

I Wanna Grow Old With You

Iowa Chiropractic Clinic of Ankeny

They say that age is all in your mind. The trick is keeping it from creeping down into your body. ~Author Unknown

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Growing Older and Stronger



As we grow older, it is important to build and keep strong muscles to reap the numerous health benefits. All the activities that you choose to do should

work all the major muscle groups.

Regular physical activity is vital in the healthy aging process. This physical activity should include aerobic and strengthening activities. For aerobic exercise, it is recommended to get approximately 2 1/2 hours of moderate to intense activity. Muscle-strengthening should be incorporated on 2 or more days of the week.

As we grow older, muscles are lost. Muscles strengthen-

ing can improve your balance, mobility, coordination, and the strength of your bones. This will help prevent falls in older adults.

If you have any health concerns about regular physical activity, please consult with your doctor or physician before beginning any type of program.

Tips for Getting Started

*Choose activities that work all seven major muscle groups of your body.

*Try to do 8-12 repetitions per strengthening activity.

*Strive to increase the weight that you currently lift when it becomes too easy.

*You can do muscle-strengthening activities in a number of settings, such as at the gym or at home.

Staying Safe and Avoiding Injury

*If you haven't been active in a while, start slowly and build up.

*Choose muscle-strengthening activities that are appropriate for your fitness level.

*Maintain good posture when performing all activities.

*When picking weights up from the floor (or putting them down), use your legs—not your back.

*See a health care provider if you have a health condition.

Go to www.cdc.gov/Features/MuscleStrengthening to find out more on growing stronger with age.

<http://cdc.gov/Features/MuscleStrengthening/>

College Health

A mixture of feelings come along with college life, such as, responsibilities, challenges, freedom, appearance, social pressures, etc. But there is one feeling that we should all be aware of; health and safety.

College students should be aware of and learn ways to:

*Improve eating habits

*Avoid fatigue and sleep deprivation

*Maintain mental health

*Avoid substance use

*Have healthy relationships and prevent sexual violence

*Prevent sexually transmitted diseases

If you or a friend has a concern about health and safety, ask for help!

*Talk to someone you trust

*Visit your college health center or local clinic or hospital



*Contact the campus or community police for safety concerns or in case of an emergency

*Take steps every day to live a safe and healthy life

Check out www.cdc.gov for more information!

<http://cdc.gov/Features/CollegeHealth/>

Quick Quiz for College Health and Safety

1. What condition can run in families, usually starts between the ages of 15 and 30, and is experienced by about 20 million people in the United States?
2. How many drinks for males in one setting is considered binge drinking? How many drinks for females in one setting is considered binge drinking?
3. Among persons aged 12–20 years, drinking alcohol contributes to which three leading causes of death?
4. Are males or females more likely to be a victim of sexual violence?
5. True or false: Sexually active adolescents and young adults are at lower risk for getting sexually transmitted diseases.
6. True or false: Teens and young adults who do not get enough sleep are at risk for automobile crashes, poor grades and performance in school, depressed moods, and problems with peer and adult relationships.

Answers: 1) depression; 2) males- 5, females- 4 or more; 3) unintentional injury, homicide, suicide; 4) females; 5) false; 6) true

<http://cdc.gov/Features/CollegeHealth/>



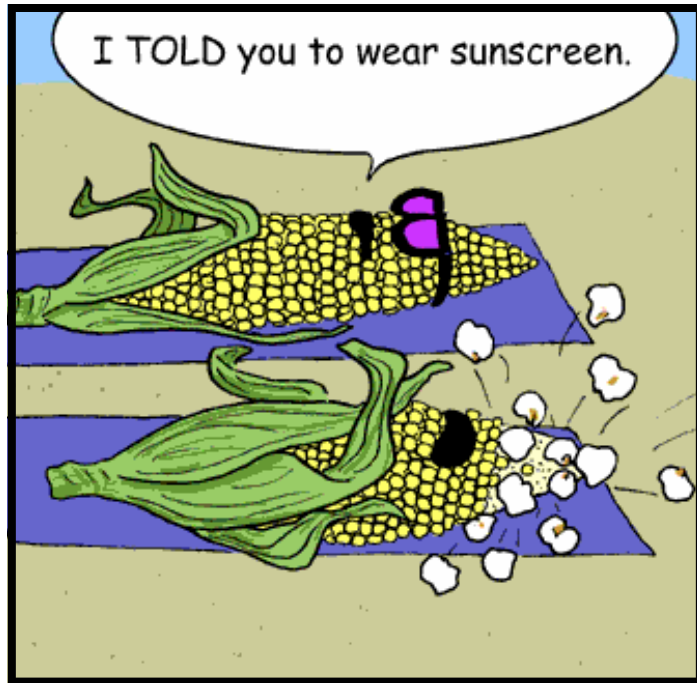
Inflation is when you pay fifteen dollars for the ten-dollar haircut you used to get for five dollars when you had hair. ~Sam Ewing

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Tip of the Day

Keep a bowl of whole fruit on the table, counter, or in the refrigerator. Refrigerate cut-up fruit to store for later.

www.mypyramid.gov



AUGUST 13-23 2009
IOWA STATE FAIR



The Butter Cow, food on a stick, concerts, livestock, entertainment, the Knapp Learning Center, and so much more! Go out and enjoy our great Iowa State Fair. Visit www.iowastatefair.org for more details on events, contests, parking, tickets, etc. Be safe and TRY to eat healthy!

We are young only once,
after that we need
some other excuse.
~Author Unknown



WWW.IOWACHIROCLINIC.COM

Blood Cancers

Blood (hematologic) cancers can affect anyone from children to adults. Such cancers, like leukemia, lymphoma, and myeloma, are among these hematologic cancers. CDC is trying to raise awareness to improve quality of life to people that are being affected.

The diagnostic rate in the U.S. in 2005 was over 100,000 blood cancer cases, and more than 53,000 of those people died. Leukemia is the most common source of cancer death in children and teens under twenty years old.

Leukemia is the type of cancer that attacks the bone marrow and blood in your body. It can either grow quickly or slowly, which is also known as acute or chronic.

Lymphoma starts mainly in the lymph nodes. Lymphoma is more of a general term for cancers that attack the lymph system. The causes are unknown.

Myeloma is a type of cancer that goes after your plasma cells. This makes the cells overgrow and a tumor is formed in the bone marrow. The highest risk with myeloma is age. Age is the highest risk factor; usually 67 years or older.

The diagnosis trend has increased for blood cancers over the years, but the deaths from the cancers have decreased. Better treatments and early



detection can be the source of this.

Check out CDC's website

for more information on their efforts to connect the public, people living with hematologic cancers, their friends and families, and the health care community with resources for:

- *Understanding the diseases better.
- *Asking the right questions about diagnosis, treatment, and care plans.
- *Identifying community support networks.
- *Providing services for cancer survivors.

<http://cdc.gov/Features/>