



Wellness & You



Elim Park Place Newsletter

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Volume 6 Issue 6 June, 2010

EXERCISE AND THE BRAIN

We know that exercise and physical activity are responsible for keeping our muscles, bones and heart strong but is there any benefit for the brain and cognitive functioning? The answer is “yes”. Studies show that regular exercise significantly improves our ability to figure out what we want or need to do and then to do it.

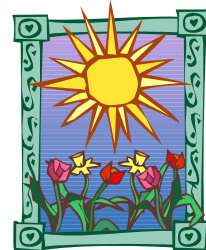
A study in the *Journal of the American Geriatrics Society* goes a step further and suggests that exercise actually can *protect* our brain’s ability to work as it is supposed to work. That study revealed that seniors who did aerobic exercises had better cognitive scores than those who did not. This study used data collected over the span of six years.

The *Journal of Gerontology* conducted a study that focused on the size of the brain, since size influences the brain’s ability to function. Men and women, ages 60-80 were divided into three groups. The first were directed to walk one to three times a week for three months; the second to do stretching exercises for the same period length and period of time; the third group did not exercise at all. At the beginning and end of three months, the participants’ brain size was measured by MRI (magnetic resonance imaging).

Brain size had increased significantly in the group of people who had walked. Frontal lobe size had increased the most; this is the area that manages memory and attention. Another result was equally significant: brain size did not change in the other two groups.

Most health experts recommend 30-45 minutes of exercise three times a week. Most studies suggest this is effective for improving/increasing cognitive function. Among the group of experts are those who go a step further. They suggest daily exercise for both maintaining good physical health as well as improved cognitive functioning.

Exercise for the body and mind is a **no-brainer!**



Arthritis Foundation Aquatic Classes

Begin June 1st
Tuesdays and Thursdays at 11:30am
Open to all residents. Residents must complete appropriate paperwork prior to participation. Please contact us for details.

SAVE THE DATE

Perfect Balance Dining
June 23rd at 2:30pm
Christ Chapel
Karen Minkler, R.D. will tell you how to achieve balance in your diet. This presentation will include information on carbohydrate counting and alternatives to sugar-free desserts for diabetics.

Exercise Schedule Changes

NO Blue Aquatic Class
Mon., June 14th
Please attend Green class

NO Blue Land Class
Wed., June 23rd

NO Exercise Classes
Friday, June 25th

Integrative Medicine

Traditional medicine alone doesn't always work when treating patients. More people are turning to alternative therapies to complement modern medicine. Integrative medicine combines cutting edge treatment with nontraditional techniques for optimal health and healing. The idea behind it is to create a customized plan for your health using the best of both worlds.

In the past, alternative medicine lacked concrete evidence of benefits. However, as interest and use grow, so does the research. If you are considering nontraditional treatment, educate yourself by talking to a doctor or surfing the Internet for reputable sources of information. Check the credentials of any practitioner, whether it be a naturopathic doctor or a massage therapist. Consider the cost as most alternative therapies are not covered by insurance. Be sure to share the details of your treatment with all your providers so they have a complete picture of your health.

The following is a list of nontraditional therapies that are available. For more information, please see the June Mayo Clinic Special Report located in the lobby of the Wellness Center.

Mind-Body Therapies

- Biofeedback – teaches you to consciously control bodily processes that you may have previously been unaware of
- Guided Imagery – shifting your mental attention to a place you imagine or recall that represents a relaxed, safe environment
- Music therapy – interacting with music to alter the nervous system for enjoyment or relaxation

Hands-On Therapies

- Massage Therapy – hands on manipulation of soft tissues for relaxation and proper alignment
- Reflexology – massage of the foot for treatment of disease or relaxation

Alternative Medical Systems

- Homeopathy – a system of medicine based on the principle that a disease can be cured by treatment with a substance that produces similar symptoms in healthy people
- Naturopathy – a branch of medicine in which doctors teach their patients to use diet, exercise, lifestyle changes and cutting edge natural therapies to enhance their body's ability to ward off and combat disease.

Breath, Balance and Movement Demo Class

Yoga postures and relaxation breathing

Wed., June 30th at 11:30am

Aerobics Room/Wellness Center

Sign up in the wellness center



Nuts Combat Unhealthy Cholesterol in Combined Studies

A healthy handful of nuts may help protect you against heart disease by improving cholesterol levels, according to a new study. Researchers pooled results from 25 controlled trials in 7 countries totaling 583 participants not on statins. All the trials compared cholesterol levels between groups consuming nuts and control groups, over periods ranging from 3 to 8 weeks. Daily nut consumption (primarily almonds and walnuts) in the test groups averaged 67 grams - about two-thirds of a cup of walnuts. Compared to the control groups, participants adding nuts to their diets saw an average 5.1% decrease in total cholesterol, 7.4% decrease in "bad" LDL cholesterol and 8.3% improvement in ratio of LDL to "good" HDL. Those with high triglyceride levels saw a 10.2% decline. Different types of nuts had similar effects, but the benefits were greatest among those with higher initial LDL levels and lower body mass index and people consuming more total and saturated fat. The study was partly funded by a nut industry trade group.

Tufts Health and Nutrition Newsletter, May 14, 2010

Smile or Groan?

A patient consulted his medicine man about a pain in his stomach that had persisted for three months. "For something as long as that, I have a more drastic remedy than the herbs I normally prescribe," said the medicine man. "Chew on this leather thong every day. It is 31 inches long: chew one inch every day, and at the next moon come back." The patient dutifully did as directed, and at the next moon he returned to the medicine man. "How do you feel?" the medicine man asked. "The thong is ended, but the malady lingers on."