

“The air soft as that of Seville in April, and so fragrant that it was delicious to breathe it.”
~ Christopher Columbus – (1451 – 1506) Italian explorer, navigator, and colonist

Plant The Seeds Of Better Health This Spring



Spring, a time for renewal, and is also a great time to get back to renew your dedication to eat better and stay in shape throughout the year.

If track and field or the blacktop for fun and healthy competition. Play to win this season, and fuel your game with healthy eating. You may build habits to help you move more, eat better and stay in shape throughout the year.

Are you thinking of spring cleaning, spring planting and all the outdoor activities that you have not been able to do over the past months. Springtime is an opportunity to focus not only on planting a garden but also the seeds of better health.

Did you slip into unhealthy habits this winter? Challenge yourself to better health this spring. Make realistic and gradual changes to improve your diet and physical activity level.

Want to learn more? Find healthy tips in “*Fit and Fabulous As You Mature*” a free publication of from National Institutes of Health (NIH): WWW.WIN.NIDDK.NIH.GOV/PUBLICATIONS/MATURE.HTM and for more

facts and advice at WWW.WIN.NIDDK.NIH.GOV

Stretching Tips for Seniors

As a senior, joint flexibility is one of the keys to living a healthy, active and independent lifestyle for as long as you can. While your joints may have stiffened over the last few years, it is never too late to start a stretching program to get back some of the flexibility lost. Without the intervention of a stretching program, muscles will keep getting shorter and continue to lose their elasticity. Stretching can reduce back and neck pain, improve posture and relieve pain caused by arthritis.

While there are several different types of stretching, the ones seniors should focus on are static and dynamic.

1) Static vs Dynamic: *Static stretching* is preferred for lasting muscle length and soft tissue flexibility. It places a reduced load on a muscle, but for a longer period of time. The muscle is slowly extended to its fullest length and held there for 10 to 30 seconds.

Dynamic stretching increases range of motion by placing a greater load, but for a shorter period of time. The muscle is still stretched (but at a faster rate) to its fullest length and held there, but for a shorter amount of time, usually 2 to 5 seconds. It more replicates muscle movement when that muscle is in use.

However, because “muscle bouncing” is more of a danger with dynamic stretching, static is a safer choice as far as minimizing the risk of an injury in seniors. If a dynamic stretching program is used to increase joint flexibility and range of motion, only do it on muscles that have been warmed up prior to stretching.

While stretching is commonly used as part of both pre- and post-workout training programs in younger adults, stretching is the whole exercise program for many seniors.



2) How Often Should I Stretch?: After muscles are warmed, by doing a mild cardio exercise such as walking, stretch each major muscle group 3 to 5 times holding each stretch for 10 to 30 seconds. To maintain flexibility, stretching should be performed 2 to 3 days per week. For maximum, flexibility stretch 4 to 5 days per week.

3) Sample Stretches

Lower Body:

Hip Extension – Stand while holding onto the back of a chair for stability. Extend one leg backward in a sweeping motion keeping your knee straight. Return to the starting position. Repeat 10 times with each leg.

Ankle Circles – Sit in a chair with your feet flat on the floor. Lift your right foot up bending at the knee. Rotate your foot in a circle 20 times. Change the rotation direction and move in a circle 20 times again. Repeat with other ankle.

Upper Body:

Bent Over Rows – From the standing position, hold onto the back of a chair with one hand for support. With your other arm fully extended downward and holding a light weight in that hand, pull that arm up and back bending at the elbow until the upper arm is parallel to the floor. Repeat 10 times before switching arms.

Overhead Press – Seated in a chair with a light weight in each hand (chest level), ensure your arms are bent at the elbow. Forearms are perpendicular to the floor. Push the weights straight up until arms are fully extended. Hold for a second or two before lowering the weights back down to the starting position. Repeat 10 times.

Weights can be a bottle of water, unopened soup can or light dumbbells as required. Increasing and maintaining flexibility makes everyday tasks easier along with being less painful.

Dieting vs. Metabolism Boosting: Which is Best for Weight Loss?

