



A COMPREHENSIVE GUIDE TO

Healthy Senior Living

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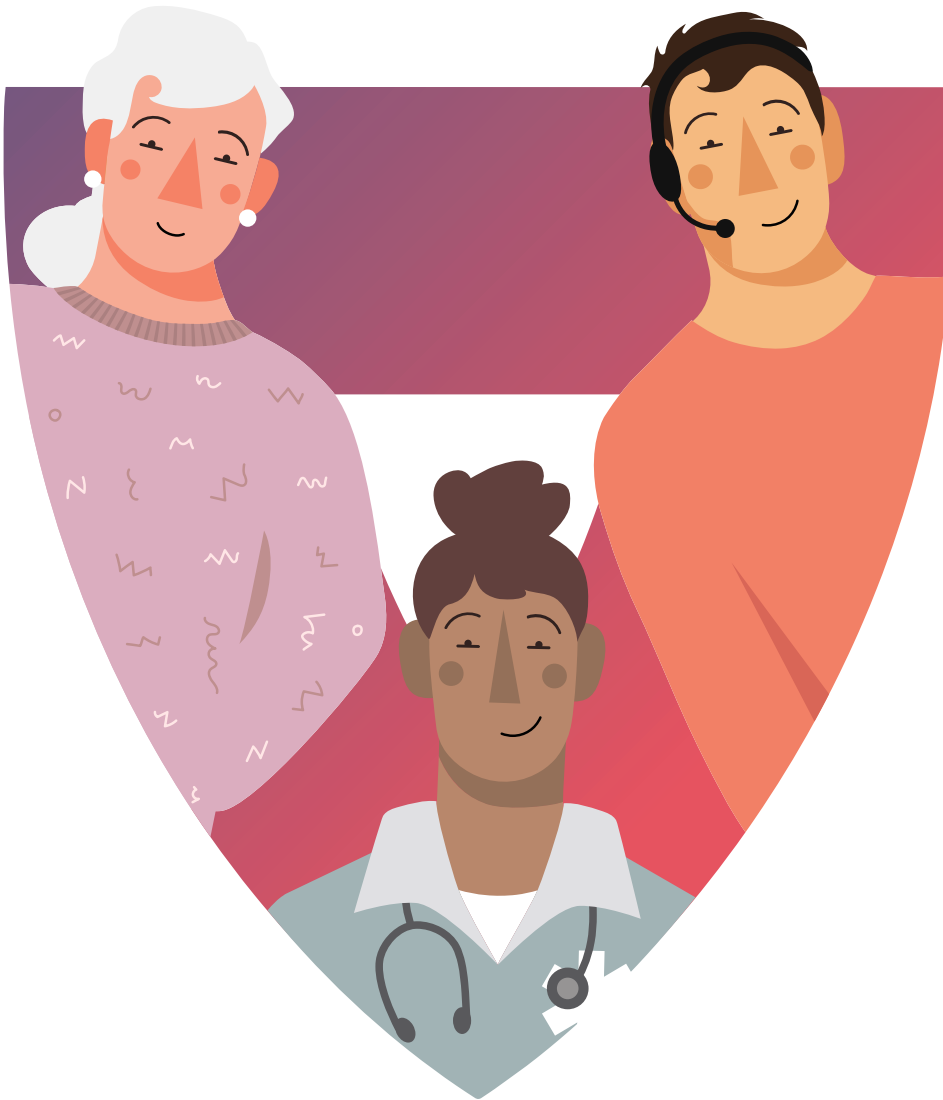
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Introduction

Here at Medical Guardian, we have a strong desire to see all aging adults succeed, physically and mentally. We know how important it is to maintain your dignity and independence as you age, and paying close attention to your health through diet, exercise and education, is an essential part of that.

Whether you're just starting your wellness journey or have been working on improving your health for years, this e-book is here to help you with tips, recipes, tools, and everything you need to stay healthy as you age. We have spoken with many fitness experts, doctors, nutritionists, and therapists over the years and have compiled some of the best advice we've come by, just for you.

May this be your best year yet!



The Top Health Concerns for Aging Adults

Many factors, including genetics, the environment and lifestyle choices, affect how we age. The most widespread health conditions affecting those 65 and older include arthritis, heart disease, stroke, cancer, pneumonia and the flu. Accidents, especially falls that result in hip fractures, are also unfortunately common with aging adults.

“Many elders are coping with at least one health condition and some face the challenge of living with multiple health problems.”

Family caregivers often help to manage and prevent these and other age-related diseases. Gathering information about what medical issues can present as a loved one ages as well as risk factors that lead to these conditions, can be very useful in guiding a aging adult toward living better.

SECTION ONE

Health & Wellness

1. The Top Health Concerns for Aging Adults
2. What Vaccines You Need and Why
3. Five Essential Safety Tips for Aging Adults to Prevent Falls

Noticing Heart Attack Symptoms

We sat down with a cardiologist at Lankenau Medical Center in Wynnewood, Pennsylvania, Dr. Jeffrey Wuhl, to have him help us learn the difference between having a heart attack and going into cardiac arrest. He told us that we weren't alone; many of his patients seem to come in confused about heart-related deaths that have occurred in the family, preventing them from understanding what their own risks may be.

Dr. Wuhl explained that **"a heart attack occurs when one of the coronary arteries becomes blocked, and the portion of the heart muscle it supplies is damaged."** This can result in severe chest pain, heart failure or an electrical disturbance that can result in loss of consciousness or cardiac arrest.

"Cardiac arrest is a broad term that essentially means that the heart stops pumping as the result of an electrical disturbance or arrhythmia." This can most commonly be caused by a heart attack; however, it can result from other issues that have nothing to do with the coronary arteries. Other less common causes for cardiac arrest include severe electrolyte abnormalities, congenital problems with the heart's electrical

system, and cardiac involvement of diseases such as sarcoidosis."

There are symptoms for heart attack that can appear hours, days, or even weeks before the attack occurs. Here's what to look for:

- Pressure, tightness, pain, squeezing, or aching sensation in your chest or arms that may spread to your neck, jaw, or back
- A feeling of fullness, nausea, indigestion, heartburn, or abdominal pain
- Shortness of breath
- Sweating, cold sweat
- Feelings of anxiety or an impending sense of doom
- Fatigue
- Trouble sleeping
- Lightheaded, dizziness, or fainting
- Palpitations

It's important not to ignore the symptoms of a heart attack—the faster you can get help, the higher your chances of living through it. If you believe you are experiencing the symptoms of a heart attack, call for help immediately. To ensure for a speedy recovery, you should receive treatment within one to two hours of the first sign of symptoms.



Pressure, tightness, pain, squeezing, or aching sensation in your chest or arms



A feeling of fullness, nausea, indigestion, heartburn, or abdominal pain



Shortness of breath, sweating, cold sweat feelings of anxiety or an impending sense of doom



Fatigue, trouble sleeping, lightheaded, dizziness, or fainting, Palpitations

How to Recognize Warning Signs of Stroke in a Loved One



F.A.S.T.

Face Drooping • **A**rm Weakness
Speech Difficulty • **T**ime to call 911

Act fast. That is the best advice any doctor can give if you suspect a stroke in a loved one. Time is of the essence; the quicker you get to the hospital, the better your chance of reducing long-term disability. With stroke being one of the leading causes of death and severe, long term disability in the United States, awareness of risk factors and warning signs is essential for stroke prevention.

What is a stroke?

A stroke or a 'brain attack' occurs when a blood vessel to the brain becomes blocked or bursts. If the brain cells are deprived of oxygen and begin to die, those particular parts of the brain can no longer work, and neither can the abilities controlled by that area of the brain. This is why time is crucial when dealing with a stroke. Symptoms of a stroke can range anywhere from temporary weakness in an arm or leg to being permanently paralyzed on one side of the body. Unfortunately, some risk factors cannot be controlled, such as age, gender, and even ethnicity. However, there are many **choices** we can make that can alleviate the risk of having a stroke.

Monitor blood pressure: High blood pressure doubles your risk for having a stroke. According to Dr. Rost, an associate professor of neurology at Harvard Medical School, "High blood pressure is the biggest contributor to the risk of stroke in both men and women." In order to maintain a lower blood pressure, you should reduce your salt intake, avoid high-cholesterol foods, exercise, and avoid smoking.

