

HEALTH & Wellness

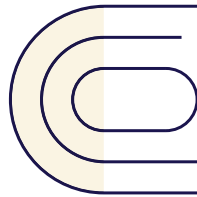
Stay the Course

Tips to maintain your commitment to exercise



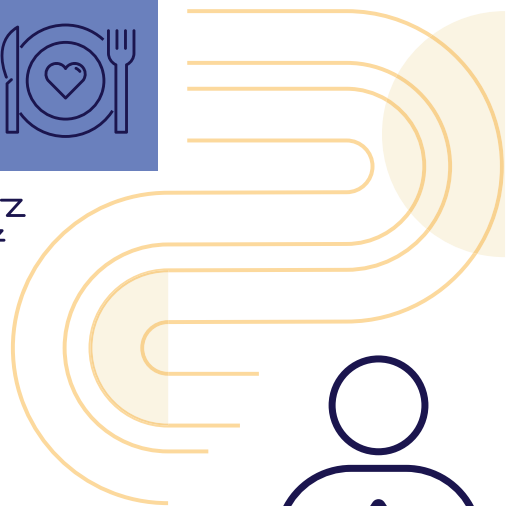
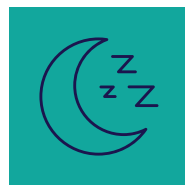
Building a Healthier Mind

3 ways people can boost their mental health every day



Eating to Your Advantage

Healthy eating pointers



September 2024
A Special Supplement to

Daily Advocate
EARLY BIRD

DailyAdvocate.com



"We are Here for you!"



FAMILY
Health
Celebrating 50 Years
Together



LOCATIONS

Greenville

5735 Meeker Rd.
Greenville, OH 45331
937.548.9680

New Madison

101 Anderson St.
New Madison, OH 45346
937.996.0023

Arcanum

702 N. Main St.
Arcanum, OH 45304
937.692.6601

Versailles

10484 Kley Rd. Ste B
Versailles, OH 45308
937.526.3016

SERVICES

Primary Care

Pediatrics

Women's Health

Internal Medicine

Dental

Eyecare

Laboratory

Pharmacy

Clinical Pharmacy

Psychiatry

Behavioral Health & Wellness

Addiction Medicine/ MAT Clinic

Nutrition/ Weight Management

Diabetes Education

Home Health

WIC

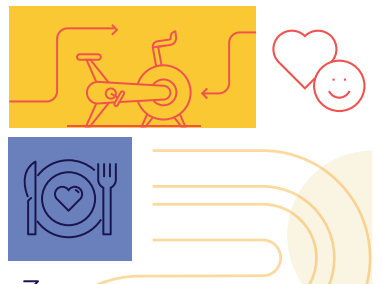
Hypertension and Smoking

Cessation Clinics

Website: <https://familyhealthservices.org/>

HEALTH & Wellness

- 4 Self-care strategies to protect long-term mental health
- 5 3 ways people can boost their mental health every day
- 7 Taking the mystery out of anxiety disorders
- 9 Exercise guidelines for adults
- 9 Did you know? - The buddy system
- 10 Signs you're exercising too much
- 10 How cardio benefits your body
- 11 Tips to maintain your commitment to exercise
- 12 The link between sleep and mental health
- 12 Did you know? - Calories
- 13 Strategies to prevent sports injuries
- 13 Injury recovery tips for seniors
- 14 Fill up on healthy eating pointers
- 15 Exercising when you have high blood pressure
- 15 How to begin the day in a positive frame of mind



COME TO AULLWOOD FOR OUTDOOR ADVENTURE!

Learn more at aullwood.org or call 937-890-7360



Explore over 8 miles of trails to find birds and other seasonal surprises! Discover our "The Troll that Hatched an Egg" exhibit by Thomas Dambo. Visit our nature center and farm to meet animal ambassadors and learn more about birds, wildlife and farming!

Hours: Tuesday through Saturday 9 AM - 5 PM, Sunday 1 PM - 5 PM. Closed Mondays and some holidays; see aullwood.org for details.

Admission: \$12 / adults 13 – 64, \$10 / seniors 65 & over, veterans and active duty military, \$8 / children 4 – 12, children 3 & under. NAS, ANCA and Friends of Aullwood members free.

AULLWOOD AUDUBON
1000 Aullwood Road, Dayton Ohio 45414

KAUP PHARMACY
Caring for People like Family

42 W. MAIN STREET
VERSAILLES, OH 45380

937.526.3337

AIM70376696

LASTING LEGACY MEMORIALS LLC.

ENGRAVING YOUR LEGACY
BECAUSE FAMILY MATTERS

937-459-4733

LLMGRANITE.COM
 MIKE@LLMGRANITE.COM



VETERAN OWNED
 & OPERATED

Self-care strategies to protect long-term mental health

Mental health has always been important, but the need for people to prioritize their emotional, psychological and social well-being gained greater attention during the COVID-19 pandemic. Social distancing restrictions designed to reduce cases of COVID-19 contributed to feelings of isolation, depression and anxiety in millions of individuals across the globe, sparking a heightened sense of curiosity about what people can do to safeguard their mental health in the short-term but also over the course of their lives.

