

Easy Does It

Announcing the advent and activities of summer, May fixes our focus on fitness. From the medical perspective, **fitness** might best be defined as the capability of the body to distribute inhaled oxygen to muscle tissue during increased physical effort.

As society ages, researchers have engaged in a concerted study of healthy aging and



concluded that fitness is, indeed, a key component to healthy aging. It would seem, then, that fitness is dependent on *what we do and how we eat...*

What We Do... While some seniors still participate energetically and enthusiastically in the leisure and sporting activities of their youth, some of us have become a bit sedentary--whether for health reasons or simply out of habit. As a nation, young and old alike, Americans

tend to be less and less active. But, none of us wants to invite poor health and the physical suffering which too often accompanies it. So, we ought to heed the advice of the professionals--we have to get *moving...*

While we must commit to staying active, i.e., *moving*, we must do it carefully--**easy does it!** You might be surprised at how much good you can do your body with even chair exercises. And many studies have confirmed that regular, slow-paced walks do the body more good than sporadic brisk jogs. In other words, there may be more value in doing moderate intensity exercise every day rather than intense activity just a few days a week (according to Duke cardiologist William Kraus cited in the December 15, 2007 issue of *American Journal of Cardiology*).

For many seniors, the fear of falling is a genuine deterrent to disciplined daily activity. As a result, they become more sedentary and thereby decrease their own mobility and balance--which only contributes all the more to the risk of a fall. The Aker Kasten Home Health Care Agency performs Home Safety Assessments for seniors. →

Our Patients Are Pleased

"Though friends had given me the names of other agencies, once I contacted Aker Kasten Home Health Care, I was absolutely certain this



was the right home health care agency for me. I have had a positively great experience!"

- D. Flinkman, Boca Raton

Another of our patients was moved by the personal attention she received from Aker Kasten Home Health Care Agency. After our care concluded, she experienced an incident which required hospitalization. This is what she had to say about AKHHCA...

*"These people truly care - - and they are **compassion personified**. I had to be*

hospitalized, and the CEO and his wife came to visit me and see if there was any way they could be of help to me. They immediately responded to me."

- M. Schneider, Boynton Beach

Thank you, ladies! You are more than patients to us--you are AKHHCA Family!



Mark Your Calendar:

- **May 5, 11-2 Senior Adult Health Fair**
First Baptist Church of Boca Raton hosts this event in conjunction with The Aker Kasten Eye Center/Aker Kasten Home Health Care Agency. Lunch will be served and various health and vision screenings are available. Dr. John Aker will speak on the *Challenges And Chuckles of Aging...*



- **May 30, 10-2 National Senior Fitness Day**
celebration at The Aker Kasten Eye Center/Aker Kasten Home Health Care Agency. 561-955-6010



Happy Birthday

Juanita, March 11

John, April 6



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Aker Kasten Home Health Care Agency--Where Excellence And Kindness Meet...

Easy Does It, *continued from front*

Inspecting a home for fall risk hazards can improve your confidence for moving around freely, without a fear of falling. For those using canes or walkers, this type of inspection is very important to reduce any possible obstructions in halls, pathways, and doorways. More, if you need a walking companion, call us--there is no need to go it alone!

How We Eat... Fitness goes beyond just physical activity. It is also impacted by our diet. Proper nutrition fuels our bodies with energy to engage in some of the fun activities we look forward to--enjoying a stroll on the beach, attending social functions with family and friends, and simply feeling well. Recently, the USDA

revamped The Food Pyramid to meet the special dietary needs of over 70. Even more, you can go to a www.mypyramid.gov and obtain a personalized dietary guide/eating plan based on your age, gender, and activity level.

But, for many seniors knowing what to eat is one thing--buying and preparing it presents the challenge! The Home Health Specialists at AKHHCA are here to help! We can accompany you to the grocery store and/or prepare light, healthy meals for you.

Remember, physical activity and healthy eating leads to fitness and Remember what we do and how we eat lead to fitness and are key

to living a longer, happier, healthier life. Your discipline in terms of what you do and how you eat can help you achieve and maintain a healthy weight and lower risks of chronic disease. Even more, fitness ultimately improves your outlook on life, builds strength and endurance, enhances balance, flexibility, and helps to reduce high blood pressure and more...

Ready to find out how to improve your fitness level? We are hosting **Senior Fitness Day** on Friday, May 30th at The Aker Kasten Eye Center/Aker Kasten Home Health Care Agency. We will provide a general health screening with specific recommendations as to how you can improve your fitness. Please join us and bring a friend...

The Psalmist has said, *This is the day the Lord has made, let us rejoice and be glad in it.* That's great advice--fitness significantly impacts our *rejoicing* and *being glad*...
-John B. Aker