Losing weight: Obesity contributes to higher blood pressure and diabetes, both of which increase your chances of having a stroke. Try to maintain a healthy BMI (body mass index) and calorie intake. Eat healthier foods and increase your exercise level in order to meet your weight goal.

Drink in moderation: Studies have shown that drinking can actually decrease your chances of having a stroke. However, it must only be one drink with the appropriate portion size. Once you increase your alcoholic drinks to more than two a day, you are increasing your chances of having a stroke! Know the standard portion sizes as well: 5-ounces for wine, 12 ounces for beer and 1/5 ounces of hard liquor.

Treat diabetes and quit smoking: Having high blood sugar as well as smoking increases your chances of clots forming and plaque buildup. Take a baby aspirin: Past studies have found that a baby aspirin a day can help prevent blood clots from forming. Just make sure to talk to your doctor and make sure aspirin is safe for you.

Warning signs

Recognizing the warning signs can save a loved one from long-term disability and can even save their life. Warning signs of stroke include: sudden confusion, trouble seeing in one or both eyes, loss of balance and coordination, sudden severe headache, and numbness in one side of the body. Refer to **F.A.S.T** to remember the common symptoms of a stroke. They are:

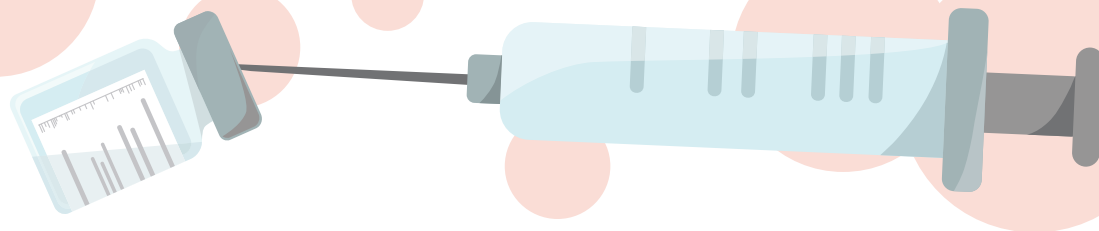
Face Drooping: One side of the face is drooping or numb

Arm Weakness: One arm is weak or numb. The person is unable to raise both arms without one drifting downward

Speech Difficulty: Slurred speech. The person is unable to speak clearly or repeat correctly

Time to call 9-1-1: If someone is showing these symptoms call 9-1-1 immediately.

What Vaccines You Need and Why



Our immune systems weaken with age, making it essential that everyone, especially aging adults, keeps track of their vaccinations by using [a checklist of vaccines](#) similar to the one below:

Influenza Vaccine: Those who are 65 years or older are at the greatest risk of flu complications, and contrary to misconceptions, the flu vaccine is one of the best ways to prevent getting sick with the flu.

Td Vaccine: This vaccine should be received every ten years to protect you against tetanus, which affects your nervous system. This bacterial infection can lead to painful muscle contractions and even death.

Tdap Vaccine: You should receive this vaccine once in place of the Td vaccine as it protects you against tetanus, diphtheria, and pertussis (hence the name 'Tdap').

Shingles Vaccine: Those 50 years and older only need to receive this vaccine once to prevent this [common yet painful skin disease in aging](#)

[adults.](#)

Pneumococcal Vaccine: This vaccine is necessary for those 65 years and older who fit the qualifications, including if you smoke cigarettes or live in a nursing home. A one-time booster is also received five years later.

Meningococcal Vaccine: If you fit the qualifications for this vaccine, your doctor will determine how many doses you need.

MMR Vaccine: The MMR (measles, mumps, and rubella) vaccine is typically received only once, but you can get more doses if necessary.

Varicella Vaccine: Varicella, more commonly known as the chickenpox vaccine, is necessary for all adults who are not immune to this virus.

Hepatitis A Vaccine: Receiving this two-dose series is based on many factors, but it is commonly given to those with chronic liver disease.

Hepatitis B Vaccine: Similar to the Hepatitis A vaccine, this is a three-dose series given to those who fit the qualifications. [Read more at MG Blog.](#)

The Importance of Getting a Shingles Shot

Did you know that shingles can impact the body to the point that the pain never goes away? Unfortunately many people are uneducated about shingles until they experience the painful, contagious rash. As we age, we become more at risk for developing shingles, making education and prevention essential.

THE 3 STAGES. Many believe that if they have gone through the chickenpox they are safe from shingles. However,

the chickenpox virus, varicella zoster, remains dormant in the body. Although anyone who has had chickenpox can develop shingles, the risk increases as people age, especially among those 60 and older. Shingles usually develops on one of the body's nerve pathways, which is why it is so important for people to understand the [symptoms](#).

Before the rash appears, pain and tingling develop in the area affected

with the virus and the person may even experience flu-like symptoms. Once the skin is inflamed, the rash begins forming a cluster of red spots that represents blisters. The rash typically lasts between two to four weeks. The most complicated stage is the final one: postherpetic neuralgia. Symptoms can include burning or stabbing pain in the area of the rash, sensitivity to touch, and longevity of persistent pain. [Read more at MG Blog](#)

*"Some people have such excruciating pain called **peripheral neuropathy** that it leaves them debilitated for the rest of their life and the pain **never goes away**"*

- Renata Gelman, Visiting Nurse Service of New York

Five Essential Safety Tips for Aging Adults to Prevent

We spoke with Brandon Leonard, MA, EMT-CC, an Ambulance Medical Technician with the Nassau County Police Department, in Long Island, New York, to collect expert tips for how to avoid falls in your home.

1. As you become more “seasoned” as an adult, your ability to accommodate for stairs and changing floor levels becomes more difficult. Try to make life easier for yourself and live on a flat floor plan. Not only will it be easier for you to navigate your residence, but it will also eliminate some of the elements that pose a risk of an accident (i.e., falling down stairs, falling up stairs, etc.)

2. Many falls in the geriatric population occur in the bathroom. One way to prevent the most common fall, which we call “The Bathtub Fall”, is to eliminate bathtubs altogether. Invest in a walk-in shower! This will eliminate the need to navigate over the wall of a bathtub. When you consider the limited mobility of aging adults, combined with an individual wrapped in a towel and the environment of a wet bathtub, the potential for an accidental fall is inevitable.

3. As you age, your balance will not be as sharp. The need to wear a rubber-soled slipper or sneaker is imperative to reduce the likelihood of a fall. Many of the aging adult population

like to wear socks because they are not only comfortable, but they help to keep their feet warm. Socks are slippery on many smooth surfaces and will not help balance a person who is unsteady on their feet.

4. Don’t wear pants or sweatpants that are too long! This will increase the probability of tripping and subsequently falling. In addition, if you walk with the assistance of a cane or walker, loose garments may get caught up with the equipment, causing you to lose your balance.

5. Most importantly, respect your limitations. Do not over-exert yourself or attempt to take on a challenge in order to reassure yourself of your pride. Getting older is difficult, and it is very disheartening to realize that you cannot perform the skills or tasks that you once used to. Many people try to take on these tasks to prove to themselves that they are not the 83 years old that their driver’s license claims they are. Respect your age and body. Maybe bending down to plant flowers is a task better suited for your child or grandchild.

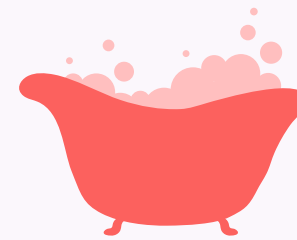
Recommended Adjustments



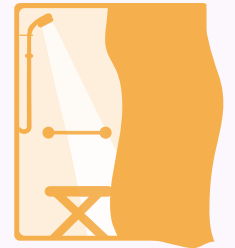
Stairs



Flat floor plan



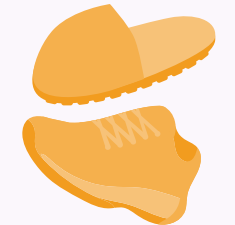
Bathtub



Walk-in shower



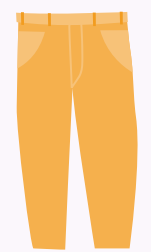
Only socks



Rubber-soled slippers & sneakers



Long pants



Well-fitted pants

Tips for Successfully Aging in Place

One of the most common aging adult problems today is finding a way to safely age in place. According to a [recent study conducted by AARP](#), 90 percent of aging adults wish to grow older in their own homes. A big obstacle, however, in achieving that goal is a lack of help for the aging adult living alone. While caregivers can certainly help a loved one age in place for a time, there's no guarantee that a caregiver will be able to provide round-the-clock care.

