

# Genesis Rehab

*age in motion*®

June 2021

## Starting Men's Health Month off right; know your risks



As we enter June, don't let the relaxing nature of summer distract you from the maintenance of your own well-being. Education is an easy and crucial step to a healthy lifestyle. After learning about common health concerns, you can personally work on incorporating their prevention into your everyday life.

In honor of Men's Health Month, let's take a look into some of the top health risks for men and how you can protect yourself from them.

### Heart Disease

According to the Men's Health Network, almost twice as many men than women die from heart conditions. The American Heart Association's list of risk factors for heart disease includes increasing age, gender, family history, race, high cholesterol, high blood pressure, smoking, diabetes, physical inactivity, and obesity. While genetic and hereditary risks, such as gender and race, cannot be controlled, others can be prevented. To lower your own risk for heart disease, try set-

ting attainable goals, such as eating properly and engaging in physical activity.

### Lung cancer

The leading cause of cancer death in both men and women is lung cancer. With tobacco products causing 90% of lung cancer, preventing lung cancer starts when you quit smoking. According to the National Institute on Aging, when you stop smoking, your chances of developing cancer shrink, and you can prevent further harm to your lungs. To start the process of abandoning your smoking habit, call the American Cancer Society at (800) ACS-2345 or the National Cancer Institute Smoking Quitline at (877) 44U-QUIT.

### Prostate cancer

The second leading type of cancer death in men is prostate cancer. Though it is treatable if discovered in its early stages, prostate cancer is hard to treat, since it can show no symptoms until it has spread to other body parts. According to the American Cancer Society, its risks

include increasing age, family history, race, nationality, and high-fat diets. The ACS recommends that a prostate-specific antigen (PSA) blood test and digital rectal exam be given annually to healthy men starting at age 50 and to high-risk men beginning even earlier. While prostate cancer can be treated, knowledge about its causes is too limited to know how to prevent it completely.

### Stroke

Strokes occur about 1.25 times more often in men than women. However, according to the American Stroke Association, this difference between the sexes diminishes as people age. The risk factors of stroke include increasing age, race, gender, personal history of stroke, diabetes, heart disease, high cholesterol, hypertension, smoking, physical inactivity, obesity, and alcohol or substance abuse. As hypertension, or high blood pressure, is often a main cause of stroke, preventing hypertension reduces the risk of stroke. To protect yourself from hypertension, be sure to eat well and exercise often.

Don't forget to take some time this summer to focus on your own health in a fun way, such as taking a walk on a sunny day or indulging in your favorite healthy food. Your body will also appreciate your efforts!

# Regaining flexibility

Flexibility is an Important Component to Physical Health at Every Age and Ability Level. Flexibility is the ability of the muscles and tendons to lengthen and stretch in response to movement, and allow joints to move through a full range of motion. In addition to being a necessary component to day-to-day life, maintaining good flexibility through stretching can reduce the symptoms of arthritis and relieve lower back pain, reduce the risk of falling, support good posture, and improve circulation

