

Exercise: How to Stay Active

One of the best ways to stay physically active is to make it a life-long habit. Set yourself up to succeed right from the start by seeking to make exercise a regular part of your day. When it becomes a normal part of your everyday routine, like brushing your teeth, then you'll be less likely to stop and will find it easier to start up again if you're interrupted for some reason. If you can stick with an exercise routine or physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit.

- Many of us lead busy lives, and it's easy to put physical activity at the bottom of the "to do" list. Remember, being active is one of the most important things you can do each day to maintain and improve your health. Make it a point to include physical activities throughout your day. Try being active first thing in the morning before you get busy. Think of your time to exercise as a special appointment, and mark it on your calendar.

- Do more of the activities you already like and know how to do. Walk the entire mall or every aisle of the grocery store when you go shopping. When you go out to get the mail, walk around the block. Join a gym or fitness center that's close to home. You can be active all at once, or break it up into smaller amounts throughout the day.

- Exercise and moderate physical activity, such as brisk walking, are safe for almost all older adults. Avoiding injury is an important thing to keep in mind, especially if you're just starting a new activity or you haven't been active for a long time. Talk to your doctor if you have an ongoing health condition or certain other health problems or if you haven't seen your doctor for a while. Ask how physical activity can help you, whether you should avoid certain activities, and how to modify exercises to fit your lifestyle.

- Do things you enjoy. If you love the outdoors, try biking, fishing, jogging, or hiking. Listen to music or a book on CD while walking, gardening, or raking. This helps keep your focus and keeps you energized.

- Most people tend to focus on one activity or type of exercise and think they're doing enough. The goal is to be creative and choose exercises from each of the four categories -- endurance, strength, balance, and flexibility. Mixing it up will help you reap the benefits of each type of exercise, as well as reduce boredom and risk of injury.

- Seizing opportunities and choosing to be active in many places and many ways can help you live a more fit and healthy life. Multi-task the active way by combining proper workouts with healthy hygiene.

<https://nihseniorhealth.gov/exerciseandphysicalactivity/howtostayactive/makeexerciseahabit/01.html>

Consultant of the Month

Jeff Howell



Jeff has been in the hearing aid business for over 30 years. His brother thought that he would enjoy working with those that need hearing help. Jeff has loved his career choice ever since. Jeff enjoys playing softball, going hiking and he really loves to cook. Recently his wife went through extensive chemotherapy and surgery. She is now doing great and living a normal life. "After watching her go through that, any trials or challenges that come my way seem much easier to handle!"

PCC of the Month

Katherine Buckenberger



Katherine has been a PCC for over 10 years. Her favorite part of the job is giving something back to the customer. Whether it is a laugh, hug, smile, or someone to listen. "Just knowing I made a difference in a person's day makes me happy!" Katherine is a huge sports lover! She is a Seahawk #12 fan all the way! Katherine is also a huge Gonzaga Bull Dog fan. She also loves to fish, whether it be on a boat or on shore!

Slow Cooker Irish Beef Stew Recipe

Prep Time

30 Minutes

Cook Time

8 Hours

INGREDIENTS

- 1 pound carrots peeled and cut into chunks
- 1 pound waxy potatoes peeled and cut into chunks
- 1 pound floury potatoes peeled and cut into chunks
- 1 tablespoon oil
- 1 pound beef stewing meat
- 1 tablespoon all-purpose flour
- 1 large onion chopped
- 1 large celery stalk chopped
- 4 cups beef broth
- 1 sprig of thyme
- Salt & black pepper to taste

To finish

- 1 tablespoon cornstarch stirred into a little bit of cold water to make a slurry

INSTRUCTIONS

1. Place the carrots and potatoes in a 4-6 quart slow cooker.
2. Heat the oil in a large skillet. Add the meat and sprinkle it with flour. Brown on all sides, then transfer to the slow cooker on top of the vegetables.
3. Add the onion and celery to the skillet and fry over medium heat until softened. Pour in the beef broth and add the thyme sprig. Bring to a boil and simmer for two minutes. Taste test. Salt and pepper to your liking.
4. Pour the hot broth over the contents of the slow cooker. Cover and cook on LOW for 8-10 hours or on HIGH for 4-5 hours.
5. Minutes before serving, stir in the cornstarch slurry and finish cooking.
6. Serve hot with a big hunk of Irish soda bread.



<https://www.savorynothings.com/slow-cooker-irish-beef-stew/>

Happy **ST PATRICK'S DAY!**

