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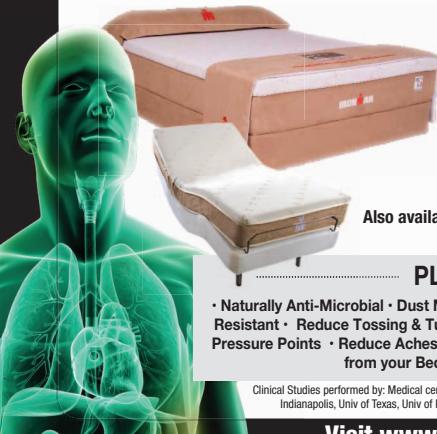
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Road to a healthier you takes some work

How can you become a healthier you?

It takes work, determination and discipline, three character traits Vancouver Islanders have in spades.

The good news is that the province is very healthy compared to other Canadian provinces.

According to the 2008 Canadian Community Health Survey, among the five indicators used by Statistics Canada to measure health behaviors, British Columbia had the healthiest scores on cigarette smoking, heavy alcohol consumption, obesity and physical activity among the 10 Canadian provinces.

British Columbia was the second-best province in fruit and vegetable consumption after Quebec.

Slightly less than 11 percent of British Columbians reported being obese in 2007, down from 12.5 percent two years earlier. The national average is 15.5 percent.

Additionally, people are pretty happy here on Vancouver Island. According to a study by Leger Marketing for Revera Inc. and the International Federation of Aging, released in 2013, those 66 and older are among the happiest Canadians.

Michele Duerksen, seniors programme coordinator for Nanaimo Harbour City Seniors, offered some reasons as to why this may be the case,

particularly on Vancouver Island. She suggests that a large reason for the boost in seniors' happiness is connectivity. Technology is providing more and more ways for people to connect, and there's email, social media and other websites that help them find out about groups and activities that interest them.

"Overall, with the seniors I see, the socialization and the ability to connect to their peers in a safe environment is one of the main reasons they are happier," she said.

Additionally, Vancouver Island is becoming a retirement destination, so there are many activities for seniors.

Nanaimo Harbour City Seniors, for example, offers a plethora of programs for seniors. The organization began in the mid-1960s and has been growing ever since. Seniors 60 and older can enjoy everything from fitness to arts and culture to cards and games.

According to Duerksen, fitness seems to be a main attraction for her group.

"We have a number of fitness classes. Some of them are so popular that we have wait lists," she said. "We've also developed a yoga class. We have even changed that a little and created a chair yoga class for people with mobility problems."

Yet despite these pieces of good news,

there is work to be done.

The Canadian Community Health Survey survey showed that British Columbia had high rates of hypertension, asthma, depression, dementia, osteoarthritis and rheumatoid arthritis.

Additionally, the Obesity in Canada report, created by the Public Health Agency of Canada and Canadian Institute for Health Information, indicates obesity rates almost doubled among men and women between 1981 and 2009.

The key to change? It's all about nutrition and exercise.

"Scientific evidence strongly supports the role of physical activity in chronic disease prevention and control. Research shows that physical inactivity can cause premature death, chronic disease and disability," states the Provincial Health Services Authority. "Regular physical activity reduces the risk of developing or dying from obesity, diabetes, hypertension, heart disease and stroke, colon cancer, breast cancer, depression and anxiety, as well as musculoskeletal conditions. Physical activity is a key determinant of energy expenditure, and thus is fundamental to energy balance and maintaining a healthy weight."

This guide provides the fundamentals for healthy aging, including nutrition and exercise guidelines.



HealthierYou

About the cover: Our cover story highlights the importance of setting healthy habits for future health.

PHOTO PROVIDED BY:
ISTOCK

Editor
Sally Mahan

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Tara Garcia Mathewson

Regular weekly or daily vacuuming of all flooring surfaces is crucial

Removing pet hair, dander and outside soils coming inside the home or workplace reduces foot-borne or airborne allergens that may adversely affect home or workplace occupants.

Changing or cleaning air handling heating unit filters and professional duct cleaning is also conducive to healthier indoor air quality.