## How can I increase flexibility at any age?

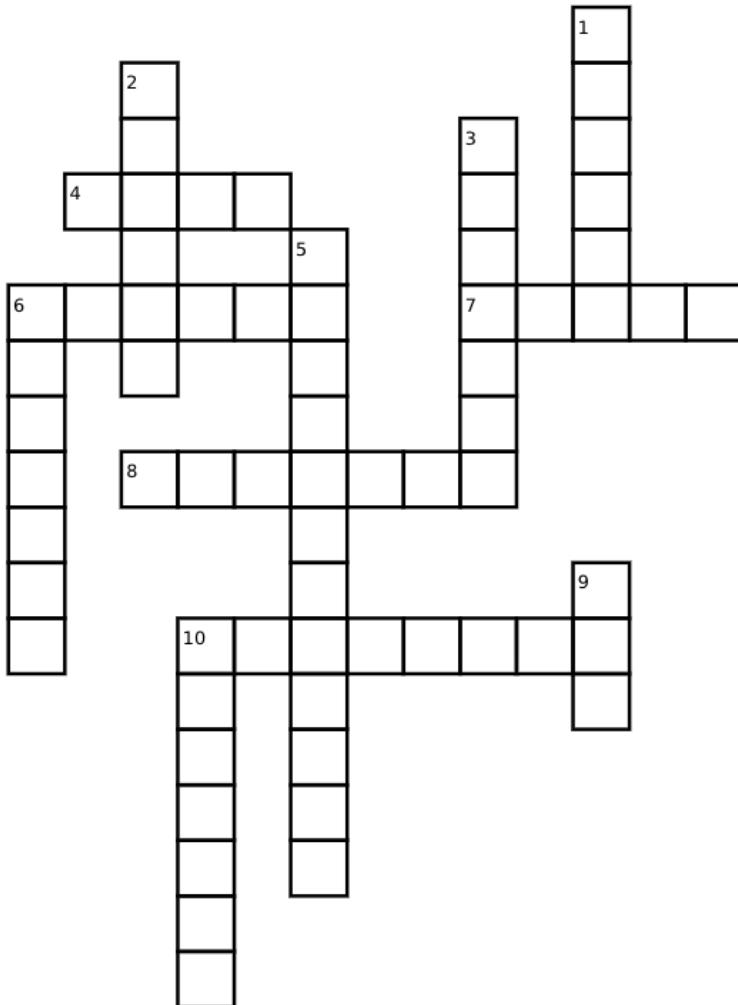
- It is important to get moving each day
- Consider a stretching program at least 3 days/week
- Allow your muscles to adapt to the stretch gradually, don't overstretch and cause yourself pain
- Keep it simple, stay consistent and always keep progressing
- If standing is not possible, a seated stretching plan is just as beneficial

## What are the benefits of stretching?

- Can help keep joints comfortable and decrease stiffness
- Allows for greater movement to complete daily tasks
- Improves posture
- Increases circulation, may decrease inflammation
- Improves balance and coordination
- Decrease in pain
- Improves well-being

<https://blog.hurusa.com/seated-flexibility-exercises-for-seniors>

## June Crossword Puzzle: Nature



### DOWN:

1. place where 2 things are joined/united
2. soundness of body or mind
3. position of limbs/body as a whole
5. redness, swelling, pain, tenderness
6. fibrous tissues in the body that contract to make movement
9. the length of time one has existed
10. to hold out, reach forth, or extend

### ACROSS:

4. physical suffering or distress due to injury
6. power of movement, as of a living body
7. assigned labor or activities
8. a state of bodily equilibrium
10. having an erect or upright position