Pandemic-related restrictions have long since been lifted throughout much of the world. But the need to prioritize mental health remains. The National Institute of Mental Health notes that self-care can play a vital role in maintaining mental health. With that in mind, individuals can consider these strategies as they look to safeguard their



mental health over the long haul.

- Exercise regularly.** Exercise benefits the body in myriad ways, and those benefits extend to mental health. The NIMH reports that a 30-minute daily walk can boost mood. In addition, the United Kingdom-based Mental Health Foundation reports that regular physical activity positively affects self-esteem and can even lead to a reduction in stress and

anxiety. That's important to note, as the online medical resource Healthline reports that chronic anxiety can adversely affect the body's nervous, cardiovascular, digestive, immune, and respiratory systems.

- Maintain social connections.** The NIMH also touts the benefits of maintaining social connections, including relying on friends and family for emotional support

and practical help. The Centers for Disease Control and Prevention notes that people who are socially connected and maintain stable and supportive relationships are more likely to have better mental health outcomes than those who don't.

- Eat a nutritious, balanced diet.** The American Society for Nutrition notes that diet can be an important ally for people looking to improve and preserve their mental health. Numerous studies have examined the relationship between diet and mental health, and the ASN notes a growing body of research suggests a strong connection between a healthy diet and mental health. A 2019 review published in *The American Journal of Clinical Nutrition* found that increased consumption of fruits and vegetables positively affects psychological health. That same review also indicated daily vegetable consumption

provides a therapeutic effect that can help to reduce symptoms among people with clinical depression.

- Resolve to read more.** Much like exercise, reading has been linked to a host of positive health outcomes, including mental health benefits. A 2009 study from researchers at the University of Sussex found that reading can reduce stress by as much as 68 percent. Escapism is another potentially potent benefit of reading, as a recent report in *Psychology Today* noted that researchers believe narrative absorption, which refers to the experience of being immersed or engaged while reading a story, provides an escape or opportunity for mental reflection. Self-care can go a long way toward promoting long-term mental health. Various strategies and activities fall under the umbrella of self-care, and each can have a profound and lasting effect on mental health.

THANK YOU FOR VOTING US BEST OF THE BEST
YOUR SUPPORT IS APPRECIATED DARKE COUNTY



OUR MISSION

By providing genuine hometown care; treating our guests, their loved ones, and our staff as family; and integrating our care center into our community; we aspire to actualize our mission of **excellence in care.**



VERSAILLES
REHABILITATION & HEALTHCARE CENTER



VERSAILLES
REHABILITATION & HEALTHCARE CENTER

200 Marker Road, Versailles, Ohio 45380

P. 937-526-5570 F. 937-526-9630 info@versaillesrehab.com

3 ways people can boost their mental health every day

Mental health issues have garnered considerable attention in recent years, but the scope of the global mental health crisis may be even greater than people realize. A recent study co-led by researchers at Harvard Medical School and the University of Queensland that was published in *The Lancet Psychiatry* in fall 2023 concluded that one out of every two people in the world will develop a mental health disorder at some point in their lifetime. That makes mental health disorders a more common problem than cancer, heart disease and other physical ailments that tend to garner more attention than mental health issues. Anyone experiencing mental health issues is urged to speak with a medical professional who specializes in such areas. Mental health issues may not manifest with symptoms like broken bones that common sense suggests require the assistance of a licensed medical professional, but that does not mean issues affecting the mind or a person's outlook do not require the help of someone trained to deal with them. Much like people can heal from a broken bone after seeing a medical professional, individuals confronting mental health issues have much to gain from working with a mental health specialist.

A 2021 study from the United Kingdom-based Mental Health Foundation published in the *American Journal of Health Promotion* found 29 strategies people can employ to protect their mental health. The study considered mental health research and the views of mental health experts, but also input from the general public regarding ways they confront mental health issues. It's important that anyone dealing with mental health issues not conflate these strategies with treatment. Though they can help protect mental health,



Spending time in nature has been found to be beneficial to psychological well-being.

they should be seen as a supplement to treatment overseen by a licensed mental health professional. A rundown of the 29 strategies can be found at mentalhealth.org.uk, but the following are three recommendations that anyone can apply in their daily lives.

1. Spend more time in nature.

The calming effects of nature have been noted for centuries, if not longer. The American Psychological Association notes that spending time in nature benefits both physical and psychological well-being in humans. Perhaps that's one reason why participants in the MHF study reported walks in nature was their preferred way to cope with stress stemming from the COVID-19 pandemic in 2020. The Japanese practice of forest bathing has been noted for its positive effects on mental health, but even those

without ready access to wooded areas should know that simply spending more time outdoors each day can positively affect mental health.

2. Avoid using drugs or alcohol as a coping mechanism.

The MHF notes that any relief offered by drugs and alcohol is temporary and can even exacerbate existing mental health issues. The American Addiction Centers reports that coping mechanisms are compulsions or habits formed over time that serve to help people manage particular situations or issues, including stress. However, the AAC also notes that not all coping mechanisms are beneficial and some, including drug and alcohol use, are maladaptive and destructive. After a particularly stressful day, or during times when people are experiencing anxiety and/or depression, avoid looking at

drugs or alcohol as means to coping.