A high efficiency particulate aspiration (HEPA) filtered portable vacuum or a built-in vacuum system that exhausts to the outside is best. Regular cleaning complements these first-line efforts.

Non-allergenic or hypoallergenic solutions are available for even the most sensitive of constitutions. The flooring

industry's cleaning care guidelines give today's health conscious consumer better cleaning solutions than ever before.

SaniTECH Services offers consumers a variety of cleaning units and methods for virtually any situation, in home or in office, from "live steam" for mattresses and grout cleaning to truck-mounted, 200-degree hot water extraction commonly referred to as "steam cleaning."

Most cleaning is done on site and can include all hard flooring, fitted carpets, upholstered furniture and mattresses.

Area rugs are best done in-plant where dry particulate soil can be removed with a specialized rug duster

system, which then process the wool or synthetic fibres with tailored washing methods to remove soluble soils. Fringes are hand-detailed. A protective finish is recommended for wool to aid in spill cleanup and as a deterrent to permanent staining.

Pet accident correction on any item or flooring type is a separate specialized process from regular cleaning. Each occurrence and situation would require pre-inspection and a restorative plan drawn up.

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Habits important for future health

FITNESS TRENDS AMONG 20- TO 40-YEAR-OLDS

By TARA GARCIA MATHEWSON

Between work demands and family obligations, Canadians between the ages of 20 and 40 are often on the go.

That means people in this age group, while generally healthier than their older counterparts, often don't get the proper exercise.

According to the Canadian Society for Exercise Physiology, adults should get at least 150 minutes of moderate- to vigorous-intensity physical activity per week.

However, statistics show that's not always happening.

According to the Public Health Agency of Canada, about 12 percent of women and 8 percent of men ages 20 to 24 are obese.

That number jumps to 20 percent of women and 18 percent of men who are obese by the time they hit age 44.

The health consequences are severe.

Obese people between the ages of 20 and 40 show increases in incidences of Type 2 diabetes, hypertension, sleep apnea and a lower health-related quality of life, according to the PHAC.

However, there are some new fitness trends among the 20- to 40-year-old set that could help reduce those numbers.

At CrossFit Zone, which was opened by Deanna Whiteley and her mother, Sandy Raven, in 2008 and has two Victoria locations, CrossFit training is very popular.

CrossFit is a high-intensity workout that challenges people to engage in constantly varied activities to achieve full body fitness. A workout can include biking, running, squats, push-ups, sit-ups, medicine balls, weight lifting and much more.

"It's the kind of thing where you love it or you hate it," Raven said. "There's no in-between."

Most CrossFit Zone members are 25 to 35 years old, but Raven said at 60 she still stays in shape through CrossFit.

To get started, new members have to take

LEARN MORE

HERE ARE SOME TIPS TO GET ACTIVE FROM THE PUBLIC HEALTH AGENCY OF CANADA:

Choose a variety of physical activities you enjoy. Try different activities until you find the ones that feel right for you.

Get into a routine. Go to the pool, hit the gym, join a spin class or set a regular run and do some planned exercise. Make it social by getting someone to join you.

Limit the time you spend watching TV or sitting in front of a computer during leisure time.