Luckily, there are some simple steps you can take to successfully age in place. We've compiled some tips for living alone – safely, to help you thrive at home.

1. Take care of your body.
2. Remove any tripping hazards.
3. Install home safety tools.
4. Have a buddy system.
5. Be proactive, not reactive.

While all of these tips for living alone are sure to help you successfully age in place, the best way to maintain your independence as you age is to ensure your safety with a [medical alert device from Medical Guardian](#).

[Click here to read more at MG BLOG](#)





SECTION TWO

Fitness

1. How a Strong Fitness Routine Can Help Maintain Your Independence
2. Exercises to Improve Balance
3. 6 New Fitness Activities to Try
4. Weather Proof Exercises

How A Strong Fitness Routine Can Help You Maintain Independence

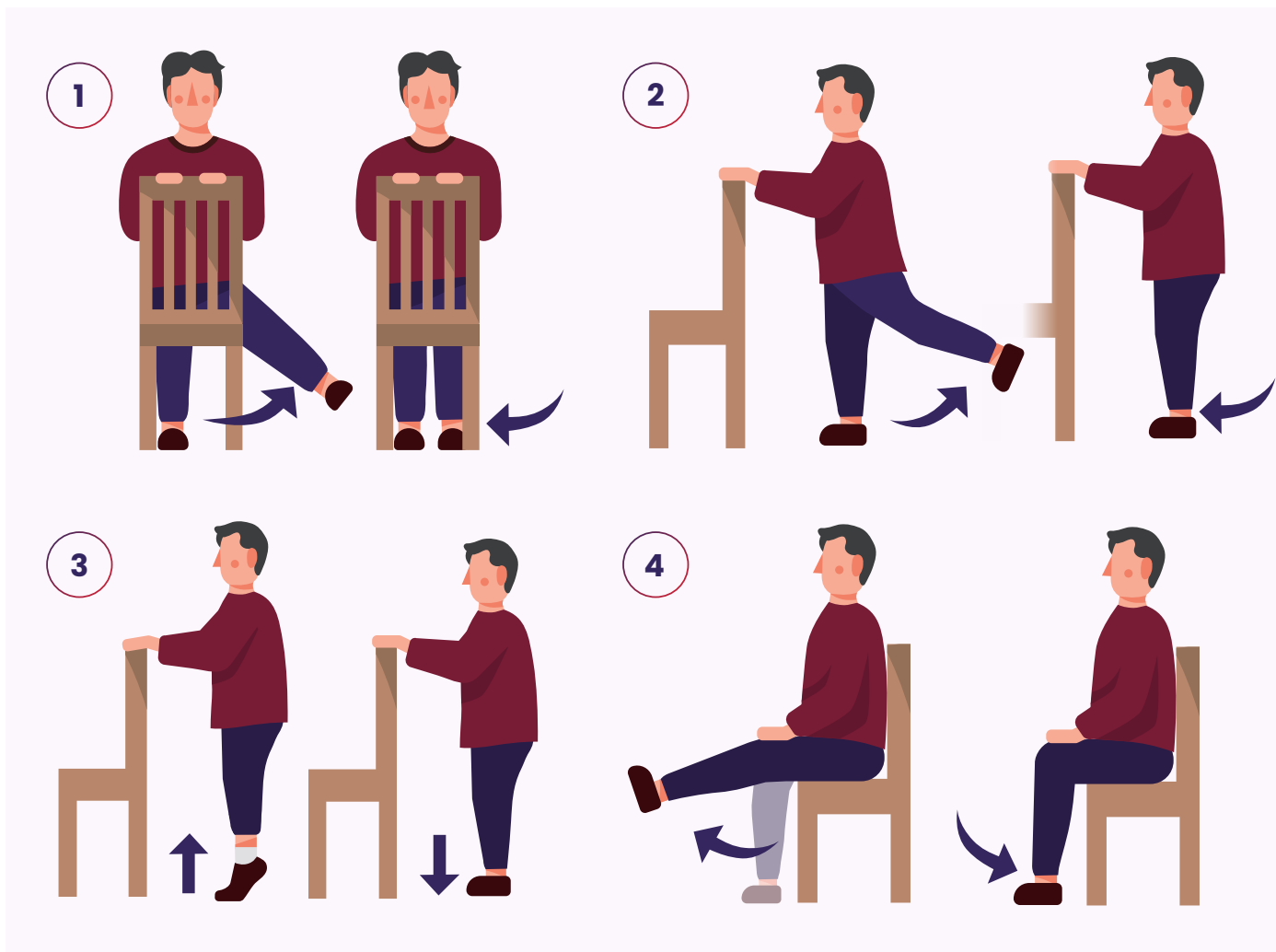
You don't have to compete in an Ironman to remain in good shape as you age. It is possible to incorporate fitness into your life without feeling like you have to totally change your daily routine. [Making small changes to your exercise](#) and diet can help you continue to thrive as you age and maintain your independence, longer.

There are some great exercises for older adults that don't require much more than a time commitment and a great pair of sneakers! Exercise for aging adults doesn't have to be hard, and you don't have to run out to join a gym. By incorporating these exercises into your life, you can increase your cardiovascular function, sleep more soundly, improve your balance and feel more energetic.

Exercises for Older Adults

Chair Exercises

Chair exercises for aging adults are a wonderful way to help increase your balance, stability, and strength with a bit of a safety net. There are a wide variety of chair exercises for aging adults that you can try, however, it might be best to start with the basics. It's best to use a sturdy chair with a back tall enough for you to comfortably grab without having to bend down.



1. Hip Side Extensions

Standing with the back of the chair in front of you, lift your right leg out to the side — as high as you are able. Return to a resting position and repeat 10 times. Then do the same with the left leg.

2. Hip Extensions

Standing with the back of the chair in front of you, lift your right leg straight out behind you, without bending your knee. Return to a resting position and repeat 10 times. Then do the same with the left leg.

3. Calf Raises

Standing with the back of the chair in front of you for balance, rise up as high on your toes as possible. Then lower down to flat feet and repeat 10 times.

4. Knee Extensions

Sitting in the chair with your feet flat on the floor, pick your right leg up off the floor and straighten your knee. Hold for a few seconds and then return your leg to a resting position. Repeat 10 times and then switch legs.

Walking/Hiking

There are [many health benefits of walking](#), including increased balance and mobility and a decreased risk of heart disease, colon cancer, and diabetes. Walking is a wonderful exercise for aging adults, as it doesn't require much except time and some motivation. A 30-minute walk around your neighborhood might seem daunting at first, but if you bring a friend with you or some great walking music, it will become more than exercise — it will become an occasion.

And if you're looking for a greater challenge, you can upgrade to hiking, which is a more rigorous form of walking. Being able to connect with nature has even been shown to [help improve mental health](#).

Gentle Yoga

Yoga is not just an exercise for aging adults; it's great for all ages. There are many different types of yoga that you can practice and some are more

rigorous than others. Gentle yoga is a form of stretching that can help you remain flexible, limber and balanced as you age. The best part about yoga is that you can do it anywhere and anytime! Here are some great video tutorials to help you work through popular poses:

[Cat/Cow:](#) Great for opening up the spine and stretching the lower back

[Half Twist:](#) Great for opening up the spine and soothes upper back tension

[Seated Forward Fold:](#) Stretches the hamstrings, spine and increases flexibility in the hip joints

[Bridge into Corpse:](#) Stretches the lower back, spine and legs and then ends with a relaxing, and much-needed, rest

[Keep Maintaining Your Independence:](#)

In addition to implementing a strong fitness routine into your lifestyle, a [medical alert system](#) can also help you maintain your independence as you age.