3. Get enough sleep.

The MHF notes that adults need between seven and nine hours of sleep per night. Some may see seven hours or more per night as a luxury, but it's important that such an outlook changes. The Columbia University Department of Psychiatry notes that there is now robust evidence to support a link between sleep and mental health. Insufficient or even poor sleep has been found to increase negative emotional responses to stressors. Perhaps even more noteworthy is that poor or insufficient sleep decreases positive emotions. So it's vital to recognize the important role that adequate, good-quality sleep has on mental health.

These are just a handful of approaches individuals can take to boost their mental health each day.



Call Today for Admissions Info

Offering Geri-Psych & Memory Care Services!

A State of the Art Facility

- Fully secured campus with magnetic self-locking doors and alarms monitored 24 hours a day
- Scenic dining room with natural lighting
- Beautifully landscaped grounds with secure courtyard
- Rehab to home long-term care services available

Behavior Health Services

- Medication administration
- Structured activities
- Family-oriented environment
- 24 hour nursing services
- Low Re-hospitalization rate
- Short and long term placement available

Additional Service

- Supervised smoking




907 East Central St., Union City, OH 45390
www.jaghealthcare.com **(937) 968-5284**

AIM70360838





FOR YOUTH DEVELOPMENT*

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY

www.ymcadarkcounty.org

www.facebook.com/ymcadarkcounty



come join our family

Our Assisted Living option allows you to look forward to the next chapter in life's journey without worrying about stressors like home maintenance. Enjoy your best years in a cozy and comfortable studio or one bedroom apartment while enjoying perks like restaurant-style dining and transportation services



TRUSTWELL
LIVING

Amenities & Services

- Respite Stays
- Licensed Nurses
- Medication Assistance & Management
- Pet Friendly
- Private Apartments
- Personalized Care Plans
- Daily Activities
- Laundry & Housekeeping

Give us a call today
to schedule your

FREE

and

To hear about our
SPECIALS

In-Home Care Consultation



1275 Northview Dr. Greenville, OH 45311



937-548-9521

Taking the mystery out of anxiety disorders

It is normal to feel nervous from time to time, particularly when anticipating a potentially life-changing event. However, when nervousness is excessive, persistent and intense, or arises from seemingly innocuous stimuli, that could indicate the presence of an anxiety disorder.

What is anxiety?

The American Psychiatric Association says anxiety is a normal response to stress. Anxiety disorders differ from normal nervousness because they involve excessive fear. The APA also says anxiety disorders are the most common mental disorders and affect nearly 30 percent of adults at some point in their lives. It is time to seek help when anxiety interferes with your ability to function; you often overreact when something triggers your emotions; and you can't control your responses to situations.

What contributes to anxiety disorders?

A combination of environmental factors and personality traits can increase the risk for developing anxiety disorders, according to the Cleveland Clinic. These include:

- Stressful or traumatic events in early childhood or adulthood.
- Certain personality traits like shyness or behavioral inhibition.
- Family history of anxiety or another mental health condition.
- Physical conditions, including thyroid problems and heart arrhythmias.

• Being a woman, as researchers are still studying why women experience anxiety disorders in higher proportions than men. Some researchers suggest hormonal fluctuations in women are a possible explanation for the higher rates of anxiety.

What are the types of anxiety disorders?

Several types of anxiety disorders exist, but some are more common than others.

- **Generalized anxiety disorder:** GAD is persistent and excessive anxiety about activities or events, even routine tasks.
- **Panic disorder:** This involves sudden feelings of intense fear or terror about certain situations. These panic attacks may lead to concerns about recurrence.
- **Social anxiety disorder:** High levels of anxiety, fear and avoidance occur during social situations, particularly fear of



being judged or viewed negatively by others.

- **Phobias:** Major anxiety is tied to a specific object or situation and a desire to avoid it. There are phobias concerning heights, insects, leaving the home, and more.

Anxiety disorders also can develop in people dealing with substance abuse issues or certain medical conditions.

Treating anxiety disorders

It is important to note that anxiety disorders, while frightening and frustrating, are treatable. The APA says that while each anxiety disorder has unique characteristics, most respond well to psychotherapy (talk therapy) and medications. They can be given alone or in combination. Cognitive behavioral therapy, which is a type of psychotherapy, can help a

person react and think differently in certain situations so they feel less anxious. Medications often are prescribed to provide relief from symptoms. The most common medications used are anti-anxiety

medications, antidepressants and beta-blockers.

Anxiety disorders affect millions of people. There is help to be had and many people can overcome anxiety over time.

EDWIN F.
NICKOL
MONUMENTS
INC

741 E. Main St.
Versailles, OH 45380
937.526.3711

BRETHREN RETIREMENT COMMUNITY



Everything you need
in **ONE PLACE!**



Whatever your needs,
BRC IS HERE TO HELP!

- Independent Living Homes
- Assisted Living Apartments
- Enhanced Living Memory Care Apartments
- Short and Long Term, Private, Skilled Nursing Rooms
- Non-Medical Home Care
- Inpatient and Outpatient Rehabilitation including: Physical, Occupational, and Speech

There are many reasons why families and residents choose BRC for their retirement living, our abundance of amenities are well-loved by the residents!

