

What Your **Knees** Need



As the **largest joint in your body**, the knee works as a hinge, lever and shock absorber. It allows you to stand up, walk, kneel, climb, squat, dance and play sports. And most of us who live long enough can expect trouble with this joint.

Knee pain frequently results from 2 conditions: **injury**, such as a ruptured ligament (ACL), torn cartilage (meniscus) and bursitis (inflammation), and **arthritis**, which occurs when the knee joint cartilage weakens with use and age. Leading contributors of knee injury and arthritis are lack of muscle strength and flexibility.

- **Strengthening the muscles that support your knees is key to protecting them.** For example, focus on your quadriceps in the front of the thigh – the stronger your quads, the lighter the load transferred into your knee joints.
- **Stretching exercises will help keep the muscles flexible and limber.** Stretching is most effective when performed daily, preferably right after exercise.

If you develop chronic knee pain and disability, learn which activities to limit to prevent further damage. You will need some level of ongoing therapeutic exercise to help you avoid re-injury or knee joint replacement and protect mobility.

Commit to physical therapy with an exercise physiologist; first consult your health care provider. You can learn a personalized exercise regimen to help repair injury, control arthritis and even avoid surgery. With just a few weeks of diligent practice, people often have less pain, more comfort and better function.

The **Heat** is On



Most of us cope okay in normal hot weather. But don't risk getting sick during long periods of extreme heat – especially when temperatures reach 10 degrees or more above the average high for your region.

Your body may lose its ability to regulate body temperature properly when you're **exposed to very hot conditions.** Heat-related illnesses most often occur from being in the heat too long, or working or exercising too much for your age and physical condition. Older adults, infants, young children and those who are unhealthy or overweight are most at risk.

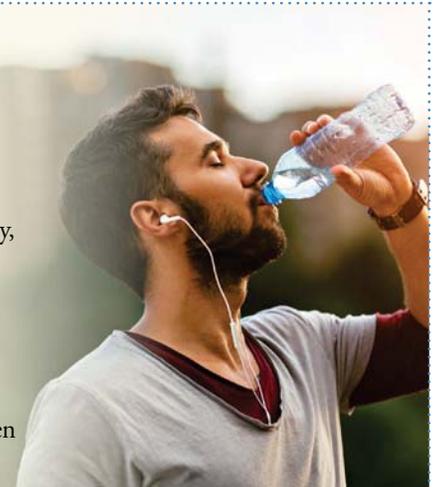
Signs of heat-related illness:

- >> **Heat exhaustion** – precedes heatstroke; symptoms include heavy sweating, nausea, rapid breathing, sudden fatigue, dizziness and a fast, weak pulse.
- >> **Heatstroke** – life-threatening, when body temperature quickly spikes; symptoms include dry skin, rapid, strong pulse and dizziness.

Contact your health care provider if you have symptoms that worsen or don't improve within 1 hour. Get immediate medical attention if your temperature reaches 104°F or higher.

Keep cool to prevent heat-related illnesses:

- > Drink water each hour to stay hydrated.
- > Take regular breaks in shade or air conditioning.
- > Wear a hat and lightweight, loose-fitting clothing.
- > Avoid strenuous tasks midday, the hottest time.
- > Don't leave young children or pets in a parked car.
- > Let your vehicle cool down before you drive it.
- > Let your body acclimate when traveling to hot locations.



By Charles Platkin, PhD

Fitness After 50

An exercise and strength-training program offers tremendous benefits, especially as our bodies age. For example, research reveals that regular exercise improves your quality of life and may also extend your life by up to 5 years. However, it's not always easy to get started or overcome barriers (e.g., lack of time, money). Use these tips to get started:

- **Walk more:** It's 1 of the easiest and least expensive exercises.
- **Enjoy the scenery:** The more scenic your walks are, the more you'll want to take them. Look for parks and trails. Also, try museums, galleries, sightseeing and college campus tours. >> *Continued on the other side.*

"I feel that the greatest reward for doing is the opportunity to do more." Jonas Salk

Switching to a New Eating Plan?

By Cara Rosenbloom, RD

If you're ready to upgrade your diet, it's best to make changes slowly so you aren't overwhelmed. Whether your goal is to lose weight, treat your diabetes or prevent heart disease, your new habits are more likely to stick if you implement them 1 at a time.

See how little changes can make a big difference for your health. Get started by adding 1 of these simple habits each week for the next 12 weeks.



Plan ahead:



- Keep a water bottle handy for all-day sipping, and cut back on juice or soft drinks.
- Bring a home-prepared lunch to work instead of getting fast food.
- Keep cut vegetables in the fridge. Snack on them instead of chips or chocolate.
- Decide which recipes you'll make this week. Shop in advance so ingredients are on hand.

Cook at home more often:

- Cook 1 additional meal at home this week, instead of getting takeout.
- Skip deep-frying methods and opt to bake, roast or sauté instead.
- Flavor your meals with fresh herbs and spices instead of bottled salty sauces.



Find healthy alternatives:



- Add a handful of nuts to your salad instead of croutons.
- Try Greek yogurt instead of regular yogurt to double your protein.
- Replace 1 meat or chicken meal with fish instead.
- Enjoy salads with dark leafy greens such as spinach or kale (more nutritious than iceberg lettuce).
- Eat brown rice or whole-grain pasta instead of white rice or pasta.



These small steps can help you improve the quality of your meals and snacks, and ensure you have healthy foods at your fingertips.

Fitness After 50 >> *Continued from the other side.*

- **Map it:** Use online mapping software to locate the best routes.
- **Get a fitness tracker or step counter app:** It creates accountability.
- **Make it social:** Find friends or family to walk with – you'll walk more.



Develop a home workout. Short on time or uncomfortable using a gym? Use your home instead. Try this American Council on Exercise (ACE) home workout: www.acefitness.org/acefit/fitness-programs-article/2863/top-25-at-home-exercises/. More options from the National Institute on Aging: go4life.nia.nih.gov/exercises. **Tip:** Set text reminders and calendar alerts to exercise.

Hire a certified trainer to teach you how to strength-train correctly and help you create a workout plan to use on your own. Look for trainers certified by ACE or the American College of Sports Medicine (www.acsm.org). And review your exercise plan with your health care provider.

CPR and AED Awareness Week is June 1-7.



CPR and AED Know-How

Sudden cardiac arrest and other life-threatening emergencies can happen in your home, worksite, an airplane or a fitness club, anywhere and anytime. Every year the Red Cross trains millions of people in giving cardiopulmonary resuscitation (CPR) and using an automated external defibrillator (AED).

Take a few minutes this week to familiarize yourself and others with your worksite rescue programs. For example, learn where the AED is located and review how it works. If your organization doesn't maintain an AED program that prepares employees to respond to cardiac arrest, here are the basic steps needed to implement one:

1. Get medical oversight and guidance from a physician.
2. Work with your local EMS system.
3. Choose an AED with effective technical support.
4. Raise awareness of the AED program.
5. Provide ongoing training.



CPR training and certification are available through the Red Cross classes and online refresher courses. Learn more at www.redcross.org/take-a-class/program-highlights/cpr. Check out CPR and first aid mobile apps at www.redcross.org/get-help/prepare-for-emergencies/mobile-apps.



Smart Moves toolkit is at www.personalbest.com/extras/16V6tools.

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