How A Medical Alert Device Can Make You More Independent

Older adults who live alone might face objections from friends and family who are concerned for their safety. Contrary to popular belief, medical alert systems can actually help you maintain your independence as you age and give concerned parties peace of mind knowing their loved ones are only a button push away from an emergency or non-emergency assistance. The key, however, is finding the best emergency alert system that fits your needs and lifestyle. Learn more about our in-home medical alert systems and mobile medical alert devices to help determine which device is best for you or your loved one.

In-Home Medical Alert Systems

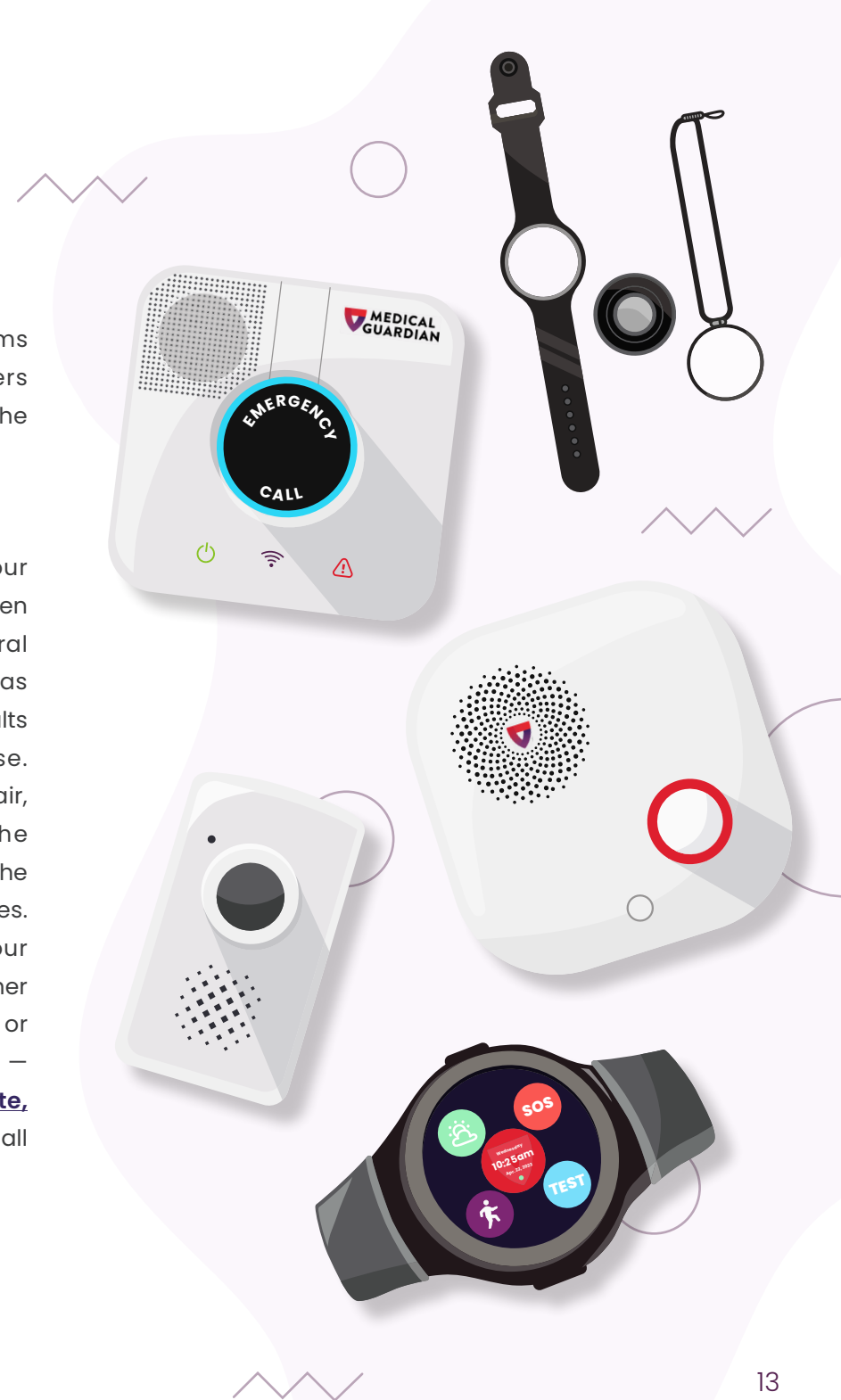
When it comes to medical alert systems, older adults can remain completely independent in their own homes as they age, yet never actually be alone should an emergency occur. For those who only

want to invest in medical alert systems for the home, Medical Guardian offers two different options: [MGClassic](#) and the [MGHome Cellular](#).

Mobile Medical Alert Systems

Of course, feeling confident about your independence shouldn't have to end when you leave the house. Because of natural changes that occur within our bodies as we age, it's not uncommon for older adults to experience falls outside the house. Whether on pavement that is in disrepair, uneven ground, or even wearing the wrong type of shoes—balance can get the best of us and potentially lead to injuries. If you're interested in maintaining your independence outside the home—whether to run errands, visit friends and family, or go for a walk around the neighborhood — Medical Guardian's [MGMini](#), [MGMini Lite](#), and [MGMove](#) medical alert systems are all reliable options.

[Click here to read about the different types of medical alert systems!](#)





SAFETY FIRST

For all of these exercises, it is very important to put safety first. If you feel uncomfortable about your balance or with the exercises, stop and sit down. Check with your doctor to ensure that these exercises will not aggravate a condition or health concern you already have. Use a counter or chair to help steady yourself until you feel confident with the exercises.

Exercises to Improve Your Balance

The risk of falling is a very serious health concern for aging adults. With complications from a fall being the leading cause of injury death for those over 65, the stakes couldn't be higher. Aging adults experience more falls than the rest of the adult population due to diminishing balance. The number one way to limit your risk of a fall is to stay active. Moderate daily exercise, with a focus on balance-improving activities, will help keep you feeling great and independent.

Balance-Improving Exercises to Try

1. Heel-to-Toe Walking – simple, and yet beneficial, heel to toe walking helps strengthen balance. Often used by law enforcement as a field sobriety test, this easy exercise is also a great way for aging adults to build greater balance.

- Start by placing the heel of your right foot in front of your left toes.
- Then bring your left heel in front of your right toes.
- Repeat, walking in a straight line.

2. Standing on One Foot – this exercise is a fantastic way to increase balance. Start slowly, using a kitchen counter or chair back to help steady you. As your balance increases, leave your hand by your sides, or even raise them over your head.

- Place your hands on a chair back or counter as you raise one foot off the floor.
- Once balance is acquired, try lifting your hands off your support and hold for 15 – 20 seconds.
- Repeat with the other leg.

3. Knee Lifts – this exercise will help improve balance, as well as strengthen leg muscles. Decreased muscle strength in the legs is a major contributor to lessened mobility and balance in aging adults. This exercise will help make your legs stronger – giving you greater confidence

and balance.

- Hold onto a counter or chair back to steady yourself, and then raise one knee up and hold it at about waist level.
- Once you feel balanced, let go of your support and hold your knee up for 15 – 20 seconds.
- Repeat with the other knee.

4. Back/Side Leg Raises – these exercises help strengthen your backside, lower back, and hips. Improved muscle quality will also improve balance.

- Hold onto the chair back of a tall, heavy chair. Lift one leg and extend it behind you a couple of inches to a foot off the floor.
- Hold your foot up for 10 – 15 seconds.
- Repeat on your other leg.
- Follow the same process for side leg raises, this time extending your leg to the side of your body.

5. Stepping – practicing stepping over objects increases balance and mimics real-life situations like curbs and stairs.

- In a straight line across the floor, space small objects (foam cubes, books, or even soup cans) 12 – 16 inches apart.
- Carefully step over each object, extending your arms out for additional balance.
- Increase the difficulty of this exercise by sidestepping over the objects.

6 New Fitness Activities to Try

Exercise is important for people at any age, but there are particular benefits to exercising if you are over the age of 60. Staying physically active and exercising regularly can help prevent or delay many diseases and disabilities, including dementia. We've collected the six best exercises out there for aging adults, but make sure to consult your physician prior to changing your current routine.

WALKING

While it might not seem like the most cardio-intensive workout, walking can actually go a long way when it comes to your overall heart health. It can improve your blood flow, make you stronger, and help to build your endurance (especially if you add in some big hills in your neighborhood). Walking is also a great activity to include a Fitness Buddy—you can socialize while you get into shape!



