

Mother Was **RIGHT**

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.



A healthy lifestyle consists of four basic pillars of health — just like our mother told us!

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