



## “Add Life To Your Years” ... Active People Enjoy Life More!

**Fact:** As you age, people lose muscle mass and strength, flexibility and bone.

**Fact:** The resulting frailty leads to a loss of mobility and independence.

These facts may sound discouraging, but they can be countered by another fact. Regular participation in aerobics, strength training and balance/flexibility exercises can delay and even prevent a life-limiting loss of physical abilities into one’s 90s and beyond.

**Your mantra needs to be “stay active, stay active”!**

Regular exercise helps control blood pressure, body weight and cholesterol levels, and cuts the risk for hardening of the arteries, heart attack and stroke. It conditions muscles, tendons, ligaments and bones

to help fight osteoporosis, keep your body more limber and stabilize your joints thus lowering the risk of everyday injury. It also improves digestion and is good for managing lower back pain, arthritis and diabetes. Regular physical activity helps you maintain your independence. And recently, there has been more research that suggests an active lifestyle lowers risk of some cancers. But perhaps the best reason for incorporating regular exercise into your life is that you’ll feel better. Exercise helps you sleep better, manage stress better and gives you more energy to enjoy work & play.

A good exercise program includes cardiovascular exercise, muscular conditioning and flexibility exercises. The best non-jarring cardiovascular exercises are swimming, cycling, ellipticals and walk-

ing. Start with a light regime and gradually build up to a total of at least 30 minutes of activity most, if not all, weekdays.

Strengthening exercises such as lifting light weights help to maintain your muscle mass and promote bone health. Since muscle mass is directly related to how many calories your body burns each day, resistance training is important for weight management. Strong leg and hip muscles help to reduce the risk of falls. Aim to participate in resistance training at least two days per week making sure to exercise all major muscle groups through a full range of motion.

Be sure to add stretching and balance to the mix. Tai Chi will improve your balance.

Most important is to start — now!

### June Medical & Fitness Seminars



#### Improving The Quality Of Your Life

By Dr. Dennis Sagini, Joint Implant Surgeons of Florida

Dr. Sagini specializes in arthritis of the hand, nerve compression, muscle and tendon injury, fracture care and upper extremity dysfunction.

Monday, June 8 at 6:30 pm  
2nd Floor Conference

**Please register for seminars at the front desk or call 573-4800.**



#### Staying Active This Summer

By Jarvis Jolly, Exercise Spec. & Personal Trainer

Mon, June 22 at 11 am &  
Thur, June 25 at 5:30 pm

2nd Floor Conference Room

#### On The Calendar:

- June 8 —Medical Seminar
- June 22 & 25 —Fitness Seminars
- June 4—On The Go 12 noon at Twisted Lemon on Pine Island Road.