SWIMMING

Swimming is another great low-cardio workout that helps increase the strength of your heart and lungs, overall endurance, and fitness level. Swimming can be a particularly helpful workout for people who suffer from arthritis, knee problems, or are overweight. If you're new to the water, you can start by swimming laps with a kickboard until you get more comfortable to test out your freestyle strokes.

YOGA

Yoga is a spiritual, mental, and physical discipline that has been around for centuries. Yoga is a gentle and non-competitive method of exercise that can work for you, at any age. Yoga has been found to be beneficial for improving flexibility, depression, cholesterol levels, bone weakness, arthritis, blood pressure, diabetes, heart attack, and stroke. As an added bonus, most yoga classes will have a meditation portion, which also can help you deal with stress and anxiety.



PILATES

Similar to Yoga, Pilates boasts the benefits of increased levels of strength, balance, flexibility, muscle tone, stamina, and well-being. There are two types of Pilates classes to consider—Pilates Mat and Pilates Reformer. A Mat class is done on a mat, with no fancy equipment needed, aside from perhaps weights and a magic circle or exercise band. A Reformer class requires a large piece of specialty equipment and requires that you make private appointments for classes. The goal of both types of Pilates classes is to build your core muscles and increase flexibility.



TAI CHI

Tai chi has been used to improve balance and flexibility and has the added benefit of being a very peaceful, quiet exercise. Tai Chi is a series of fluid movements that emphasizes balance and relaxing your muscles. Research has shown that one hour of Tai Chi three times a week can greatly improve strength in your feet and toes, and also assist in increasing your balance and flexibility.

BIKE RIDING

One of our favorite pastimes as children also makes for a great aging adult activity! It improves cardiovascular fitness while being low impact on the knees, hips, ankles, and other joints. This fun activity, which can also be done with friends, helps to prevent obesity, colon cancer, breast cancer, type 2 diabetes, mild depression, hypertension, and arthritis. It's a very practical exercise too, as it can serve as an alternate mode of transportation—just don't forget to wear a helmet!





Weather-Proof: Great Indoor Exercises

There's nothing quite like a brisk walk on a warm sunny day to get your body moving. Of course, they can't all be warm sunny days. Some days are blistering hot, and others are freezing cold. Some days, it's bound to rain. And depending on where you live, you can probably also plan on a winter with plenty of ice and snow. So where does this leave you? Well, mostly indoors. But when it comes to keeping up with your exercise routine, being indoors isn't a deal-breaker. In fact, there are all kinds of healthy, physically beneficial activities that you can do without ever leaving the comfort of a temperature-controlled environment.

Why Stay Indoors?

Aging adults are more susceptible to the health and injury risks that come with extreme temperatures. Older adults are more likely to suffer from dehydration, exhaustion or heat stroke if outdoors for prolonged periods of time in the hot weather.

The same heightened risks apply in the cold weather as well. For those living with arthritis or other joint pain, cold can cause jarring and even debilitating stiffness. For those who have had heart surgery or are at a higher risk for coronary episodes, it is also advisable to avoid the shock that the extreme cold can have on your body as a whole.

Beyond the weather, the outdoors can present a great many more risks, especially to those aging adults with health or mobility limitations. Uneven terrain, muddiness or even just your general distance from first aid and health assistance can come with their own risks of falling and injury. This is why some fitness experts suggest that you develop exercise habits that can be pursued indoors.

What Can I Do?

When it comes to indoor exercising, the only limitation is your own range of physical abilities. Here are a few suggestions for exercises you can do anywhere that you feel comfortable.

Low Impact Reps: Physical activity does not have to be rigorous to be beneficial. You can maintain a healthy and active lifestyle by integrating some daily, low-impact stretches and exercises into your lifestyle. Try: knee bends, arm rotations,

hip whirls, and walking in place as activities that you can do without ever leaving your own home.

Long Walks: Your house isn't the only indoor location where you can enjoy the health benefits of low-impact exercise. For a long walk, try a visit to the mall, a department store or the supermarket. Not only do such indoor locations offer temperature and environmental controls, but most should also offer ample seating and a food court should you get a hankering for something tasty.

Classes: There are plenty of group classes that you can join that take place indoors and are designed to accommodate aging adults. Join a yoga or dance class. Or enjoy the full-body benefits of swimming or water aerobics. Whatever you do, the gym offers the benefits of a trainer, guidance, and close-at-hand medical support.

Exercise Caution

No matter where you exercise; safety must be a top priority. Don't over-exert yourself and respect your limitations. Depending on these limitations, you should consider working out in the company of a friend, a caretaker, or a trainer. Always make sure that assistance and medical help are nearby.

And before you start a new exercise routine, make sure you consult your physician or physical therapist. A professional can help you develop an indoor exercise routine that makes sense for you.

Exercise Your Brain: Tips For Staying Sharp As You Age

Memory loss and decreasing mental cognition is a serious concern for aging adults. As many as 5 million Americans have Alzheimer's disease, which is the most prevalent form of dementia. Scientist haven't yet discovered the cause (nor cure) of Alzheimer's, which attacks the areas in the brain that manage memory, language, reasoning, and social behavior.

Though Alzheimer's can have an early onset and effect those in their 30s, 40s, and 50s, the disease primarily affects aging adults. The risk of developing Alzheimer's doubles every five years after the age of 65.

Brain-Stimulating Activities

1. Reading
2. Crosswords/Sudoku/Puzzles
3. Video Brain Games/Memory Apps
4. Explore Your Creativity
5. Take a College Class

[Click here to read more on MG Blog](#)





SECTION THREE

Nutrition & Recipes

1. Foods to Eat As You Age
2. Taking Control of Your Cholesterol
3. Diabetes? Change Your Diet
4. Foods to Fight Osteoporosis

Foods to Eat as You Age

Eating well helps keep your body strong, your mind sharp, and your energy level up as you age. So put these five types of foods on your grocery list.

1. Colorful Fruits and Vegetables: “The darker the red, the deeper the green, the more yellow, the more orange -- they’re the foods that have function,” says Diane Stadler, PhD, RD, a research assistant professor of medicine at Oregon Health & Science University. Their natural color means they’re loaded with vitamins and antioxidants. Stadler recommends blueberries, red raspberries, and dark cherries as ideal fruits, and says you can’t miss with any of the dark, leafy vegetables like spinach, kale, and Swiss chard. You can have them all year because, when it comes to nutrients, frozen is just as good as fresh.

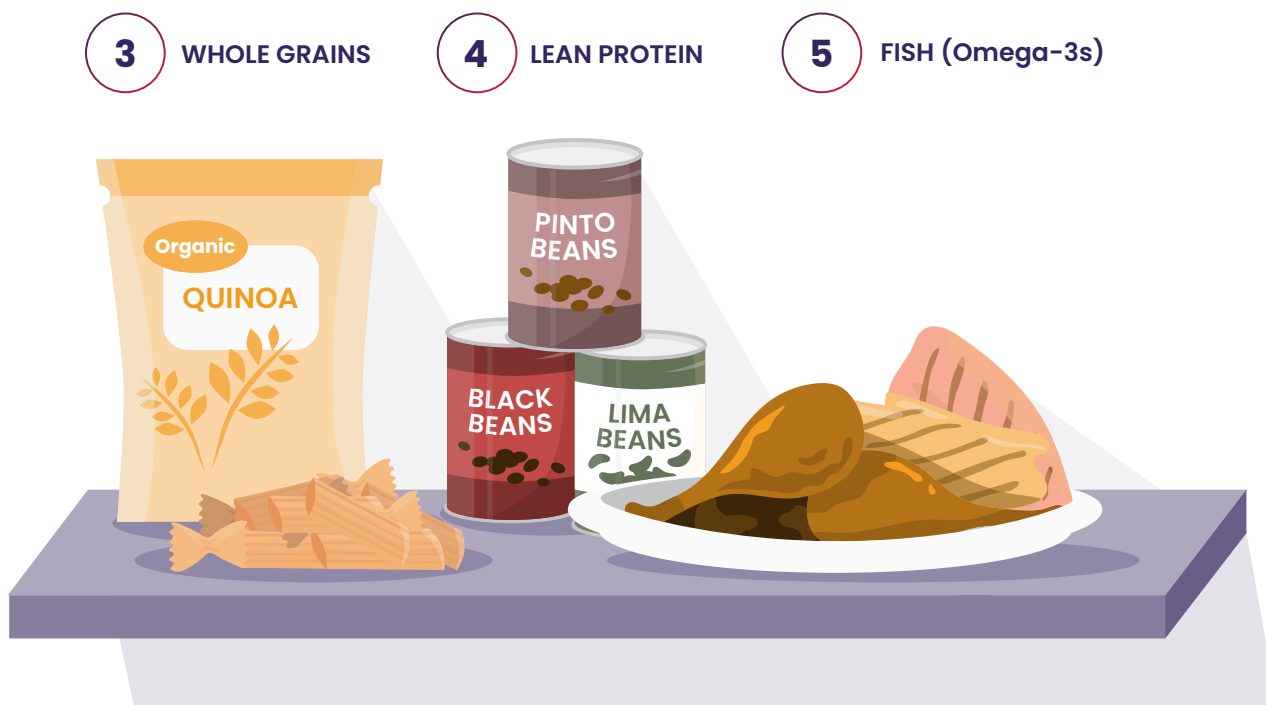
2. Dairy: “This is an incredibly important food group for people as they get older,” Stadler says. “Calcium needs are high and they stay high, and you can’t get any other foods with as much calcium as dairy.” Milk, for example, gives you nearly all the calcium you need in three 8-ounce servings. Dairy’s also a great source of vitamin D -- it’s essential for healthy bones. Many people don’t get enough of it, and with age, it gets harder for your body to make vitamin D just by being out in the sunshine. Stick to low-fat or nonfat milk, yogurt, and cheese.

