

A close-up photograph of a woman with short, wavy white hair, smiling warmly at the camera. She is holding a bright green apple in front of her chest with both hands. The background is a soft, out-of-focus yellow-green.

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Healthy Living

January 2020

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Council on Aging offers wellness activities

AUBURN – The DeKalb County Council on Aging offers several activities designed to enhance a person's feeling of wellness. Activities take place at The Heimach Center, 1800 E. 7th St.

Chair yoga takes place at 9:30 a.m. on Mondays and Wednesdays, followed by traditional yoga at 10:30 a.m. Tai Chi is offered Thursdays from 10-11 a.m.

A variety of programs, such as foot care and blood pressure clinics, are offered throughout the month. A detailed calendar of events is included in the monthly newsletter on the council on aging's website, dcco.net.



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Think positive

When things aren't going your way, it's easy to shut yourself off from the world and assume everything will get worse. Practicing positive thinking can remove the invisible rain cloud and let in the sunshine.

An encouraging report from John Hopkins Medicine says that people with a family history of heart disease who also had a positive outlook were one-third less likely to have a heart attack within five to 25 years than those with a negative outlook.

If you feel like your attempts at overcoming depression or anxiety are falling short, it's crucial to visit a doctor. They can determine the complexity of the issue and strategize a solution or refer you to an expert who excels in mental health. Here are some ways a positive outlook can improve your life.

Improved relationships

Once you begin working on changing your perspective to include positive thinking, you should analyze the types of people you associate with. Of course, your improved attitude will attract those with a similar mindset and help you flourish with new relationships. So, how do you manage friendships with those who may challenge your happier lifestyle?

While it may be tough to completely cut people out of your life, you can try to influence their attitude by showing them compassion and explaining the difference you feel through positive thinking.

Rewarding yourself

When you begin improving the way your mind works, be sure to congratulate yourself with small rewards. Take account of negative situations and how positive thinking changes the outcome you may



MAX

have created previously. Little treats like a cheat meal while dieting or buying yourself satisfying items from your rainy day fund are great ways to keep positive thinking at

the forefront of your mind.

Work performance

Another benefit you will experience by changing your perspective is a heightened

performance at work. When your mind is clear from negative thoughts, you are free to problem solve and brainstorm without distractions.



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Healthy Resolutions

This year, consider your health and commit to making better decisions that boost your wellness.

Finding a support group who has the same mindset is a great way to keep yourself motivated throughout the year. Keep reading to learn more about these popular New Year's resolutions.

QUIT SMOKING

Committing to quitting smoking now will reduce your chances of getting cancer and cardiovascular diseases. Don't be discouraged if you don't completely kick cigarettes on your first try; it can be challenging to rid your body of nicotine addiction.

Here are some motivational facts about how your body reacts after your last cigarette, according to the American Cancer Society.

12 hours: Carbon monoxide levels in your blood return to normal.

2 weeks-3 months: Circulation improves and lung function increases.

1-9 months: Coughing and shortness of breath decreases.

1 year: Excess risk of coronary heart disease is half that of someone who still smokes.

GET ACTIVE

Whether you decide to invest in a gym membership or commit to an at-home

workout, increasing your activity is a way to improve physical and mental health. The Centers for Disease Control and Prevention recommends adults participate in moderate-intensity activity for three to five hours per

week. Being active helps fight chronic diseases like cardiovascular disease, diabetes and numerous types of cancers.

EATING HEALTHY

Resolve to enjoy more

nutritious meals in order to boost your mood and take control of your health. When shopping, try to buy most of your foods around the perimeter of a grocery store. Typically, that's where you'll find the freshest foods in the

produce, meat, dairy and deli departments. If you're unsure about building a new diet to give you benefits, consider sitting down with a nutritionist who can create a strategy based on your family history and lifestyle.



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Body Weight Training

Not every fit body is made in the gym. In fact, you can gain the shape of your dreams by using one piece of equipment — your body. A strict training regimen combined with a nutrient-heavy diet can give you swimsuit season confidence.

Calisthenics is a form of exercise that works a variety of movements to encourage the growth of large muscle groups. This form of activity is great for those who prefer to work out in the comfort of their home rather than traveling to a gym.

Getting started takes strict motivation to stick with a new routine but can produce incredible gains when done properly. Here are some efficient exercises you can add to your home workout. Be sure you document the results to motivate your family and friends.

Pushups

A staple in a calisthenics workout, the pushup is an exercise used to strengthen your core muscles and inspire proper bench-pressing form once you're around equipment. Once you master a traditional pushup, try some of the more challenging types like one-handed and explosive pushups or use a resistance band.

