



Wellness Tips

1. Move Every Day (Even a Little Helps)

- Aim for 30 minutes daily, broken into small sessions.
- Great options:
 - o Walking/balance
 - o Chair exercises
 - o Water aerobics / swimming
 - o Gentle yoga or tai chi (great for balance)
- Include light strength training 2–3 times a week to maintain muscle and prevent falls.

2. Eat Balanced, Nutritious Meals

- Prioritize protein (important for muscle and recovery).
- Eat plenty of colorful fruits and vegetables for vitamins.
- Choose whole grains, healthy fats (olive oil, nuts, avocado).
- Stay hydrated—6–8 cups of fluids daily (water, herbal tea, soups).

3. Support Good Sleep

- Try to sleep 7–8 hours each night.
- Keep a regular bedtime routine.
- Limit caffeine after midday.
- Keep the bedroom cool, dark, and quiet.

4. Keep the Brain Active

- Read, do puzzles, learn new skills, or play strategy games.
- Social activities (clubs, classes, volunteering) boost brain and mood.
- Practice mindfulness or meditation for mental clarity.



St. Mark Village's new Wellness Manager, Michael Gaugler

Holiday health highlight

As we embrace the winter season, December/January is a wonderful time to focus on simple habits that support your health and well-being. Remember to stay warm, 60 degrees is cold in Florida. Keep your body active with gentle indoor exercises like stretching, yoga, or short walks in hallways or community areas. Hydration is just as important so try to sip water throughout the day. Finally, take advantage of the festive season to nurture emotional wellness—reach out to friends or family, participate in holiday activities, or spend time on a favorite hobby to keep your spirits bright.





Wellness Highlight

- **Strength Training Programs for Elderly**
- Strength training programs for elderly individuals focus on enhancing strength, mobility, and overall well-being. Here are some key points to consider when selecting a program:
- **Regular Participation:** Engaging in regular strength training exercises is essential for preventing osteoporosis and frailty, as well as promoting mental and emotional health.
- **Safety and Accessibility:** Programs should be safe and accessible, allowing individuals to perform exercises at home with minimal equipment.
- **Progression and Gradual Increase:** It's important to start with manageable exercises and gradually increase the intensity and repetitions to avoid injury.
- **Dietary Support:** Combining strength training with a balanced diet and adequate protein intake can enhance the benefits of strength training.
- **Consultation:** Always consult with a healthcare professional before beginning any new exercise routine, especially for those with health conditions or concerns.

Routine exercise helps

- reduced risk of chronic disease
- improved mobility and independence
- better balance and fall prevention
- improved cognitive performance and mood



Foods that fight aging

Blueberries, or as researchers call them brain berries help with oxidative stress.

Citrus fruits oranges, lemons good source vitamin c, citrus supports collagen which helps the skin.

Avocado helps with skin hydration. Spinach protects eyesight.

Sweet potatoes help us use Vitamin D more efficiently.

Broccoli helps detox the liver.





START YOUR DAY BRIGHT

Nutritional tip

Power up with protein:

Why Protein Matters More With Age

As we get older, we naturally lose muscle (sarcopenia). Getting enough protein helps:

- Maintain muscle mass and strength
- Support mobility and balance
- Improve recovery after illness or injury
- Stabilize blood sugar
- Support immune function

How much protein do seniors need?

Most adults 65+ benefit from 1.0–1.2 grams of protein per kilogram of body weight per day (higher than for younger adults).

Example:

- 70 kg (154 lb) senior- 70–84 grams per day



• Benefits of Balance Exercises

•1. Prevents Falls

Holiday environments often mean cluttered spaces, travel, and crowds. Balance exercises strengthen stabilizing muscles and improve coordination, reducing the risk of falls.

•2. Maintains Mobility and Independence

Better balance helps seniors move confidently; standing from chairs, walking on uneven surfaces, and navigating busy holiday activities without relying on others.

•3. Builds Lower-Body Strength

Balance training engages the hips, glutes, and core, which are essential for stability and overall functional strength.

•4. Improves Posture and Joint Health

Practicing balance helps align the spine and reduces stress on knees, ankles, and hips—important for comfort during holiday travel or long periods of standing.

•5. Boosts Confidence and Reduces Anxiety

Knowing they can move safely helps seniors feel more secure and willing to participate in social gatherings.

•6. Supports Cognitive Health

Balance activities require focus and coordination, which stimulate brain function and can help maintain cognitive sharpness.

Risks of isolation

- limited mobility
- living alone
- financial challenges
- health conditions



The holidays are a tough time with all food/desserts; we must take into consideration a balanced lifestyle.

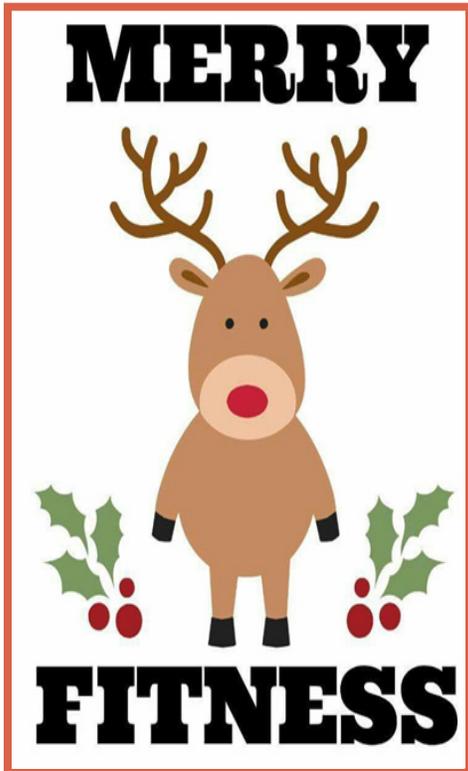
A balanced lifestyle means staying active. Staying active can

- Improve your brain health
- Help you maintain a healthy weight
- Reduce the risk of disease
- Strengthen bones and muscles
- Improve your ability to do everyday activities



Upcoming Wellness Opportunities

- 1. Fitness assessment test
- 2. Healthy behavior modification for older adults
- 3. Golf Chipping Game



Winter Fitness Tips for Seniors

1. Warm Up Longer: Cold muscles are tight muscles! Spend an extra 5–10 minutes stretching or doing gentle marches before your workout.
2. Stay Hydrated: You might not feel as thirsty in winter, but your body still needs fluids — especially after exercise.
3. Dress in Layers: Lightweight, breathable layers make it easy to adjust your comfort level during workouts. 60s is cold in Florida HA!
4. Listen to Your Body: Joint stiffness or fatigue? Slow down, stretch, and focus on range of motion.

Why Stretching Is Important for Seniors

1. Improves Flexibility

As we age, muscles naturally get shorter and stiffer. Stretching helps:

- Increase range of motion
- Make daily tasks easier (reaching, bending, walking)

2. Reduces Stiffness and Aches

Regular gentle stretching can:

- Ease joint stiffness
- Reduce lower-back, neck, and shoulder discomfort
- Improve circulation to tight areas

3. Supports Better Balance

Tight muscles can affect posture and stability, increasing fall risk. Stretching improvements:

- Posture
- Balance
- Body awareness
- Strong, flexible muscle

4. Helps Prevent Injuries

Flexible muscles and joints are less likely to strain or tear. Stretching:

- Prepares the body for activity
- Keeps joints moving in a healthy range
- Helps avoid sudden movements that lead to falls
- Boosts circulation

WELLNESS QUOTE

Wellness doesn't exclude struggle. It recognizes struggle as part of the journey.