3. Whole Grains: These powerhouse foods are pantry essentials. A good source of B vitamins, they are also loaded with fiber. Whole-grain foods are easy to find. "There's a whole variety beyond oatmeal and whole wheat, such as quinoa, which is incredibly high in protein," Stadler says.

4. Lean Protein: A lot of foods will give you the protein you need, like fish, poultry, beans, legumes, nuts, and dairy products. If you choose to eat meat, make it lean. "If you can see a layer of fat, it is saturated fat and associated with bad cholesterol," Stadler says. Steer clear of huge portions. Stadler recommends visualizing a deck of cards when choosing a serving of meat. If more than that is on your plate, she says, box it up for later or take it off your plate before you begin eating to avoid temptation.

5. Fish With Omega-3s: Oily fish like salmon, tuna, and mackerel are great sources of omega-3 fatty acids, which are good for you. Stadler says just two servings of fatty fish per week are enough to meet your requirements for this healthy fat. Canned salmon is a good choice because it is often packed with some edible fish bones, adding a calcium boost. If you don't eat fish at home, order it when you go out. "That's a perfect opportunity to meet the recommendations," Stadler says.

Matt McMillen, 2022 [WebMD.com](https://www.webmd.com)



Taking Control of Your Cholesterol

According to the American Heart Association, cardiovascular disease is the number one leading cause of deaths in the United States. It's very important for all people, especially over the age of 65, to get their cholesterol levels under control to decrease their risks of suffering from heart attacks. You might have heard a lot about "bad cholesterol" versus "good cholesterol" Bad cholesterol, or LDLs (low-density lipoprotein), can build up in "the inner walls of the arteries that feed the heart and brain. Together with other substances, it can form plaque, a thick, hard deposit that can narrow the arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and blocks a narrowed artery, heart attack or stroke can result." **(Courtesy of the American Heart Association)**

Good cholesterol, or HDLs (high-density lipoprotein), can actually prevent against heart attacks. Good cholesterol is found in foods such as avocados, nuts, olive oil, fish and other foods with omega-3 fatty acids. A healthy lifestyle in general is also a great way to keep your good and bad cholesterol balanced. Staying away from tobacco and alcohol, staying physically active, and eating healthy all promote healthy cholesterol levels. As you may know, living a healthy, clean lifestyle is a key to preventing any kind of disease. Whipping together a low cholesterol recipe is not hard. We decided to share a low cholesterol recipe that you might enjoy.

Black Bean & Salmon Tostadas

TIME: 25 minutes • **MAKES:** 4 servings, 2 tostadas each



INGREDIENTS:

- 8 6-inch tortillas
- Canola oil cooking spray
- One 6-7 oz. can boneless, skinless wild Alaskan salmon, drained
- 1 avocado, diced
- 2 tablespoons minced pickled jalapeños, plus 2 tablespoons pickling juice from the jar, divided
- 2 cups pre-shredded cabbage and carrot "coleslaw mix" or shredded cabbage
- 2 tablespoons chopped cilantro
- 1 15-ounce can black beans, rinsed
- 3 tablespoons reduced-fat sour cream
- 2 tablespoons prepared salsa
- 2 scallions, chopped
- Lime wedges (optional)

Nutrition: 319 calories; 11g fat (2g sat, 6g mono); 16mg cholesterol; 43g carbohydrates; 0g added sugars; 16g protein; 12g fiber; 352mg sodium; 670mg potassium

PREPARATION:

1. Position racks in upper and lower thirds of the oven; preheat to 375°F.
2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.
3. Combine salmon, avocado and jalapeños in a bowl. Combine cabbage, cilantro and the pickling juice in another bowl. Process black beans, sour cream, salsa and scallions in a food processor until smooth. Transfer to a microwave-safe bowl. Cover and microwave on High until hot, about 2 minutes.
4. To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.

Diabetes? Change Your Diet

According to the [American Diabetes Association](#), there are over 37.3 million people (11.3% percent of the population) in America struggling to control their diabetes. As you age, the likeliness of being diagnosed with Type 2 Diabetes increases—15.9 million people over the age of 65 currently have diabetes. Luckily, it's easy to manage Type 2 Diabetes by changing your diet and exercise habits.

Being diabetic does not mean that you don't get to eat the things you love, it simply means that you have to make smarter choices about the way you eat. We've found some delicious options that work for every meal.

All recipes courtesy of Diabetic Living Online.

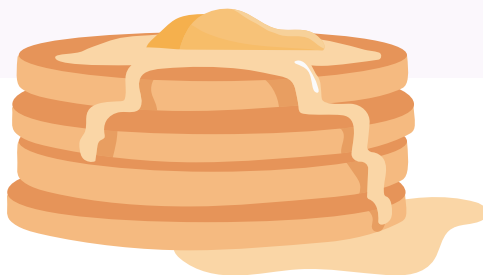
See these full recipes at the end of this ebook on pages 27-30

Breakfast

Pear-Ginger Pancake & Apricot-Pear Syrup

MAKES: 4 servings

SERVING SIZE: 2 pancakes
with about 2 tbsp syrup

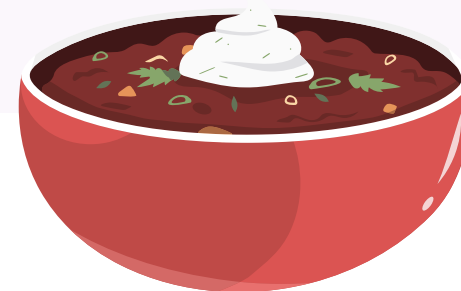


Lunch

Turkey Chipotle Chili

MAKES: 6 servings

SERVING SIZE: 1 ²/₃ cups
34 carb grams per serving



Dinner

Red Beans & Rice With Chicken

MAKES: 4 servings

SERVING SIZE: 1 cup
30 carb grams per serving

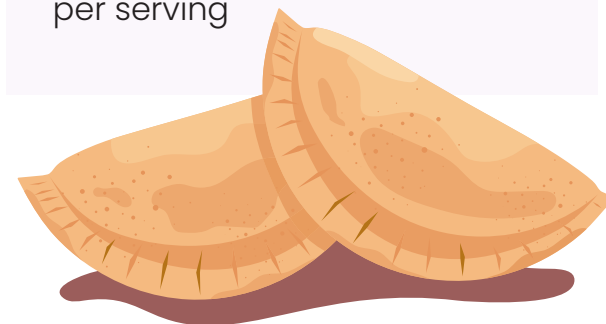


Dessert

Mini-Cinnamon Empanadas

MAKES: 2 servings

SERVING SIZE: 2 mini
empanadas; 18 carb grams
per serving



Foods to Fight Osteoporosis

From the time that you were a child, you've probably been told that it's good to have strong healthy bones. Osteoporosis is a disease that makes your bones weak and fragile and unfortunately, it affects us as we age. Often times osteoporosis can go undetected until you experience a fracture in your back or hips. Worldwide, there is an osteoporotic fracture every 3 seconds. That is 8.9 million fractures annually!