Abdominal workout

You have surely seen exercise programs that promise six-minute abs. Unfortunately, building a six-pack is more involved than a few gimmicky workouts. Strengthen your abdominal core with crunches, left-, right- and front planks and back extensions. You should also pay attention to your eating habits as every belly has a six-pack just waiting to become prominent. Losing body



RAZVAN CHISU / NULLPLUS

fat can increase the visibility of the abs you are toning.

Jumping jacks

The tried-and-true method you probably learned in grade-school gym class is still valuable in your adult years. Jumping jacks

are an awesome way to improve endurance levels, enhance circulation and increase your metabolic rate.

Plan to add this activity to your regular calisthenics routine. They provide movement that encourages growth in our calves, glutes and hamstrings. Try to

practice the workout with different intensities, sets and reps to change up the program and add new challenges for yourself.

For more ideas, check in with your local trainer or fitness specialist. They will be able to customize a plan for your particular goals and exercise abilities.

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Motivation for Better Health

If you have been feeling down lately, the key to getting out of the slump may be health related.

According to the Harvard Medical School, one in 10 adults in the United States struggle with depression. Research shows that exercise is an effective way to treat the condition and can even work as well or better than antidepressants.

Common symptoms of depression include reduced energy, appetite changes and increased pain perception.

So, how do you find the motivation to get into a new routine and change your mental mindset? Experts at Harvard suggest starting slowly to get your body used to being active before increasing your level of physical activity.

Here is some motivation to get started and keep the momentum going, there is a happier version of you waiting to get active.

HOW DOES EXERCISE IMPROVE MOODS?

Physical activity is an important contributor to pos-



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itive mental health. The JED Foundation, an emotional health nonprofit for teens and young adults, offers these benefits of becoming active.

- Improves mood and mental health by releasing endorphins through your body to reduce anxiety and depressed moods while enhancing self-esteem.

- Boosts energy and brain-power by delivering oxygen and nutrients to the brain and various tissues.

- Prevents illnesses like high blood pressure, strokes and

heart disease.

- Improves your quality of sleep and helps you fall asleep faster.

CLEAN DIET

Along with an active lifestyle, taking your diet seriously can provide you with a more positive mindset. Experts at the International Society for Nutritional Psychiatry Research have found that a healthy diet protects us from risk factors associated with depression and anxiety.

By loading up with healthy nutrients, vitamins can become the protein-building blocks and neurotransmitters that transfer information and signals between various parts of the brain and body.

Gut health is another area that is growing in finding a relationship between food and moods. Increase the number of probiotics in your diet to maintain a healthy gut environment and decrease inflammation in the body, which ultimately affects our cognition. Foods rich with

probiotics include sauerkraut, olives, pickles and coconut.

IMPROVED SELF-PERCEPTION

Taking control of your health also promotes more self-esteem by improving the perception you have of yourself. Overcome the obstacles of becoming active and maintaining a healthy diet by logging your journey with pictures or diary entries. Looking back on the process can keep you motivated once you see how far you have come.

Stay Healthy While Traveling

For many, a New Year's resolution includes exploring new locations and embracing different cultures. If you are planning to leave your comfortable routine and embark on the lifestyle of travel, you should be cautious of falling ill in unfamiliar territory.

Before traveling, talk to your doctor about the locations you intend to visit. They can recommend immunizations for common ailments you may be exposed to and recommend specific instructions about staying well.

While traveling it can be difficult to stick to the healthy lifestyle you are accustomed to at home. Since your routine will be vastly different, it's incredibly important to take care of yourself while you're embarking on brand-new experiences. Here are some ways to keep yourself safe while traveling abroad.

STAY HYDRATED

According to the American Heart Association, staying hydrated helps the heart more easily pump blood through the vessels to our muscles. This can take a great strain off the organ which has to work harder when dehydration sets in.

The amount of water you require can differ based on climatic conditions, the clothing you're wearing, and how much you're moving. Keep in mind, thirst is not a good indicator of being dehydrated; if you're thirsty, it's already happening.

Symptoms of dehydration include:

- Dark-colored or strong-smelling urine.
- Passing urine less often than usual.
- Intense thirst and dry mouth.
- Tiredness or feeling lightheaded.

If you're traveling abroad in an area without clean drinking water, it's crucial to find a source for purified drinks immediately.

PAY ATTENTION TO YOUR BODY

Your body is efficient in alerting you when something is wrong. Whether you're suffering from stomach pains, irritability or tiredness, it's a good idea to seek a doctor. The solution may be as easy as eating better, taking medication or getting more sleep. If you're in an unfamiliar location, familiarize yourself with medical professionals upon arrival.

STAY ACTIVE

When you're on a lavish vacation or traveling abroad, it's important to maintain your physical activity. Take advantage of attractive hiking trails or free gyms in the hotel you are staying in.

By staying active, your body will be prepared when you return home and get back to your normal routine.



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