skin and internal organs need water to remain supple and function properly. This includes the bowel and bladder which tend to develop problems as we age. Many of these problems can be

prevented or delayed by just drinking enough water daily.

Be sure to consult your doctor to help determine the best exercise and nutrition programs for you!

*Contributing to this article: Marianne Oliver, director of Rehabilitation Services at Wexner Heritage Village. She is a licensed physical therapist and graduate of The Ohio State University with extensive geriatric therapy experience.*



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