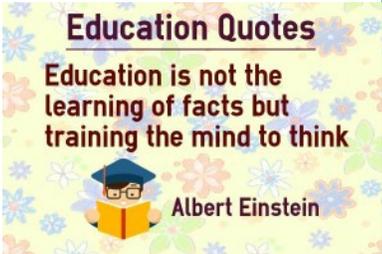# WellNews

Written by Gabriel Ortiz, M.D.

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Getting older; something we crave when we are young and something we dread as we mature.

We can stay healthy and age healthy. I have a few suggestions that I will list below which may be helpful. There are no guarantees that what I list will work for everyone, but they serve as a good foundation to aging healthy.

Please check with your own personal physician before starting any exercise or diet changes.

As we age, physiological changes will begin to take place and these changes occur in all our organs. These changes occur internally and also externally. We see changes in our hair, skin, and belly "fat". These physiological changes not only affect our heart, kidneys, bones, but also have an effect on our brain – how we think and how our memory works. We can help to lessen the impact these changes have by adopting good eating habits and daily exercises – not only physical exercises but also mental exercises for our brains.

> **Education Quotes**
> Education is not the learning of facts but training the mind to think
> Albert Einstein

Even though we can not stop the process of aging, being informed and having knowledge of these physiological changes can help us adjust to these changes and help us to improve our choices for a healthier life style that will help us age healthy.

Leaves are supposed to fall. **People** aren't.

What changes occur? Wrinkles begin to develop, age spots begin to arise, and bruising is seen on arms and hands. Bones and joints begin to develop pain and discomfort, osteoporosis and risk of fractures are possible as we age. Some people will become noticeably shorter – this is because the bones and tissues around and in between the bones are slowly wearing away and thus causing us to get shorter and shorter as we get older. The risk of falls also increases as we get older, this is multifactorial – mainly due to our bones and muscles getting weaker and our nerves not working as well as they used to, so the signals to our brain are not as sharp and thus these things in combination put us at risk for falls as we mature. And the last thing I will bring up is our memory loss and the risk for Alzheimer's Dementia (commonly known as "Old Timers").

Now ,what can we do to combat these changes, and aide ourselves into healthy aging? Two things immediately come to mind – 1. Exercise, both physical exercise and mental exercise. It is never too late to start exercising. Please check with your physician first before starting any physical exercise program. There are many studies showing the great benefits of physical exercise – and exercise does not have to be 2 hours in the gym with a personal trainer. I am talking about a daily walk for 20-30 min, using elastic bands or doing the geriatric chair exercises that are appropriate for our older patients. Physical exercise make our bones and muscles stronger, it is also known to help slow down process of memory loss, and to improve signs of depression.

Integrated Movements for the Classroom

SAMPLE

social activity
exercise
diet
HEALTHY AGING
productive pursuits
genes

will the

California Breakfast Wrap

Kate Mathis

Makes 4 servings

Ingredients

4 large eggs

2 large egg whites

salt

pepper

4 8-inch whole wheat tortillas

4 tbsp. goat cheese

3 1/2 oz. baby spinach

1 tsp. canola oil

1 medium tomato

1 Hass Avocado

1 tbsp. chopped fresh dill leaves

25 minutes to prepare

Directions:

In medium bowl, beat eggs, egg whites, and 1/8 teaspoon each salt and pepper.

On microwave-safe plate, cover tortillas with damp paper towel. Microwave on high 30 seconds or until just warm and pliable.

Spread 1 tablespoon goat cheese on each tortilla; top with spinach

In 12-inch nonstick skillet, heat oil on medium 1 minute. Add egg mixture. Cook 2 minutes or until almost set, stirring gently. Remove from heat; fold in tomato, avocado, and 1/4 teaspoon salt

Divide hot egg mixture among tortillas. Top with dill; fold in half.

It's packed with protein from eggs and cheese, healthy fats from avocado, and cancer-fighting antioxidants and lyocpene in spinach and tomato.

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