

## Make Your Move



### Answers to last week's quiz

Here are the answers to the quiz that followed the article "For exercise injuries, have some R.I.C.E.," which appeared in the June 16 issue of the *Hanford Reach*.

1. R.I.C.E. stands for rest, ice, compression and elevation
2. The purpose of R.I.C.E. is to reduce swelling caused by blood flow and fluid accumulation.
3. The materials you need for R.I.C.E. are cold compresses or ice, towel, pressure bandages and tape.
4. R.I.C.E. is used for injuries such as sprains, strains, muscle pulls and bruises.

## WORD FIND INSTRUCTIONS

Circle the words listed below in the word find on the next page. Words may run horizontally, vertically or diagonally.

Cut out the completed puzzle; add your name, employer and Hanford identification number; and mail to Judi Staley, HEHF Health Education Services, H1-04.

The completed word find is worth 8 points for "Make Your Move" participants.

### WORDS TO LOCATE

flexibility	meditation	lifestyle
relax	relationship	food
cool down	social support	fad diets
yoga	fruit	comfort
goals	variety	pets
strength	family	walk
aerobic	warm-up	talk
spinning	vegetable	spouse
running	breakfast	friend
self-esteem	snack	health

## Physical activity helps push back the effects of age and an inactive lifestyle

Are you a little bit, or maybe a lot, past middle age? Or will be soon? Well, there's good news. When those of us who are getting up in years begin an exercise program, we have the brightest outlook for improvement of all age groups. New discoveries of the benefits of exercise, even in the elderly, are coming in thick and fast.

### Exercise benefits

Among the benefits of exercising as you age are the following:

- Lower risk of heart attack
- Better ability to ward off blood clots
- Lower risk of diabetes
- More energy
- Better balance
- Better strength
- Less bone loss resulting from osteoporosis
- Greater flexibility
- Prevention of obesity (weight control)
- Better cholesterol count
- Lower cancer risk.

**NOTE:** If you experience difficulty breathing or chest pains while exercising, stop immediately and consult your health-care provider.

*Continued on page 8.*

**Make Your Move wordfind**

A U J B F A L I F E S T Y L E P V  
I R K K E T Z A O E P C U R Z A C  
C H L B J Q D S O B I D G Z T S S  
G A C F D D C Y D B N N O Y T E K  
T S R L I T O D O X N W H R X L B  
R V D E F I C R P M I O E U P F H  
O L T X L P E H K J N N A N I E R  
F S F I E A B N A N G J L N H S J  
M V W B D F X W N T R M T I O T B  
O Z A I C G S M H L K D H N W E R  
C O O L D O W N Z L V E L G L E E  
H Y Q I G G X E A C B S M P L M A  
W V G T U F H W D C F O K A I G K  
A E I Y O G A U T F K C T B Q Q F  
R X U T X O E Y J F R I E N D A A  
M E D I T A T I O N O A J J S L S  
U L W F R L D Z K N L L N P M P T  
P B T E E S Y S S C O S O T V I M  
S A X Q R V L H L F I U K R A Z A  
Y T U D X F I J U V S P Y G R W T  
H E U R I P M K Z E W P S M I N N  
V G Z G O P A H M T K O N L E S Y  
R E P Q B W F X A M F R U I T A X  
Q V L P C O N S B P E T S L Y O H

Submitted By \_\_\_\_\_

Hanford ID No. \_\_\_\_\_

Employer \_\_\_\_\_

## Make Your Move

### Physical activity helps push back the effects of age, cont.



In fact, many of the infirmities of age are caused not by the aging process, but by our inactive lifestyle. This means that we can reverse many of the effects of aging. Exercise can push back your functional age 10 to 25 years.

Which signs of “aging” would you like to reverse?

- Decreased endurance
- Increasing blood pressure
- Increased body fat
- Stiff muscles and joints
- Loss of muscle strength
- Fragile bones
- Fatigue

## Start Slowly

If you’re beginning an exercise program, ask your doctor or fitness professional for guidelines on how much exercise is safe for you. The safest exercise to start out with is walking.

Keep these pointers in mind:

- While vigorous exercise is desirable, even exercising at 35 percent of your maximum capacity gives benefits.
- When doing strength training, stay with low-resistance, high-repetition training. For instance, in weight training, lift smaller weights more times.
- Be extra careful to avoid over-training. The resulting injuries could put an end to your exercise program.
- Exercise at the lower end of your target heart range. (If you’re breathing so hard you can’t talk, you’re exercising too hard).