Gather in the movie theater to watch the daily movie, participate in an exercise class in our senior-friendly gym, shop in our Gift Shop or This N That Shop, play a round of cards in the game room, or enjoy fellowship over a dish of ice cream in the Internet Café.

Through our vibrant activities calendar, residents have an abundance of opportunities to socialize, explore their interests and maintain a fulfilling lifestyle. Activities like in-house concerts, outings to local restaurants, shopping and cultural events as well as games, parties, religious services, nature events and much more. We also have a full-service, senior friendly bank, a beauty shop, library, wood shop, computer lab, and chapel located in our main building. BRC has a stocked pond for fishing, walking trails, gardens and our beloved swans.

Our long history in the community paired with exceptional care and the full continuum of services make Brethren Retirement Community a popular choice for many people each year



Call to find out more
information or to
schedule a tour!

547-7610

750 Chestnut St, Greenville, OH, 45331 | 937-547-8000 | www.bhrc.org

Exercise guidelines for adults



A physically active lifestyle has been linked to a host of health benefits, including a reduced risk for various chronic diseases and a longer, healthier life. The U.S. Department of Health and Human Services notes that moving more and sitting less benefits people regardless of their age, sex, race, ethnicity, or even current fitness levels. Whether they're adapting to a more physically active lifestyle, already physically active or somewhere in between, individuals can benefit from recognizing the latest physical activity guidelines from the DHHS.

Adults

The DHHS notes that substantial health benefits can be gained when adults do between 150 and 300 minutes of moderate-intensity aerobic activity each week or between 75 and 150 minutes of vigorous aerobic activity each week. The DHHS notes that aerobic activity, which can include walking, running, cycling, and hiking, among other activities, should be spread out over the course of the week. In addition to aerobic

activity, the DHHS urges adults to do muscle-strengthening activities of moderate or greater intensity on two or more days per week.

Older adults

The DHHS recommends older adults adhere to the same guidelines as younger adults but take some additional steps as well. Older adults are urged to incorporate multicomponent physical activity that includes balance training into their fitness regimens. The DHHS also advises older adults to determine their level of effort for physical activity relative to their fitness level. It's also recommended that older adults with chronic conditions discuss their ability to engage safely in regular physical activity with their physicians. Vigorous- and even moderate-intensity exercise may not be possible for some older adults with existing conditions. Routine physical activity can help adults and older adults live longer, healthier lives. Adults of all ages are urged to speak with their physicians about safe ways to become more physically active.

Did You KNOW?

Scores of people insist that exercising with a partner is a great way to remain committed to a fitness regimen, and now research is beginning to support that assertion. A 2023 study from researchers in Japan published in the *Archives of Gerontology and Geriatrics* found that exercising both alone and with a partner two or more times a week helped to lower risk of cognitive impairment, but the risk was decreased by a more significant margin among those who exercised with others.

Authors of the study found that the risk of cognitive impairment decreased by more than 29 percent among individuals who worked out with a partner, which was nearly double the percentage reduction (15 percent) among those who exercised alone.



Centers of Midwest Ohio
Darke ~ Miami ~ Preble ~ Shelby

- Treatment
- Prevention
- Education

"Our Mission is to Save Lives..."

<p>SUBSTANCE ABUSE AGENCY 600 WALNUT STREET, GREENVILLE, OHIO 45331 937.548.6842 www.recoveryandwellnessohio.org</p>	<p>MENTAL/PSYCHIATRIC HEALTH AGENCY 1483 WEST MAIN, TIPP CITY, OH 45371 937.335.0361 www.recoveryandwellnessohio.org</p>
<p>SUBSTANCE ABUSE AGENCY 228 NORTH BARRON STREET, EATON, OHIO 45320 937.456.7694 www.recoveryandwellnessohio.org</p>	<p>MENTAL/PSYCHIATRIC HEALTH AGENCY 212 EAST MAIN STREET, GREENVILLE, OH 45331 937.548.1635 www.recoveryandwellnessohio.org</p>

Our Crisis Hotline is Available 24 Hours a Day • **1-800-351-7347**

Signs you're exercising too much

The formula for healthy living has remained the same for decades. Healthy eating paired with regular exercise can lower risk for a number of ailments, including chronic diseases. But it's important that individuals avoid overdoing it in regard to exercise. Too much of anything can negate its benefits, and exercise is no exception. The current Physical Activity Guidelines for Americans indicate adults need 150 minutes of moderate-intensity physical activity and two days of muscle-strengthening activity each week. The Centers for Disease Control and Prevention says children between the ages of three and five need to be active throughout the day. Kids between the ages of six and 17 need to be physically active for at least 60 minutes every day. Meeting these exercise guidelines is a good step in a healthy direction. Those tempted to exercise even more or to extreme levels should be advised of the potential pitfalls of too much exercise, or something called "overtraining."

