

HEALTH SERVICES PROTECTION PLAN

May 2018

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 a 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. “It’s also 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.

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 15-20 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 after 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 disc can add a new dimension-and challenge-to your workout.

Work all Muscle Groups

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

Play with the Format

There are many different ways to strength train. You can alter the speed, sets, reps, rest periods, equipment, moves and environments. One popular routine is circuit training, which involves moving from one exercise to exercise with little to no rest. Try alternating upper and lower body moves for more of a challenge.

Beat Post-Workout Soreness

Don’t be surprised if you’re a little sore for a few days after your workout, especially at first. Delay onset muscle soreness, or DOMS, is caused by the muscle fibers repairing microscopic damage from your session. It’s how they get stronger. A study in the journal Physical Therapy, in Sport found that a massage can help reduce soreness and speed healing slightly, but many people swear by light activity for working through the ache. Just go easy on the sore areas until the discomfort subsides.

https://www.hopkinsmedicine.org/health/healthy_aging/healthy_body/pump-up-your-health

Consultant of the Month Elaine King



Elaine has greatly impacted the lives of her patients by going above and beyond to help them hear the best they can. She is extremely passionate about her career, loves seeing how hearing aids have a positive impact on patients and their families. In her spare time Elaine loves to spend time with her Fiancé and their daughter exploring the Pacific North West. She is excited to be here in Portland and can’t wait to meet new people! Thank you Elaine for your dedication to the Hearing industry!

PCC of the Month Christina Madrid



Christina is a mother of three beautiful kids and one happy dog. She is someone who is involved and invested with the Miracle-Ear team, her family, patients and their needs. At least once a day her consultant comes out of her office to find her checking up on people just because she has a minute and they were on her mind. Christina is a kind, genuine person who looks forward to the day with a smile on her face. Thank you Christina for all you do!

THAI NOODLE SALAD WITH PEANUT SAUCE

Prep Time: 15 minutes **Cook Time:** 15 minutes **Total Time:** 30 minutes

Author: Sylvia Fountaine **Yields:** 6

Ingredients:

- 6 ounces dry noodles (brown rice noodles, pad thai style noodles, soba noodles, linguini)
- 4 cups mix of cabbage, carrots and radish, shredded or grated
- 1 red bell pepper, finely sliced
- 1/2 bunch cilantro, chopped (or sub basil and mint)
- 1 tablespoon (or less, or more) jalapeno, finely chopped
- 1/4-1/2 cup roasted, crushed peanuts (garnish)

Thai Peanut Sauce

- 3 thin slices ginger-cut across the grain, about the size of a quarter
- 1 fat clove of garlic
- 1/4 cup peanut butter
- 1 orange (1/4 cup orange juice)
- 1 med-large lime (3 tablespoon lime juice)
- 2 tablespoons soy sauce
- 3 tablespoons honey or agave
- 3 tablespoons toasted sesame oil
- 1/2– teaspoon cayenne pepper (or a squirt of siracha sauce)
- 1/2 teaspoon salt

Directions:

1. Cook pasta according to directions on package. (See note for rice noodles) Drain and chill under cold running water.
2. In the meantime, blend the peanut sauce ingredients together in a blender until smooth.
3. Place shredded veggies, bell pepper, scallions, cilantro and jalapeno in a bowl. Toss. Add the cold noodles to the bowl and toss again. Pour the peanut sauce over the top and toss well to combine.
4. Taste, adjust the salt and serve, garnishing with roasted peanut and cilantro and a lime wedge.

Note **If cooking pad thai style rice noodles, add the noodle to a pot of boiling water. Turn off, stir and let steep 2-3 minutes until tender, drain and run under cool water.*



Riddle of Month

A Red House Is Made From Red Bricks. A Blue House Is Made From Blue Bricks. A Yellow House Is Made From Yellow Bricks. What Is A Green House Made From?

Answer: _____

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

Answer to April's Riddle: They don't wear socks, they have bear feet!

[https://www.feastingathome.com/thai-noodle-salad-with-peanut-sauce/?ct=t\(rss_test4_26_2015\)&mc_cid=a98dc213fb&mc_eid=a192fcc16c](https://www.feastingathome.com/thai-noodle-salad-with-peanut-sauce/?ct=t(rss_test4_26_2015)&mc_cid=a98dc213fb&mc_eid=a192fcc16c)

A Little Laughter For the Grandkids!

What did the snail say when
riding on the turtles back?

Wwwwwwhhhhhhheeeeeee!!!!!!