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Senior Living Volume 1, Issue 1

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." -Mark Twain

When is a Person Old?

I guess it is a matter of perspective. I never thought of myself as being old until I read an English paper of my youngest son when he was 14. He clearly defined in the paper, that a person was really old when they turned 40; I was 47 at the time. Society and tradition have arbitrarily defined age 65 as the line between middle and old age. As I get older, 65 seems pretty young to be old.

Aging is experienced by every person and every living organism. So ready or not, here it comes. Even though we are living longer than we did at the turn of the 20th century, physical capabilities generally decline after about 30 years of age. There really are no rules to aging, as we will all age differently. It might be wise to pay attention to Mom and Dad; you will most likely inherit their genetic predispositions. For example, if both Mom and Dad developed high blood pressure at age 50, you may too.



The good news is that by controlling weight through healthy eating and remaining physically active, the rate of decline is significantly influenced. A recent study gives rise to nutrigenomics – meaning that our genes and diet are related and how the nutrients we consume impact our genes.

There is no question that we may have more health problems as we get older, but there is a large percentage of those 65 and older who are relatively healthy, vigorous, and who enjoy a high quality of life. Stay tuned to learn more about how healthy eating is defined, and how it can affect your business in regards to resident satisfaction, family satisfaction and employee satisfaction.

Food Facts: Though your calendar age is hard and fast, your "real age" is heavily affected by lifestyle choices and largely good nutrition. Today is the perfect day to make better food decisions and drop your "real age" a year or two!

Articles from the Web

How Old Are You Really?

People have always been interested in being "forever young" and today's society is no different. We want to resist the aging process. The speed at which we are aging can be measured - its called biological age, or how old your body really is.

The area of study which is now called longevity, and was once called anti aging, is hugely popular in the states. It's something I'm very interested in, and see it as a big part of the future for myself and my clients.



Your chronological age is how old you actually are. Biological age is the age of your body at the cellular level. Today we will look into how you can establish, what your biological age is and how you can improve it. There are a few longevity factors in the list which surprised me!

For complete article see...

Clarke, Rich "How Old Are You Really? Biological Age." *How Old Are You Really? Biological Age EzineArticles.com*. <http://ezinearticles.com/?How-Old-Are-You-Really?-Biological-Age&id=7963927>

Aging Gracefully



The human body is a miracle of design. At conception, our cells are encoded with a genetic blueprint for the construction and maintenance of a full-grown adult human. If their work area is kept clean and all the necessary nutrients are provided, our cells continue to do their job perfectly. And for a lot longer than you might expect. Current thinking holds that the human body is genetically engineered to last up to 120 years.

So why do so many of us wind up on the scrap pile, sputtering to a painful conclusion in our 60s and 70s? The reason is more a function of poor maintenance, how we live our lives, than it is the result of our genetic disposition or some mysterious biological clock winding down.

For complete article see...

Rose, Sam "Aging Gracefully - A Primer for Longevity." *Aging Gracefully - A Primer for Longevity EzineArticles.com*. <http://ezinearticles.com/?Aging-Gracefully---A-Primer-for-Longevity&id=309966>

Have a great day!

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