

LIVE LONGER AND ENJOY LIVING



People have searched for the “Fountain of Youth” for centuries. One of the most famous explorations was Juan Ponce de Leon’s expedition in 1513 in which he claimed he found miracle water in Florida. But alas, there was no magic water to drink then and there is no magic pill to take today. In fact, the best remedy for keeping your youth as you age is taking care of your mind and body today.

Keeping a positive mental attitude is a great “pill to swallow.” Every day we are bombarded with positive and negative messages. These messages turn into evidence to prove your case of life is good or life is bad. Is your day good or bad? The choice is yours. What evidence do you look for in your day? Do you choose to see another day as an opportunity to learn more and be with people you enjoy? Do you see today as an opportunity to maintain your youthfulness as you age by taking care of yourself?

To maintain youthfulness as you age, a daily health action plan is needed. This won’t just happen on its own. You need to plan today for a healthier you tomorrow. One item to have on your action plan is exercise. Evidence shows that the best “pill” for attaining a healthy lifestyle is regular physical activity.

Our muscles weaken and our health deteriorates as we age, but frequent exercise will slow down this process giving you more strength, endurance, balance and flexibility.

By choosing to start an exercise program today, you can enjoy your favorite activities for a lifetime. You can look forward to participating in activities with family and friends, exploring new and familiar places and having a body that can move and keep up with you.

Mutch Women’s Center for Health Enrichment can help you incorporate exercise into your daily health action plan. Small classes offered at convenient times at a convenient

location make it easy to get started. It can be fun too — check out one of the following classes:

- **Zumba** is a fun way to work your whole body and most importantly your heart as your feet keep you moving to the beat of Latin-based dance music.
- **MVe Fitness Chairs** are the latest technology in exercise, increasing flexibility and strengthening your whole body. Based in Pilates, the movements focus on core muscles which improve posture and balance.

For more information, call (605) 328-7155 or visit www.mutchwomenscenter.org.

YOU CHOOSE. Healthy aging is 30% genetics and 70% daily lifestyle choices.

FIT FOR LIFE



Imagine yourself 10 – 20 - 30 years from now. Will you be able to lift your groceries out of the car? Walk a flight of stairs or hold a grand baby in your arms? It might depend on how you take care of yourself today. Aging starts when we are born and continues throughout our lifetime. “How” we age is influenced by the choices we make along the way. One of these choices is how we take care of our physical health. This affects our ability to lift, carry, climb, walk and balance as we age. We refer to this type of physical health as functional fitness.

Functional fitness combines muscular strength and endurance with balance and flexibility. Functional fitness

is necessary to perform daily tasks such as driving, climbing stairs, gardening, or doing laundry. We begin losing muscular strength in our 20’s and 30’s which impacts functional fitness in our later years. This may accelerate after age 50.

You can combat the deterioration of functional fitness by incorporating a simple functional fitness program in your life today. A fitness program utilizing groups of muscles will prove more effective in your daily activities today and tomorrow. Through exercises that integrate strengthening, lifting, reaching, bending, and endurance, three times a week, you will discover functional fitness improvement in just a few weeks.

Stretch, Strength, and Flexibility classes are offered at Mutch Women’s Center for Health Enrichment to improve your functional fitness today and preserve your ability to move in your future. You can individualize your program to incorporate strength, stretching, balance, and endurance with MVe Fitness Chairs or mat exercise. You can also try out fun and energizing Zumba to add a cardiovascular component to your fitness plan.

For more information and to register for Stretch, Strength, and Flexibility Classes at Mutch Women’s Center for Health Enrichment, call (605) 328-7155 or visit www.mutchwomenscenter.org.

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LIFESTYLE HABITS



We have all done it. Promised ourselves to do “x” to improve our daily health habits. For some this is eating better, for others it might be reducing stress or it might be the most powerful medicine for all of us—exercise. In reality, we know we should get started. After all, the latest research says the way we age is 30% due to our genetics and 70% due to the daily lifestyle choices we make. So, what keeps us from getting it done?

The answer is simple, yet complex, choices. When you set out to change a habit it can take three to six months for the new habit to be ingrained. During this time period, “things” get in the way of your best laid intentions. It is important to develop strategies to get through the peaks and valleys of your chosen behavior change. To ensure success in changing a habit you need to integrate your intentions with a strategy to deal with your daily life decisions and attitude.

1. First of all ask yourself some questions. What are you working to achieve? Why do you want to achieve it? What is your motivator to achieve this goal? Do you need more information?
2. What is your action plan? This plan should include small steps to a bigger vision of the you, you are working to be. Don't try to climb Mount Everest in a day. Walk a mile first. If your ultimate goal is to exercise five times a week, try two times a week at first and gradually work up to your five times a week goal.
3. Most important, have a life strategy to get it done. Identify what stops you from your actions becoming a reality. Time, money, frustration, lack of confidence—these are common reasons people stop before or soon after they start. It takes time and effort to sort through this strategy, but the effort will help ensure you'll keep going once you've started. What are you going to do when time is your excuse to not exercise? What are you going to do when you eat that candy bar on your “do not eat” list? If you fail one day — how are you going to assure you get back up and keep going?
4. A support network will keep you going when you need encouragement and a “can do” voice. Plan for one. This can be a friend, a family member or a professional Health Behavior Coach.
5. Celebrate. Reaching milestones along the way is something to be proud of. What will you do to celebrate as you get through the first week or the first month?

This list may seem like reason enough to not get started. It may feel like too much work or it may be difficult to sort through your thoughts alone. If you want to start working towards healthier lifestyle habits seek out a friend to help process these steps. You can also work with a Health Behavior Coach to develop an action plan that will “fit” your life and goals. The choice is yours. Start planning today for a healthier you tomorrow. The choice will be worth it.

If you are interested in receiving support from a Health Behavior Coach, call the Mutch Women's Center for Health Enrichment at (605) 328-7155 or visit www.mutchwomenscenter.org. Sanford Women's Health Plaza, 5019 S. Western Avenue in Sioux Falls.

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