

Senior Style

September 2010

QUALITY OF LIFE

Hello again! Many seniors live an active lifestyle. I am sure you are all glad to see the weather cooling off so that you can enjoy the Florida outdoors. Living an active lifestyle keeps you young. It is very important to maintain a proper diet and exercise program.

Exercise can be fun... you can make it a group activity. Walking, bike riding, golfing...well with a cart does decrease your calorie burn, water aerobics or just swimming laps is great! Whatever your personality, make sure to have some sort of activity that makes you sweat and increase your heart rate. This will aid in pushing out toxins, keeping your heart strong and making you feel great!

As we age, we all know, that certain issues start to "pop" up that are beyond our control. We end up at our Doctor's mercy and on med's that we really do not want, however, need for the diagnosis. My heart goes out to my family and guests who are on these med's and have to deal with the side effects. There are solutions! When on med's, read the side effects. Try to counteract them. Always drink a lot of water. Alkaline water is the best for cleansing your body. You can make your own alkaline water by adding a dash of lemon and a pinch of baking soda. You will feel energized! Avoid soda and high amounts of caffeine. Consume fresh veggies, salad and fruits. Your body will need the "raw" vitamins found in these fresh foods. They also contain water which helps to hydrate. If you consume alcoholic beverages, as most retirees do, simply drink a glass of alkaline

water after. Remember that alcoholic beverages can dehydrate you, so water is crucial to rehydrate especially if you are an outdoors person.

The quality of your lifestyle is important to keep your spirits up. Continue the activities that give you pleasure; simply adjust the way that you enjoy them. You can enjoy them in a shorter time or ask for someone to accompany you for assistance. We all feel better being who we are, even if you have to adjust our routine. Pride seems to be a problem with most people asking for help. Well, you are still the strong person God created you to be on the inside! We just have to realize that the outside will continue to change; however, our inside will continue to grow and thrive with strength and faith for ever more! May you be active, healthy, enjoy your quality of life and those around you!

Until next time,

You're Friend,



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