

» Exercising Through The Ages..

Did you know that we become less active as we age?

Over the past 30 years, people are living longer than they ever did before, and with the population growing older, age-related changes in health are more apparent.

The Surgeon General has declared that a sedentary lifestyle is hazardous to your health. Recently, the American Heart Association has added lack of physical activity to its list of preventable risk factors for coronary heart disease, which is the #1 killer of people over age 65. As we age, here are some of the physical changes we face:

- Decreased muscle strength and flexibility
- Decreased motion in our joints (feeling less limber)
- Decreased bone density (increased risk of osteoporosis)
- Increased risk of heart disease
 - Increased heart rate
 - Increased resting blood pressure
- Decreased sense of balance and increased risk of falls



With all these changes, it may seem like a losing battle. But wait... there is a way we can turn back the clock. Or at least slow it down..

YOUR SOLUTION - EXERCISE

Exercise has been shown to keep older people healthier as they age. Some noticeable benefits of exercise include:

- Increased bone strength (don't forget to include your daily dose of calcium)
- Increased physical work capacity (one's ability to perform physical work)
- Increased joint range of motion
- Improved sense of well being
- Increased muscular strength and flexibility
- Increased circulation
 - Decreased resting heart rate and blood pressure
- Improved balance and decreased risk of falls
- Improved glucose regulation (very favorable for diabetics)
- Improved sleep patterns and levels of anxiety



The result is a healthier you. If you are an older adult, exercising will help you with daily activities such as walking in the grocery store, lifting grocery bags, going up and down stairs, and much more. Many studies have shown that exercise contributes to longevity, even for someone who goes from being inactive to being slightly more active. So why not start exercising now! Better late than never.

Exercise can also help balance problems, arthritis, type II diabetes, coronary artery disease, hypertension, osteoporosis and obesity. These benefits are just the tip of the iceberg.

» Commit To Being Healthy!



Remember, almost everyone will benefit from increasing their activity level. It's important to choose an exercise program that will be interesting and enjoyable, and that fits into your daily activities. The most appropriate exercise program for you will take your unique requirements, and medical history into consideration.

Start slowly and gradually build up to the prescribed exertion level. **This is exactly what we help you with.** We teach you to always listen to your body. We help you recognize warning symptoms like dizziness, fainting, or pain or pressure in your chest. **We always monitor you, and are committed to your progress. We set individualized goals for you, and empower you with the tools to achieve them.**

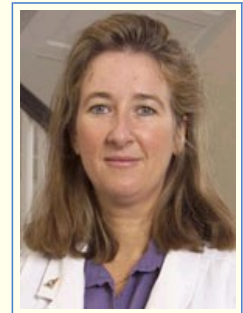
» Motion Is The Key..

To improve aerobic conditioning, here are some recommendations. Please note that these are general recommendations, and your specific situation will vary, based on the results of our evaluation. **As part of our commitment to your health and safety, we strongly recommend an approval from your physician before you begin any exercise program.**

- Duration: 20-30 minutes
- Frequency: 3-5 days a week
 - If you are not used to exercising, you may begin with short periods of exercises, followed by

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Francine Noel-Ford, DPT

[Back to Basics Family Physical Therapy](#)

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Patient Testimonial

My whole experience with back to basics was a success. It was not that I was skeptical or cynical, I just didn't know what to expect and I was enlightened. When I came I could not walk up a flight of stairs without pain and pulling myself up most of the way. Imagine my horror when I saw those "grand stairs" going to the second level my first visit. But on my second visit I was able to walk up the grand stairs with minimal discomfort and no pulling myself up. R. Creasy.

Do you need **Physical Therapy**?

If you have any of the following **conditions we can help!**

Tendonitis/ Bursitis
Sprain/ Strain
Jaw, Neck, or Back Pain
Tension Headache
Pelvic Pain/ Incontinence
Lymphedema
Trigger Points

Pre/ Post Surgical Protocols

Most Insurances Accepted!

ANNOUNCEMENTS

Hope everyone is having a healthy, happy, and safe summer!

Starting mid September we will be starting our Pre and

resting periods, and spread it throughout the day. **Call us and we will help you plan this.**

- Intensity: If working at a moderate level of intensity, and still able to carry on a conversation, you are working in a safe range. **Consult us today for a prescribed safe heart rate range for you.**
- Type of exercise: aerobic, repetitive in nature exercise
 - Examples: walking, water aerobics, bicycling, gardening, dancing, playing golf (if you leave the cart behind), or yoga.

Include a 10-minute warm-up, then the activity/sport, and a 10-minute cool-down. A cool down or recovery period is important to minimize muscle soreness. For your warm-up or cool-down, simply practice the activity at a very low intensity, or walk at a comfortable, relaxed speed. Consult your healthcare professional and your physician before beginning any exercise program to determine a safe range for you. Exercise can be the key that allows you to achieve a higher level of fitness, which can maintain or increase daily function.



The old saying “No Pain, No Gain” is not true. If a movement / exercise causes pain, stop and consult your health care professional! Consult your physician if you experience chest pain, dizziness, cold sweats, extreme breathlessness, or very rapid heart rate that lasts longer than five to 10 minutes after stopping activity.

Moderate exercise is beneficial for everyone, no matter what age! **Call us today and we will determine the most effective exercise plan and design it specifically for you.**


Post Natal classes. Please call 985.0500 to sign up and for information.

REFER A FAMILY MEMBER OR FRIEND AND RECEIVE A FREE 1/2 HOUR GIFT CERTIFICATE FOR A MASSAGE!

(MUST BE A PREVIOUS PATIENT)



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