Overtraining syndrome

According to Alena Luciani, M.S., C.S.C.S., a strength and conditioning specialist, if a person exercises too much for weeks at a time, the body is put at risk of overtraining syndrome. In order for stronger muscles to form, the natural process involves exercise breaking down muscle fibers and the body repairing and rebuilding them. Without time for repair, the body's rebuilding process is interrupted, which affects its ability to build strength. This results in chronic stress known as overtraining syndrome.

Mood swings and irritability

Pushing too long and too hard can actually cause a person to feel overworked and tired. This may lead to trouble sleeping, which can cause irritability and mood swings, says MedlinePlus.

Immune system impact

Overdoing exercise may adversely affect the immune system. When the body is run ragged, it cannot do its job well. Illnesses may be able to sneak past the body's defenses even easier, particularly if exercising too much is paired



with calorie restriction that affects balanced nutrition.

Overuse injuries

Sore muscles and heavy limbs come from exercise sessions and can be signs of muscle breakdown and repair. Overuse can lead to injuries to various parts of the body, particularly if workouts are not varied.

Missed menstrual periods

The Office on Women's Health says exercising too much can cause missed menstrual periods or make a woman's period stop entirely. Athletes who train hard regularly have been known to have irregular or missed periods.

Weight gain

Many people exercise to lose weight, but overdoing it can have the opposite effect. Healthline says exercising too much without resting in between can lead to low testosterone levels and high levels of the stress hormone cortisol. These hormonal changes often are associated with loss of muscle tissue, weight gain and even excess belly fat.

Decline in performance

Overtraining may cause a person to plateau or experience decreased performance rather than improvements in physical ability. Less strength, endurance and agility can make it hard to reach fitness goals. Exercising a lot may seem like it is a good thing, but overtraining can be dangerous.

How cardio benefits your body



Physical activity is a key component of a healthy lifestyle, and an effective fitness regimen is one that combines strength training with cardiovascular exercise. Recommendations from the U.S. Department of Health and Human Services urge adults to get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week. Aerobic activity includes cardiovascular exercises like hiking, running, dancing, cycling, or other activities that increase the heart rate and improve cardiorespiratory fitness. Though cardiovascular exercise is often discussed in terms of its heart healthy benefits, the Cleveland Clinic reports that aerobic activities benefit various parts of the body, including the heart but also the brain, the joints, skin, and muscles.

Cardio and your heart

Routine cardiovascular exercise leads to a decrease in resting blood pressure and heart rate. That's beneficial for the heart because it ensures the heart does not have to work unnecessarily hard. Cardiovascular exercise also improves good cholesterol levels and lowers blood fats, each of which also helps to improve heart health.

Cardio and your brain

The Alzheimer's Society reports that studies have shown that exercise that increases heart rate in middle-aged or older adults has led to improvements in thinking and memory and lower rates of dementia. The Cleveland Clinic notes that cardio also decreases stroke risk by increasing blood flow to the brain.

Cardio and your joints

Osteoporosis is a condition in which bones become brittle and fragile from a loss of tissue. That tissue loss can be a side effect of aging, but even though the National Osteoporosis Foundation estimates that half of all women over 50 will develop osteoporosis, older adults are not helpless against the condition. The Cleveland Clinic notes that cardiovascular exercise can help fight osteoporosis and reduce risk for hip fractures. It's also important to note that men are not immune to osteoporosis, which has long been considered a more significant concern for women than men. Though women's risk for osteoporosis is greater than men's, UC San Diego Health reports that between 20 and 25 percent of all hip fractures occur in men.

Cardio and your skin

Physical activity increases circulation, which the Cleveland Clinic reports leads to clearer, healthier skin. Cardio promotes better blood flow to the skin cells on the face, which can reduce signs of aging and improve complexion.

Cardio and your muscles

Cardio increases oxygen supply to the entire body, and the Cleveland Clinic notes that allows muscles throughout the body to work harder and more efficiently. In addition, routine cardiovascular exercise allows muscles to adapt to an increased workload, which can improve daily life by making routine physical activities easier. Cardiovascular exercise is a key component of an effective fitness regimen. By committing to cardio, adults can benefit various parts of their bodies.

Tips to maintain your commitment to exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it's no wonder so many people aspire to be more physically active. But it's easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the *International Journal of Environment Research and Public Health* found that 64 percent of people abandon their New Year's resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

• **Break it up.** The Harvard T.H. Chan

School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

• **Employ the buddy system.** The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the *International Journal of Research in Exercise Physiology* suggested the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people who want to exercise more. But there's no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

• **Schedule exercise time.** Busy professionals book work meetings,



family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you'll skip a workout, and once results start to manifest you may be more motivated to stay the course.

• **Identify what progress may look like.** It's easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout

routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn't working and ultimately helping you get healthier. Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It's no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.



Whitewater EYE CENTERS

Your Vision is Our Focus

Services include:

- Cataracts
- Retina care including macular degeneration injections
- Glaucoma
- Eye Diseases

OFFICE HOURS:

8am - 4pm: Monday - Friday

WHITewater EYE CENTER GREENVILLE

6050 St Rte. 571E, Greenville OH, 45331

Tel: 937-547-6050

The link between sleep and mental health



Sufficient sleep is often an unsung hero of overall health. When people get enough sleep, their bodies are in better position to fend off illness and the rest ensures they have enough energy to tackle whatever challenges they confront.