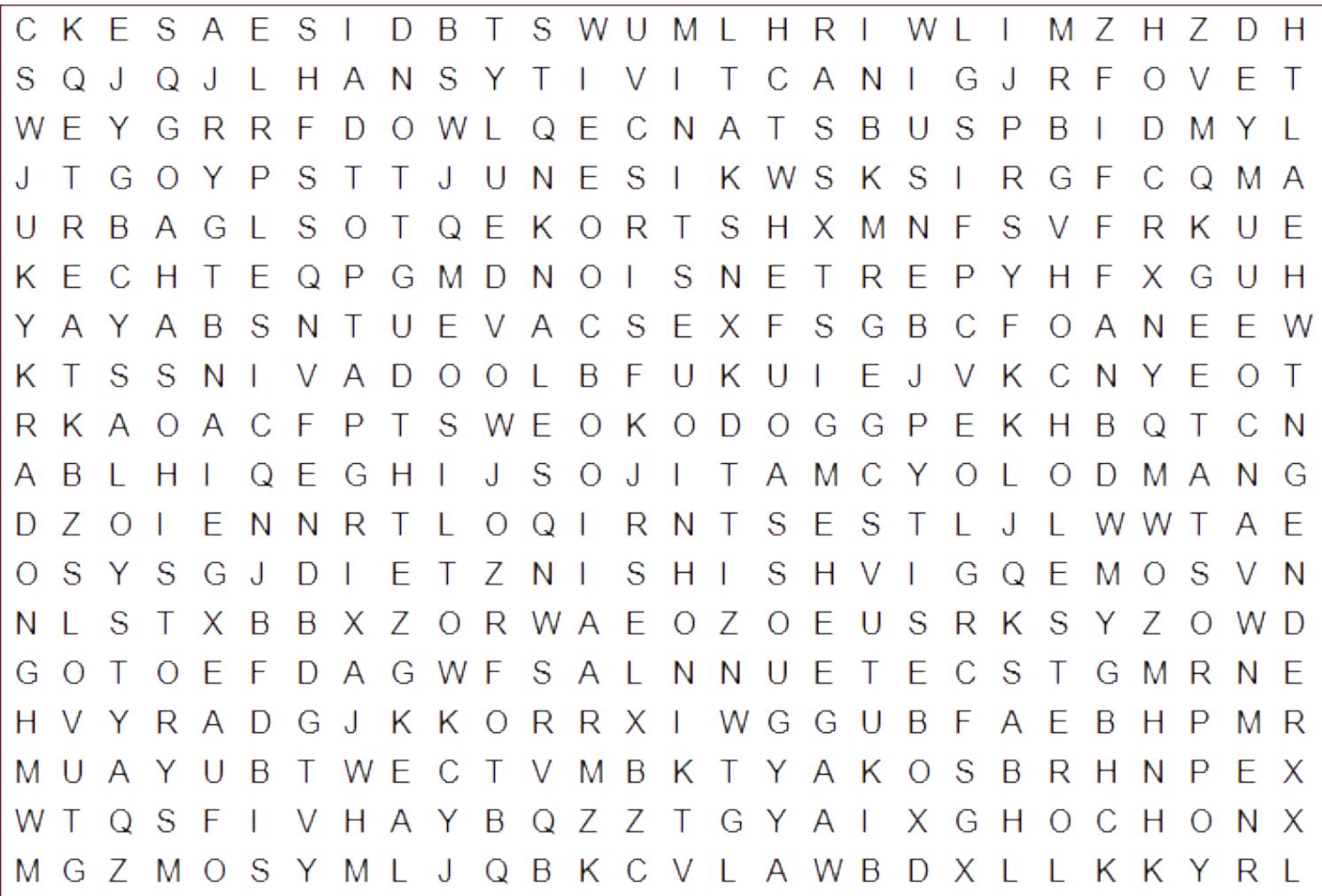
# June Word Search: Men's Health Month

AGE  
ASBESTOS  
BLOOD  
CANCER  
CHOLESTEROL  
DIAGNOSIS

DIET  
DISEASE  
GENDER  
HEALTH  
HEART  
HISTORY

HYPERTENSION  
INACTIVITY  
JUNE  
MEN  
NATIONALITY  
OBESITY

PROSTATE  
RADON  
RISKS  
SMOKE  
STAGES  
STROKE



Did you know?

## Veggies make you strong



Did you know eating vegetables daily can help fight common diseases such as heart attack, stroke, and high blood pressure? Vegetables are important to living a healthy, long life, and June 17th is Eat Your Vegetables Day. This summer, add in-season vegetables such as beets, bell peppers, lima beans, zucchini, tomatoes, and eggplants to your daily diet. The US Department of Agriculture recommends that women ages 51 and up need two cups of vegetables daily, and men ages 51 and up need two and a half cups of vegetables daily.



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# Age In Motion® virtual series



We recommend you engage in physically and/or intellectually stimulating activities on a regular basis to enhance your overall wellness. To help you with this, we've created the Age In Motion® online library of wellness and exercise classes that are 18 to 35 minutes long. You can access these wellness offerings at any time, day or night, from the comfort of your own home by visiting: <https://forms.gle/g26wC3ki19TAAUN56>

## Highlights: Classes for Mind, Body, and Harmony

### Gratitude Meditation

Review the benefits of gratitude and meditation practices then join in a guided meditation.

### Energy Conservation

Energy conservation techniques and strategies to complete everyday tasks more efficiently.

### Meditation & Mindfulness

Enjoy guided meditation with gentle stretching and mindfulness practices.

### Upper Body Exercises

A series of seated exercises meant to increase muscle strength of the upper body and improve posture.

### Maximize Your Memory

Engage your mind with our interactive brain health classes to support your cognitive wellness.

### Affirmations

Our therapists discuss topics such as love and gratitude.

### Breathing Exercises

Guided breathing techniques and postures to improve respiratory health and reduce anxiety.

### Seated Tai Chi

Practice slow, graceful movements combined with deep breathing exercises while seated.

### Flexibility

Participate in exercises designed to increase your flexibility.

### Word Search Key



### Crossword Puzzle Key