Women over the age of 50 have the greatest risk of developing osteoporosis. Out of the 10 million Americans with osteoporosis, 8 million are women. Osteoporosis can be prevented by avoiding certain foods and introducing others into your diet. Some of the foods to avoid? Sugar, salt, chocolate, and caffeine. On the flip side, super-foods such as spinach, green tea, oats, parsley, lemons, broccoli, and lettuce can help strengthen your bones.

Not sure how to work these new, healthy foods into your diet? Here is a delicious, easy, and healthy recipe we found that people with osteoporosis can enjoy:

Roasted Veggie Sandwich

on Focaccia with Hummus

MAKES: 1 serving • **NUTRITION:** approx. 293 calories

INGREDIENTS:

For the roasted vegetables:

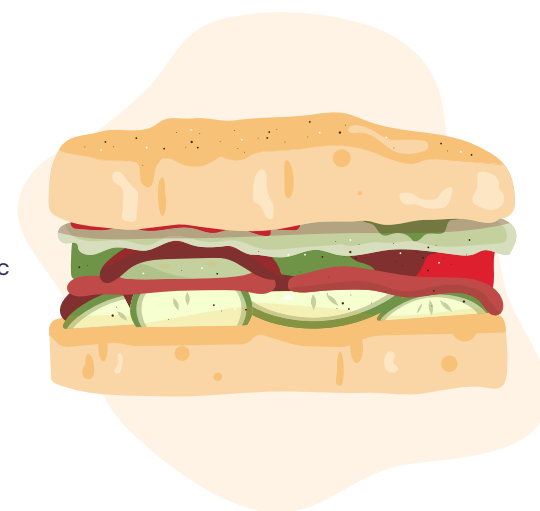
- $\frac{1}{4}$ large red bell pepper, quartered, seeded and cut into strips
- $\frac{1}{4}$ small eggplant, halved, seeded and cut into 3-inch strips
- 1 teaspoon olive oil
- $\frac{1}{4}$ clove garlic finely minced
- salt & pepper

For the hummus:

- $1\frac{1}{2}$ oz canned garbanzo beans (chick peas)
- $\frac{1}{2}$ tsp tahini
- $\frac{1}{2}$ tsp lemon juice
- $\frac{1}{8}$ tsp finely minced garlic
- $\frac{1}{2}$ tsp olive oil
- salt & pepper

For the sandwiches

- 1 small loaf focaccia
- sliced in half



PREPARATION:

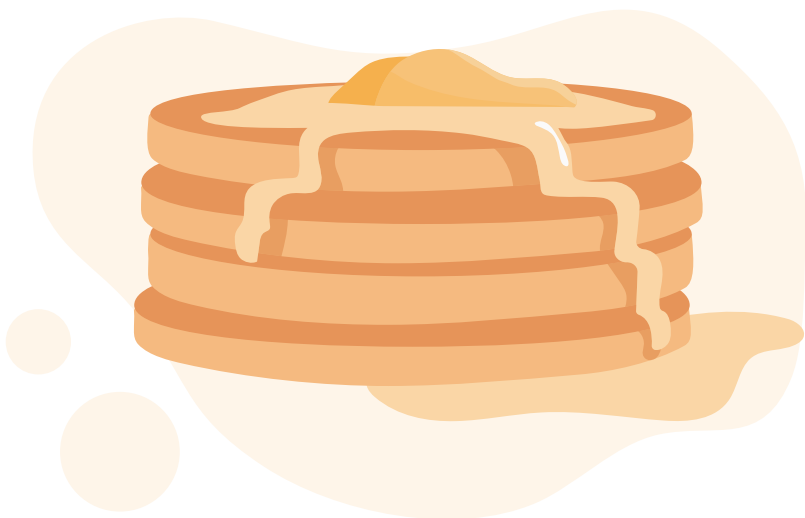
For the roasted vegetables: Preheat the oven to 400° F. In a small bowl, mix the olive oil, garlic and salt and pepper together. Brush the red pepper and eggplant strips with the oil mixture on a baking sheet and place in a hot oven for approximately 10 to 15 minutes until tender. Remove from the oven and let cool.

For the hummus: While the vegetables are roasting, drain and rinse the garbanzo beans. Puree the garbanzo beans in a blender or food processor with the tahini, lemon juice and garlic. With the machine running, add the olive oil slowly, until the hummus becomes thick and creamy. Add salt and pepper to taste.

For the sandwich: Place the bottom and top half of the focaccia on your work surface. Divide the hummus among the sandwiches, spreading it on the top and bottom slices. Top with the roasted vegetables, dividing them evenly among the sandwiches. Place the top halves of the focaccia on top of the vegetables and serve. Slice in half on the diagonal and serve at room temperature.

Pear-Ginger Pancakes

MAKES: 4 servings • **SERVING SIZE:** 2 pancakes with about 2 tbsp syrup



INGREDIENTS:

- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{2}$ cup whole wheat flour
- 1 tablespoon packed brown sugar or brown sugar substitute* equivalent to 1 tablespoon brown sugar
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon ground ginger
- $\frac{1}{8}$ teaspoon salt
- $\frac{3}{4}$ cup fat-free milk
- $\frac{1}{4}$ cup refrigerated or frozen egg product, thawed, or 1 egg
- 2 tablespoons canola oil
- $\frac{1}{2}$ of a medium pear, cored and finely chopped ($\frac{1}{2}$ cup)
- 1 recipe Apricot-Pear Syrup (see recipe below)

PREPARATION:

- In a medium bowl, combine all-purpose flour, whole wheat flour, brown sugar, baking powder, ginger, and salt. Make a well in the center of flour mixture; set aside. In a small bowl, whisk together milk, egg, and oil; stir in chopped pear. Add egg mixture all at once to flour mixture; stir just until moistened.
- For each pancake, pour $\frac{1}{4}$ cup of the batter onto a hot, lightly greased griddle or heavy skillet, spreading batter into an even layer if necessary. Cook over medium heat for 2 to 4 minutes or until pancakes are golden, turning to second sides when pancakes have bubbly surfaces and edges are slightly dry. Keep pancakes warm in a 300 degrees F oven while cooking the remaining pancakes.
- Serve pancakes with warm Apricot-Pear Syrup.

Apricot-Pear Syrup

INGREDIENTS:

- $\frac{1}{2}$ of a medium pear, cored and finely chopped ($\frac{1}{2}$ cup)
- 1 tablespoon lemon juice
- 2 tablespoons low sugar apricot preserves
- 1 tablespoon water
- $\frac{1}{8}$ teaspoon ground ginger

PREPARATION

In a small saucepan, combine pear and lemon juice. Stir in preserves, water, and ginger. Heat over low heat until preserves are melted and mixture is warm, stirring occasionally. Makes about $\frac{1}{2}$ cup.