The American Academy of Sleep Medicine and the Sleep Research Society jointly recommend that adults get at least seven hours of sleep per night. A good night's sleep is often discussed in terms of how it can affect physical health, but adequate rest also can have a profound impact on mental health. Sleep and mental health are intertwined, and the link between the two may be even more significant than was once believed.

• **Sleep and depression:** The Sleep Foundation notes that sleeping issues have historically been seen as a byproduct of depression. Indeed, the National Center for Biotechnology Information indicates that roughly three in four individuals with depression exhibit

symptoms of insomnia. However, the Sleep Foundation reports that growing evidence now indicates poor sleep may induce depression.

• **Sleep and anxiety disorders:** Data from the National Institutes of Health indicates that one in five adults are affected by an anxiety disorder. The Mayo Clinic reports that feelings of nervousness and fear are hallmarks of anxiety disorders, and such feelings can make it hard to fall asleep. However, a 2013 study published in the journal *Neuroscience* found that poor sleep can activate anxiety. In addition, the Sleep Foundation reports that chronic insomnia may be a predisposing trait among individuals who eventually develop anxiety disorders.

• **Sleep and bipolar disorder:** A 2015 study published in the journal *Sleep Medicine Clinics* found a strong association between sleep disturbances and symptom worsening in bipolar disorder. The study highlighted

evidence that suggests sleeping problems worsen or induce the manic and depressive episodes that are a hallmark of bipolar disorder. Researchers believe that successful treatment for insomnia, which would produce fewer sleep disturbances, can reduce the impact of bipolar disorder.

• **Sleep and ADHD:** The Sleep Foundation notes that sleeping problems are common in people with ADHD. Difficulty sleeping is commonly and correctly seen as a side effect of ADHD. However, the Sleep Foundation indicates sleep problems also may aggravate issues affecting attention and behavior that characterize ADHD. The link between sleep and mental health is noteworthy. Sleep issues were once believed to be a byproduct of mental health issues. Though that remains true, there's growing evidence that sleeping problems also can exacerbate or even trigger mental health problems. More information is available at sleepfoundation.org.

Did You
KNOW?

There's no one-size-fits-all strategy when it comes to calorie consumption, and that can contribute to some confusion as adults try to achieve and maintain a healthy weight. Dietary guidelines established by the United States Department of Health and Human Services promote nutrient-dense foods and beverages, but many people prefer to know how many calories they should consume each day. Though that's understandable, the quality of the calories consumed goes a long way toward determining how nutritious a diet is. The Cleveland Clinic notes that the DHHS guidelines have historically recommended

adults 21 and over consume between 1,600 and 3,000 calories per day. However, staying within those parameters does not necessarily mean a person's diet is healthy. Though individuals should keep total calorie consumption in mind when planning their diets, it's equally important to recognize what else the DHHS has to say about diet, particularly foods to avoid. The DHHS recommends limiting consumption of foods and beverages that are high in added sugars, saturated fat and sodium. Limiting consumption of alcoholic beverages is another way to ensure your diet is working for you and not against you.

Injury recovery tips for seniors



There is no escaping the fact that the human body changes as it ages. Some changes associated with aging are beneficial, such as increased wisdom and knowledge from past experiences. Others, particularly changes to health and wellness, can be disconcerting. Generally speaking, recovering from any injury can be a time-consuming process. For those over the age of 60, the process of recovering from injury can be especially lengthy. According to Restorative Strength, a fitness and personal training service for seniors, elderly adults generally heal from injuries slower than young people. Caring Senior Services says there are a few reasons why healing can be delayed:

- **Having diabetes is one of the most common reasons why seniors have delayed healing.** The disease can negatively impact wound healing because elevated glucose levels narrow the blood vessels and harden the arteries.
- **The inflammatory response in seniors drastically slows down as people age.** This response is the first phase when blood vessels expand to let white blood cells and nutrients reach wounds. When delayed, the wounds heal much more slowly.
- **Reduced skin elasticity and diminished collagen fibers** in seniors can contribute to the body's tissues not being able to return to a normal state after injury.
- **Sedentary seniors may have lost muscle mass and flexibility,** which help physically active individuals regain mobility after an injury. Bones also may be more brittle, particularly if osteoporosis

is present. Although it's impossible to reverse the hands of time, there are steps seniors can take to recover from injuries more quickly, and potentially avoid them as well.

- **Slow and steady physical activity:** Exercise, including routine strength-training activities, helps strengthen muscles and bones. According to Pioneer Trace Healthcare & Rehabilitation, when complete bed rest is not advised after an injury, getting up and moving even just a little each day can jump-start recovery. Regular activity prior to any injury also may make the body stronger and more flexible to help reduce the likelihood of injuries.

- **Maintain a positive mindset.** The mind has a role to play in injury recovery. Minimizing stress levels through meditation, and engaging in positive thinking techniques, can make healing and therapies more successful. Reducing stress can boost the immune system, which also will offer healing benefits.

- **Improve diet.** The body needs certain vitamins and minerals to function properly. Eating a well-rounded, healthy diet can provide fuel that facilitates healing.

