

## Pump Up Your Health

**Strength training is one of the most important things you can do to feel younger longer. Let a Johns Hopkins expert help you get started (or step up your level) safely and easily.**

Exercise just may be the closest thing we have to the fountain of youth. Besides lowering your risk of various diseases, it can even prevent some age-related changes in your DNA.

Weight training in particular preserves and builds muscle mass, which elevates metabolism and helps prevent weight gain while maintaining mobility. Sarcopenia, or loss of muscle mass and function, is a huge cause of physical disability, and it often starts in middle age. Resistance training also increases bone density, lowers blood pressure and cholesterol, improves insulin sensitivity, and can help alleviate depression and arthritis.

“Exercise is as or more beneficial than most pills we have for various diseases,” says Roger Blumenthal, M.D., director of the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease. “And it’s something you can do in your living room.”

The American College of Sports Medicine (ACSM) recommends strength training two or three days a week. These tips will help you get started or take your current routine to the next level.

### Get guidance.

“Once you’ve been cleared to exercise, you want to make sure you’re doing it correctly,” says Blumenthal, who almost always recommends aerobic exercise and strength training for his patients. Using the correct form will help you avoid injuries and see results faster. If you’re new to weights, hire a certified trainer, take a class at a local gym or community center, buy an exercise DVD or join one of the many online workout sites that are now available.

### Find the right weight.

You can get a perfectly good workout without lifting a single dumbbell. Squats, lunges, push-ups and dips rely solely on body weight for resistance—and that’s plenty for many people. If you’re going to use weights, start low. “Don’t grab the 15- or 20-pounders right away,” says Blumenthal. “Use a lighter weight and do more repetitions, at least until you get the hang of it.”

The ACSM recommends doing two to four sets of 10 to 25 repetitions per move, but you can work up to that slowly and alter your routine based on your goals. Weight machines can be beneficial for beginners because they put you in the correct position and support you during your sets. Using free weights (aka dumbbells) improves your balance and stability, something that can help prevent falls as you age. Tools like resistance bands, weighted balls, stability balls and balance discs can add a new dimension—and challenge—to your workout.

### Work all muscle groups.

You may have a burning desire to build your biceps or firm your backside, but don’t ignore other areas. For a strong body from head to toe, you need to work all of your muscles. “A good resistance routine should target every major muscle group,” says Blumenthal, including the shoulders, biceps, triceps, chest, back, abdominals, glutes, quadriceps, hamstrings and calves. Your body is interconnected, so one muscle affects another. Also, those large muscles like your abs, back, glutes and legs play a huge role in posture and movement. If they get weak, you’ll be weak.

[https://www.hopkinsmedicine.org/health/healthy\\_aging/healthy\\_body/pump-up-your-health](https://www.hopkinsmedicine.org/health/healthy_aging/healthy_body/pump-up-your-health)

## Consultant of the Month John Keeler



John Keeler has been in the Hearing Aid business for **28** years. John started as a Telemarketer. After a short period of time John was asked if he would like to become an Consultant and his response was “Heck ya.” From that there was no looking back! “I have enjoyed my career, but the most important part is helping people in my community to hear! Being well established in the Hayward location and in this career, has provided me with security and lasting friendships with many of my patients.”

## PCC of the Month Pearl Montoya



Pearl Montoya has been in the Hearing Aid business for 8 years. She was searching for work that would not involve commuting, having come across an advertisement for a Front Office Manager she applied and was chosen out of 300 applicants. “It is truly a wonderful experience working with the Miracle-Ear Family.” Pearl’s favorite part of her job is getting to know patients and potential patients. “Getting to know more about their lives and making them feel at home!”

# The Best Chili on Earth

## Ingredients:

- 2 pounds ground beef, turkey or venison
- 4 tablespoons extra-virgin olive oil
- 1 yellow or white onion, chopped
- 1 green bell pepper, chopped
- 4 cloves garlic, minced
- 1/4 cup flat-leaf parsley, finely chopped
- 2 jalapeño peppers, finely chopped (optional)
- 3 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon salt
- 1 teaspoon black ground pepper
- 1/4 teaspoon cayenne pepper
- 46-oz. can tomato juice
- 28-oz. can diced tomatoes
- 15-oz. can tomato sauce
- 16-oz. can kidney beans, drained and rinsed
- 16-oz. can pinto beans, drained and rinsed

## Instructions:

1. In a large skillet, cook ground meat over medium-high heat until no longer pink. Transfer the meat to a bowl. Drain excess grease from skillet, but do not clean.
2. Add the olive oil to the skillet. Add the onion, green pepper, garlic, parsley and jalapeño peppers (if using) and cook over medium heat, stirring occasionally, until onions are soft and fragrant (about 5 minutes). Remove from heat and add the chili powder, cumin, sugar, oregano, salt, pepper and cayenne pepper. Stir until combined.
3. If cooking the chili stovetop, add the cooked meat back to the skillet. If using a slow cooker, add meat-veggie mixture to the slow cooker. Add the tomato juice, diced tomatoes, tomato sauce, kidney beans and pinto beans to either the skillet or slow cooker, depending on which you are using. On stovetop, bring to a boil, dial back to medium-low and simmer for 2 hours. In slow cooker, cook on low for 7 to 8 hours. Serve warm with cheese and sour cream.

[https://www.pipandebby.com/pip-ebby/the-best-chili-on-earth#\\_a5y\\_p=6134336](https://www.pipandebby.com/pip-ebby/the-best-chili-on-earth#_a5y_p=6134336)

## *Riddle of the Month*

You live in a one story house made house made "entirely of redwood". What color would the stairs be?

Answer: \_\_\_\_\_

STAY TUNED! Answer will be in our February's Newsletter

**Answer to December's Riddle: It lost it's contacts**

## **A Little Laughter**

**Two elderly women were eating breakfast in a restaurant one morning.** Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear? " Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."