Diabetic Exchanges:

Fruit (d.e): 0.5, Starch (d.e): 2, Fat (d.e): 1, Carb Choice (d.e): 2.5

NUTRITION FACTS

PER SERVING:

cal.: (kcal) 242, Cobalamin (Vit. B12): (μ g) 1, calcium: (mg) 121, pro.: (g) 7, Folate: (μ g) 56, iron: (mg) 2, Monosaturated fat: (g) 4, sat. fat: (g) 1, chol.: (mg) 1, Fat, total: (g) 7, carb.: (g) 39, Trans fatty acid: (g) 0, sugar: (g) 13, vit. A: (IU) 292, vit. C: (mg) 4, sodium: (mg) 243, Potassium: (mg) 231, Polyunsaturated fat: (g) 2, fiber: (g) 4, Riboflavin: (mg) 0, Thiamin: (mg) 0, Pyridoxine (Vit. B6): (mg) 0, Niacin: (mg) 2

TIPS & NOTES

***Sugar Substitutes:** Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to 1 tablespoon brown sugar.

***Sugar Substitutes:** PER SERVING WITH SUBSTITUTE: Same as above, except. 229 cal., 35 g carb., 242 sodium

***Sugar Substitutes:** Carb Choices: 2

Turkey Chipotle Chili

MAKES: 6 servings • **SERVING SIZE:** 1 $\frac{2}{3}$ cups, 34 carb grams per serving

INGREDIENTS:

- 2 cups chopped onions (2 large)
- $\frac{3}{4}$ cup chopped green sweet pepper (1 medium)
- $\frac{1}{2}$ cup frozen whole kernel corn
- 2 tablespoons bottled minced garlic
- 2 tablespoons olive oil
- 2 tablespoons finely chopped canned chipotle chili peppers in adobo sauce*
- 1 tablespoon tomato paste
- 1 tablespoon chili powder
- 1 tablespoon dried oregano, crushed
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 4 cups reduced-sodium chicken broth
- 3 cups chopped or shredded roasted turkey breast
- One 15oz can no-salt-added diced tomatoes, undrained
- One 15oz can no-salt-added tomato sauce
- One 15oz can no-salt-added black beans, rinsed and drained
- $\frac{1}{4}$ cup finely snipped fresh cilantro
- $\frac{1}{4}$ cup chopped green onions (2)
- 2 tablespoons lime juice
- 6 tablespoons plain Greek yogurt or sour cream



PREPARATION:

- In a 4-quart Dutch oven, cook onions, sweet pepper, corn, and garlic in hot oil about 5 minutes or until vegetables are tender. Stir in chili peppers and tomato paste; cook for 1 minute more.
- Stir in chili powder, oregano, cumin, and coriander. Stir in broth, turkey, diced tomatoes, tomato sauce, and black beans. Bring to boiling; reduce heat to medium-low. Simmer, covered, for 20 minutes.
- Stir in cilantro, green onions, and lime juice. Simmer, uncovered, for 2 minutes. Serve with yogurt. Makes 6 servings (1 to 1 $\frac{2}{3}$ cups each).

Diabetic Exchanges:

Lean Meat (d.e): 4,

Vegetables (d.e): 1, Carb

Choice (d.e): 2, Starch (d.e): 2

NUTRITION FACTS PER SERVING:

Servings Per Recipe: 6, pro.: (g) 37, cal.: (kcal) 338, sodium: (mg) 549, vit. A: (IU) 1506, Trans fatty acid: (g) 0, Thiamin: (mg) 0, vit. C: (mg) 38, Niacin: (mg) 9, Riboflavin: (mg) 0, Potassium: (mg) 670, Folate: (μ g) 32, Pyridoxine (Vit. B6): (mg) 1, calcium: (mg) 121, carb.: (g) 34, Cobalamin (Vit. B12): (μ g) 0, Fat, total: (g) 6, chol.: (mg) 71, iron: (mg) 4, sat. fat: (g) 1, Monosaturated fat: (g) 3, Polyunsaturated fat: (g) 1, fiber: (g) 10, sugar: (g) 12

TIPS & NOTES:

*Test Kitchen Tip: Because chili peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Red Beans & Rice With Chicken

MAKES: 4 servings • **SERVING SIZE:** 1 cup, 30 carb grams per serving



INGREDIENTS:

- 10 ounces skinless, boneless chicken breast, cut into 1-inch pieces
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 tablespoon olive oil
- $\frac{3}{4}$ cup coarsely chopped green sweet pepper (1 medium)
- $\frac{1}{2}$ cup chopped onion (1 medium)
- 2 cloves garlic, minced
- One 15oz can no-salt-added red beans, rinsed and drained
- One container ready-to-serve cooked brown rice, such as Minute® brand
- $\frac{1}{4}$ cup reduced-sodium chicken broth
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon cayenne pepper
- Lime wedges
- Cayenne pepper (optional)

PREPARATION:

- Sprinkle chicken with salt and black pepper. In a large skillet, heat oil over medium-high heat. Add chicken, sweet pepper, onion, and garlic; cook and stir for 8 to 10 minutes or until chicken is no longer pink and vegetables are tender.
- Stir beans, rice, broth, cumin, and the $\frac{1}{4}$ teaspoon cayenne pepper into chicken mixture in skillet. Heat through. Serve with lime wedges. If desired, sprinkle with additional cayenne pepper. Makes 4 servings (1 cup each).

NUTRITION FACTS

PER SERVING:

Servings Per Recipe: 4, sugar: (g) 2, fiber: (g) 10, iron: (mg) 2, calcium: (mg) 61, Cobalamin (Vit. B12): (µg) 0, Polyunsaturated fat: (g) 1, Fat, total: (g) 5, chol.: (mg) 41, sat. fat: (g) 1, Monosaturated fat: (g) 3, cal.: (kcal) 272, pro.: (g) 25, carb.: (g) 30, Trans fatty acid: (g) 0, vit. C: (mg) 30, Thiamin: (mg) 0, vit. A: (IU) 194, Pyridoxine (Vit. B6): (mg) 1, Folate: (µg) 12, Riboflavin: (mg) 0, sodium: (mg) 311, Niacin: (mg) 9, Potassium: (mg) 332

Diabetic Exchanges:

Lean Meat (d.e): 2.5, Starch (d.e): 2, Vegetables (d.e): 0.5, Carb Choice (d.e): 2

Mini-Cinnamon Empanadas

MAKES: 2 servings • **SERVING SIZE:** 2 mini empanadas; 18 carb grams per serving



PREPARATION:

- In a small skillet, melt butter over medium heat. Add apple; cook for 6 to 8 minutes or just until tender, stirring occasionally. Remove from heat. Stir in the $\frac{1}{2}$ teaspoon cinnamon and the vanilla.
- For each mini empanada, lay a wonton wrapper on a work surface with a point toward you. Spoon one-fourth of the apple mixture on the lower half of the wonton wrapper. Brush edges of wonton wrapper with water. Working carefully, fold the top point down to meet the bottom point, forming a triangle. Gently press the edges together to seal.
- Coat an unheated large skillet with nonstick cooking spray. Preheat over medium-high heat. Add empanadas. Cook for 4 to 6 minutes or until golden, turning once halfway through cooking.
- Serve warm empanadas sprinkled with additional ground cinnamon and, if desired, drizzled with caramel topping. Makes 2 servings (2 mini empanadas each).

INGREDIENTS:

- 2 teaspoons butter
- 1 small apple, cored and chopped
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon vanilla
- 4 wonton wrappers (about 3- $\frac{1}{2}$ -inch squares)
- Ground cinnamon
- 1 tablespoon sugar-free caramel ice cream topping, warmed (optional)

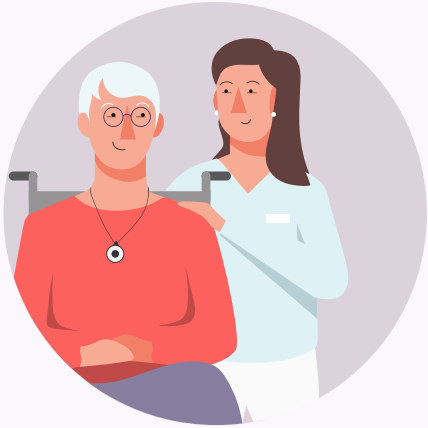
NUTRITION FACTS

PER SERVING:

Servings Per Recipe: 2, iron: (mg) 1, Thiamin: (mg) 0, Riboflavin: (mg) 0, vit. A: (IU) 146, vit. C: (mg) 3, Polyunsaturated fat: (g) 0, Cobalamin (Vit. B12): (μ g) 0, Trans fatty acid: (g) 0, calcium: (mg) 20, fiber: (g) 2, Folate: (μ g) 16, Niacin: (mg) 1, sugar: (g) 6, Pyridoxine (Vit. B6): (mg) 0, Fat, total: (g) 4, chol.: (mg) 12, sat. fat: (g) 2, Monosaturated fat: (g) 1, cal.: (kcal) 117, pro.: (g) 2, carb.: (g) 18, Potassium: (mg) 84, sodium: (mg) 120

Diabetic Exchanges:

Fruit (d.e): 0.5, Starch (d.e): 0.5, Carb Choice (d.e): 1, Fat (d.e): 1



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