When it comes to weight loss, there are generally three schools of thought. The *first* is extreme dieting. This involves strictly following the instructions of the latest dieting trend to make headlines. The measures are extreme, and the results are generally short lived. The *second* is balanced dieting – controlling your calorie intake against the amount of calories you burn during the day. Creating a calorie deficit is said to result in weight loss. The *third* is metabolism boosting. Your metabolism is the process by which your body turns food into energy. A slow metabolism leads to your body storing food as fat, while a fast metabolism burns through food more quickly. So which approach is best?



1.) Extreme dieting is nonsense. You might see short term results, but it is generally completely unsustainable. Put it out of your mind.

2.) Balanced dieting vs. working on your metabolism? Proponents of both are often quick to disparage the benefits of the other. The reality is a balanced diet and boosting your metabolism really go hand in hand. Keeping both in mind is the best way to approach weight loss.

There are many ways to boost your metabolism, but the most important is to make sure you are eating enough of the right foods. Severely reducing your calorie intake slows down your metabolism, making weight loss even more difficult. In order to lose weight, you need to maintain your calorie intake. This is being aware of just how many calories you are taking in, and how you are getting them. By substituting fatty, high calorie foods for greater portions of healthy, low calorie foods, you will speed up your metabolism and lose weight more quickly.

Another aspect of dieting and metabolism is exercise. Aerobic exercise burns calories, but by increasing your heart rate you can encourage your metabolism to work faster, greatly increasing the benefits. A good way to increase heart rate is to introduce high intensity periods to your exercise. Joggers can break out to a sprint and walkers can increase to a jog —30 seconds every few minutes.

The truth is there is no definitive answer to the question of dieting vs. metabolism. A balanced diet (not a severe calorie cutting diet) will naturally improve your metabolism. Similarly, foods and activities to boost your metabolism will result in a more balanced diet. The key is in understanding your body. Understand the foods it needs and what positively impacts your metabolism. Keeping both in mind can you see sustained, permanent weight loss.

Keeping Spring in Your Step: Reasons To Exercise After Age 50

For many, growing older seems to involve an inevitable loss of strength, energy and vigor—but that need not be, says the Centers for Disease Control and Prevention (CDC). Frailty and decreased energy associated with aging are largely due to muscle loss due to inactivity. And when it comes to muscle, the old saying is true: “Use it or lose it.”



WHAT TO DO: One of the best ways to keep muscles healthy and strong, the CDC advises, is through exercises called strength training.

WHY DO IT: Regular strength training builds bone, muscle and helps to preserve strength, independence and energy. These exercises are safe and effective for women and men of all ages, including those not in perfect health. In fact, people with health concerns, such as arthritis or heart

disease, often benefit the most from lifting weights a few times each week. Strength training can also reduce the signs and symptoms of:

- **Arthritis**—reduces pain and stiffness and increases strength and flexibility.
- **Diabetes**—improves glycemic control.
- **Osteoporosis**—builds bone density and reduces risk for falls.
- **Heart disease**—reduces cardiovascular risk by improving lipid profile and overall fitness.
- **Obesity**—increases metabolism, which helps burn more calories and helps with long-term weight control.
- **Back pain**—strengthens back and abdominal muscles to reduce stress on the spine.

What’s more, studies have shown that people who exercise regularly sleep better and have less depression, more self-confidence and self-esteem, and a greater sense of well-being.

Fortunately, strength training exercises are easy to learn, and have been proven safe and effective through years of thorough research. What’s more, you may be relieved to learn, there are ways to train without undo strain, aches and pains.