- **Work with a qualified professional.** Seniors should not take on exercise or recovery efforts on their own. Exercising the right way and following prescribed guidelines can speed up recovery and potentially prevent future injuries. Recovery from injury could take longer for seniors. But with exercise, positive thinking and guidance from health professionals, there are ways to speed up the injury recovery process.



Strategies to prevent sports injuries

Athletes train hard with a goal of performing at their peak when competition begins. Exercise is very good for the body, but at times athletes may be in jeopardy of overdoing it in pursuit of doing their best. Johns Hopkins Medicine says many sports injuries can be prevented with proper precautions. In fact, there are various steps athletes can take to reduce their injury risk.

Wear the right gear
Using the right equipment or gear and wearing supportive shoes can help prevent injury, as can using safety items like helmets and protective pads. Ensure that all equipment is properly fitted and replace items if they become damaged or worn out.

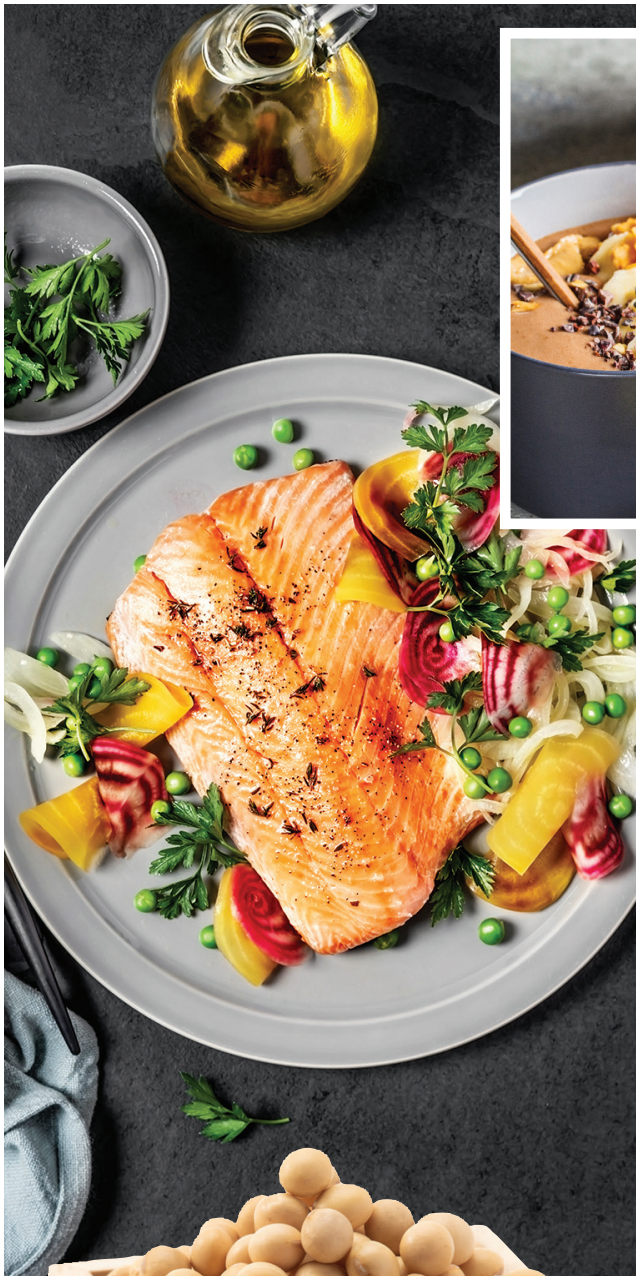
Maintain flexibility and strength
The experts at Mount Sinai say it is extremely important to perform dynamic stretches before starting a physical activity, as cold muscles are more vulnerable to injury. Also, exercises that strengthen the muscles used for the sport are beneficial, particularly those that target the core. Core-strengthening exercises improve balance and stability, which is

essential in all sports.

Use the right technique
Athletes should learn the proper techniques for playing a sport or engaging in a physical activity like strength training. Poor form on the field or in the gym can put athletes at risk for injury, says the University of Rochester Medical Center.

Listen to your body
Aches and pains in joints or muscles that do not improve in a day or two could be signs that a more serious condition is developing. Do not attempt to power through pain, which can cause serious issues and significant, long-term injuries.

Rest and recover
UConn Health Orthopedics and Sports Medicine says rest is a critical component of avoiding injury. One to two rest days should be built into your weekly exercise regimen. One option is to make a rest day a "recovery" day, instead. This means engaging in gentle exercise like walking, swimming or yoga. Athletes can reduce their injury risk by following some tried and true techniques.



