



Age is no Barrier to Building strength

Sarcopenia, or age-related muscle-loss, can interfere with mobility and everyday movements, such as rising from a chair. Considering that so few older adults perform resistance training to retain or build muscle, the two authors of a recent commentary wanted to inform physicians and the public health community of the value of this activity.

A commentary review reported the results of two published meta-analyses (a look at several studies) examining the overall effects of resistance training on strength and lean body mass in healthy aging adults. Findings show that resistance training does elicit strength gains and improve lean body mass. For example, after an average of 18-20 weeks of progressive resistance training, adults can add 2.42 pounds of lean muscle to their body mass and increase their overall strength by 25-30%.

Authors commented, "Our analyses of current research show that the most important factor in somebody's function is their strength capacity. No matter what age an individual is, they can experience significant strength improvement with progressive resistance exercise even into the eighth and ninth decades of life."

May is Older Americans Month

Please see the Wellness Board by the Multipurpose Room for full article

Elim Park would like to recognize the many ways that our residents are giving back and making a difference in life. Place your recognition(s) in the envelope on the Wellness Board and they will be included in our next Wellness Newsletter. Let's see how many we can think of!

Example: EPP residents help health care residents by transporting them to the hair dresser and wellness center.

Please use general statements as opposed to naming individuals

Aquatic Update

The **Center For Disease Control** recommends that all persons suffering from diarrhea not enter recreational water for two weeks **after** symptoms cease. Please keep this in mind if you participate in aquatics classes and experience this G.I. symptom.



Older Adults Find Better Living Through Gardening

Research has shown that gardening promotes physical activity and relieves stress. Gardening also seems to improve overall life satisfaction.

In a survey of adults 50 years and older, participants were asked questions about life satisfaction, physical activity and perceptions of health and well-being. Respondents indicated whether or not they were gardeners.

Compared to non-gardeners, people who gardened reported higher overall life satisfaction, higher levels of energy and more daily physical activity. More than 75% of gardeners who participated in the survey rated their health as either very good or excellent.

SAVE THE DATE Healthy Living Expo

Sunday, May 22

Bartlem Park, Cheshire

Join the local YMCA and the Cheshire Chamber Health & Wellness Council as they present the Healthy Living Expo to the community. This is the second annual Expo. This year there will be an emphasis on information and services for seniors. Our Fit Steppers will perform!