ADVICE:

- A few minutes (2-3 times a week) to maintain general fitness. 3 or 4 five-minute bursts of activity such as walking or stair climbing.
- 2-3 more minutes a day for yoga breathing and movements for body maintain balance, usable strength, flexibility and muscular restoration.
- Another few minutes every day and before any vigorous exercise doing calf stretches and forward bends.
- Stay hydrated before, during and after your workout.
- Reduce risk of muscle soreness after exercise; consider massage, Epsom salts bath or intermittent hot and cold showers, and proper stretching and cooldown.
- Signs you should look for alerting you to rest your muscles and avoid overtraining are a higher than normal resting heart rate, disrupted sleep due to an elevated heart rate, muscle cramping and muscle twitching. All signs of muscle strains and pulls.
- Eat right. In addition to lots of fruits and vegetables and a few lean meats, consume foods with magnesium, which helps fight inflammation, and with vitamin B12—especially if you’re over 50—such as fortified cereals. Drink three cups of fat-free or low-fat milk throughout the day or consume the equivalent in yogurt, cheese or other dairy products. Consider an anti-inflammatory diet—cut out sugar, potatoes, tomatoes and eggplant.
- Topical pain relievers such as creams, gels and patches work locally. Lidocaine is a highly effective pain reliever and its unique non-narcotic and nonaddictive properties make it a benign alternative to opioids, without the risks and devastating side effects of opioids.”

Ask the Doctor...



2019 Body & Face Makeover Series:

How Does Exercise Affect Metabolism?

Your metabolism is like a woodstove. When you put a log on the fire, the fire gets hotter and produces more heat. Once that log is consumed, the fire dies down to just coals until you add another log. Overall when you exercise, your metabolism works harder to provide more energy to your muscles. But the type of exercise you do makes a difference as to how hard your metabolism works.

Before we get into the specific as far as the types of exercise that makes your metabolism work the hardest, let's first talk about the three types of calorie-burning processes:

1) Resting Metabolic Rate (RMR): This is the rate your metabolism works while sitting, sleeping, standing, etc. It accounts for about 75% of the time your metabolism is working and for the most part is a fairly constant rate until you eat or exercise.

2) Thermal Effect of Food (TEF): Once you have something to eat, your metabolism kicks into TEF mode to digest and process the food just consumed. This accounts for about 10% of the time during your day. Eating six small meals per day, keeps the TEF going at a steadier rate than does three meals per day, which causes a more cyclic up-and-down rate; because you always have some food in your stomach, your metabolism stays in TEF longer.

3) Physical Activity Energy Expenditure (PAEE): Once you start exercising, you are burning more energy than with the other two methods, so your body has to work harder to keep up with the increased energy requirement. Washing dishes, walking up stairs, doing laundry, etc. all qualify as exercise, as does a workout, and thus will kick your metabolism into PAEE mode.

What Type of Exercise Will Make A Difference?

While exercising in general does affect the PAEE of your metabolism, different types of exercise affect it more than others. For instance, it is easy to accept you burn more calories running for 20 minutes than you do walking for the same amount of time. Both use the same large lower muscle groups, but at different rates.

However there is a big difference in your PAEE between cardio and strength training. There is even a difference between the types of cardio. Low intensity and endurance training focuses more on burning fat instead of glucose stored in the muscles.

But high intensity interval training (HIIT) and weight lifting, the focus is on burning glucose stored in the muscles. That glucose has to get replaced so your PAEE stays up higher and longer even after finishing your workout. And of course, the more muscle you build, the more calories you burn, even at the RMR rate.

Health Quiz...



LAST ISSUE'S QUESTION WAS...

- Q. "What are the four types of transfusable products that can be derived from a one-pint blood donation?"
A. "Four types of transfusable products that can be derived from blood: red cells, platelets, plasma and cryoprecipitate"

NOW FOR THIS MONTH'S QUESTION...

- Q. "What type of exercise will do the most to increase metabolism?" (hint see page 3)

Each month we post general health and entertainment questions to all our readers. To be eligible for our free prize drawing, just mail in or call my office with your answer and if it is correct, you will be entered. The correct answer will be revealed in next month's issue. Winners will be notified by phone.

Refer A Friend Rewards...

My staff and I would like to say thanks and give recognition to the following patients and readers of this newsletter for their kind referrals:

F. Soto from San Mateo and M. Jabbour from Hillsborough

As a way of saying thank you for entrusting your family, friends and loved ones to our practice come in before the end of the month and receive \$25 referral credit

Until next time, Live your life to the fullest
Dr. Susan Lin MD