Fill up on healthy eating pointers

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being — helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

- **Eat colorful, varied, nutritionally dense foods.** *Medical News Today* says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein. Select an array of colorful foods that will provide most of the nutrients needed.
- **Choose fiber-rich foods.** Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.
- **Note how you feel after eating.** Create a food journal where you jot down notes about how you feel after

eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

- **Explore the Mediterranean diet.** While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in *JAMA Network Open* in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and “good” fats like olive oil.
- **Control portion sizes.** Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise. Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

Exercising when you have high blood pressure



Hypertension, also known as high blood pressure, is a serious medical condition and a risk factor for cardiovascular disease. The National Library of Medicine National Center for Biotechnology Information offers that hypertension is responsible for the majority of cardiovascular mortality. Hypertension is associated with an inactive lifestyle, so becoming more active can prevent or even reverse a hypertension diagnosis. Hypertension is blood pressure that is 140 or higher on the systolic (upper) number and 90 or higher on the diastolic (lower) number. Exercise can help lower high blood pressure and may provide an energy boost and relieve stress. For people adopting a more active lifestyle after a hypertension diagnosis, it is preferential to start off gradually. WebMD says in the event of hypertension, any activity that enables one to breathe harder and make the heart beat a little faster can be sufficient; it is not necessary to purchase a gym

membership, but doing so may provide the motivation some need to commit to a workout regimen. Activities like swimming, jogging, brisk walking, biking, or doing rigorous yard work also can help lower blood pressure. The American Heart Association says for most people, 150 minutes per week of moderate-intensity physical activity is recommended. This amount of exercise can be broken up any way a person desires, like 30 minutes per day, though the U.S. Department of Health and Human Services advises exercising over the course of several days each week. People should make time for stretching and muscle-strengthening as well. Regular physical activity can lower blood pressure by anywhere from five to eight mm Hg. By keeping active, a person can prevent blood pressure from creeping up again. Exercise is a vital component of addressing hypertension. After receiving such a diagnosis, individuals can work with their physicians to devise a safe and effective fitness regimen.



How to begin the day in a positive frame of mind

Each new day brings the potential for change, even amid the routine of the daily grind. When people start the day with positive thoughts, it can affect how they behave and see themselves throughout the day, and may even benefit their overall health.

The Mayo Clinic says some studies suggest personality traits such as optimism and pessimism can affect many areas of a person's health and well-being. Positive thinking that is pronounced in optimistic people is associated with effective stress management, which translates into many different health benefits.

Some people abide by the "Law of Attraction," which states that what a person gives attention to and thinks about throughout the day is what will be predominant in their life. Whether this is true or not, many aspire to have more positive thoughts and be in a generally optimistic mindset. The following tips can put people on a positive path at the start of each day.

Begin the night before

Certain mental health experts suggest clearing the mind in the evening to reduce stressful thinking and create the mental capacity to wind down and relax. Keep a notepad handy and jot down any invasive thoughts or concerns. Removing these thoughts from the mind and putting them on paper can help you rest more readily. Being well-rested can improve mood.

Know your weaknesses

Recognize where you may need some help as you strive to be more optimistic. Map out the behaviors you want to change, and then be intentional about how you want

your day to go and which actions will get you there. The Mayo Clinic suggests figuring out what you usually think negatively about (i.e., work, commuting, life changes) and then approach each aspect in a more positive way.

Take a technology pause

Do not check email or text messages right after opening your eyes. Similarly, avoid reading the news or watching news programs on television too early. Negative or scandalous stories often get the most clicks or views, and coming across upsetting information at the outset of the day can adversely affect your mood. Rather, spend time meditating, praying, reading, or just being in the moment until you are awake.

Recognize the good people are doing

When you open your eyes and focus on the positives, you'll see all the good that other people are doing around you. Offering compliments or acknowledging others' actions, whether large or small, puts positivity out there.

Focus on gratitude

Take a few moments at the start of each day to mentally list all the things you are grateful for. This may be that you have a cozy home or that you are healthy. Even stressful situations or people can be means for gratitude. Boisterous toddlers may be a handful, but you can be grateful for the ability to have had children when so many are not able.

Starting the day with a positive mindset is easier than one might think. It may take a little practice, but also can begin to pay positive dividends sooner than later.



At Wayne HealthCare, our patients are at the center of everything we do.

For over 100 years, we have been putting our patients first. That means delivering compassionate care with empathy and kindness, and holding ourselves to the highest standards of excellence.

That means employing highly skilled medical providers, investing millions in innovative medical technologies, and continuing to forge collaborative relationships with strategic health partners.

That means being committed to continuous improvement and constantly evolving to ensure we can meet the needs of the communities we serve. This is exemplified by our

latest expansion, a \$60 million addition that included an Inpatient Unit, a 'Special Beginnings' Birthing Center and a 10,000 sq. ft. Wellness Center.

We're proud to provide our community with a first-class facility that offers state-of-the-art technology and leading-edge treatment right here, close to home.

Nothing is more important than your health. That is why we are here—so you, your family and our community can thrive. **Learn more at WayneHealthCare.org.**



INPATIENT UNIT



BIRTHING CENTER



WELLNESS CENTER



CANCER CARE • CARDIOLOGY • CARDIOPULMONARY • DIABETES EDUCATION • EMERGENCY • IMAGING
 LABORATORY • NUTRITION SERVICES • ORTHOPEDICS • PAIN MANAGEMENT • PRIMARY CARE
 REHABILITATION • SPORTS MEDICINE • SURGERY • WALK-IN CARE • WELLNESS • WOMEN'S HEALTH

835 Sweitzer Street | Greenville, OH 45331 | (937) 548-1141 | WayneHealthCare.org