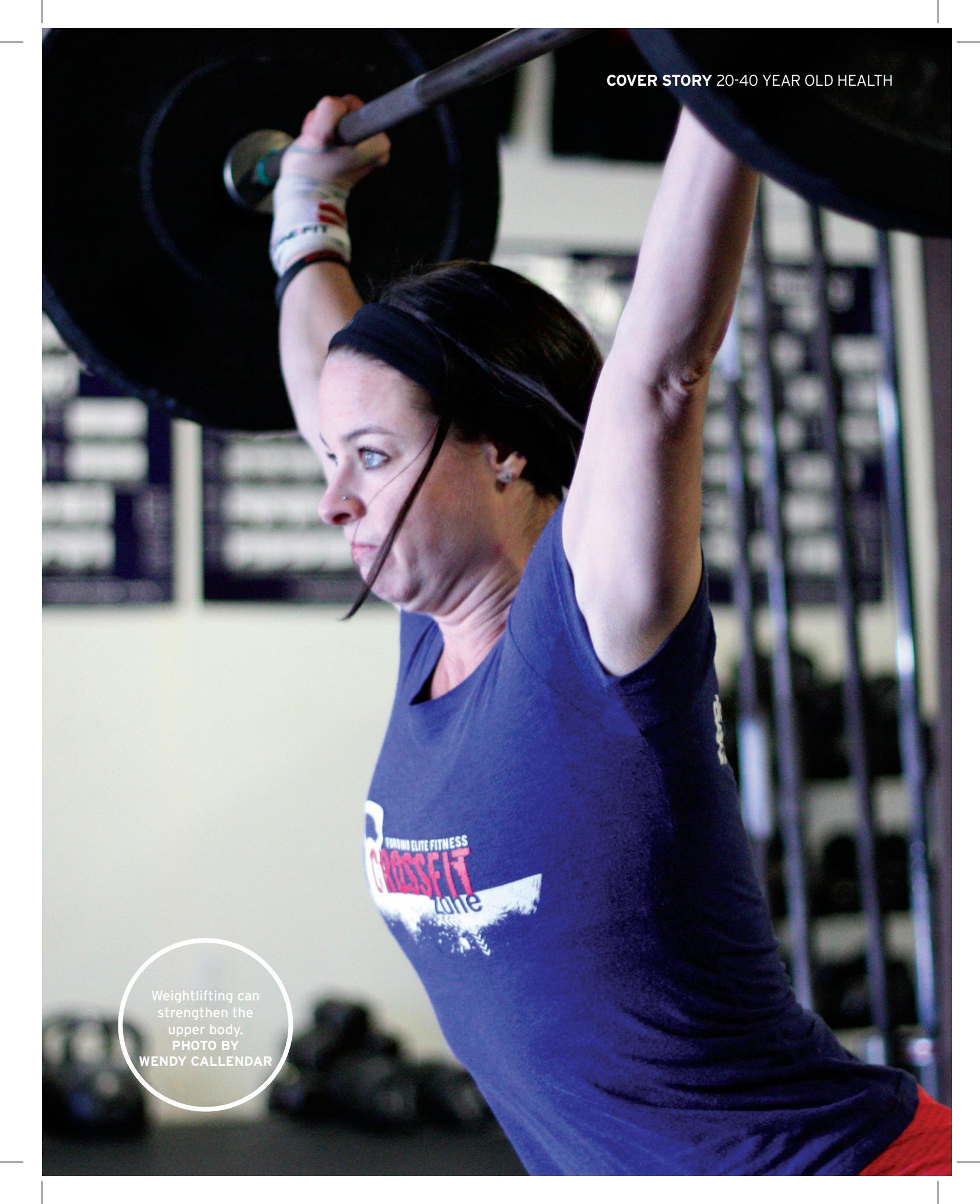
Move yourself: Whenever you can, walk, bike or run instead of taking the car.

Spread your sessions of moderate to vigorous aerobic activity throughout the week. Do at least 10 minutes of physical activity at a time.

Join a team. Take part in sports and recreation activities in groups. You'll make new friends and get active at the same time.

a class and learn the different movements to safely start lifting weights and doing the other exercises. There's a reduced chance of injury that way, Raven

- continues on page 8

A woman with dark hair tied back is performing a pull-up on a horizontal bar. She is wearing a blue tank top with a 'CROSSFIT' logo. The background shows gym equipment and weights.

COVER STORY 20-40 YEAR OLD HEALTH

Weightlifting can
strengthen the
upper body.
PHOTO BY
WENDY CALLENDAR

— continued from page 6

said.

"It's hard," Raven said. "We don't let people just jump in. We make sure they know what they're doing."

CrossFit gyms generally feature big, open spaces and skip the treadmills and workout machines found in more traditional gyms.

Tonia Bunnah, a fitness consultant at V1 Fitness, which has locations in Victoria, Saanichton, Langford, Campbell River, Courtenay and Nanaimo, said in her four years at the Nanaimo location she has seen a lot more people come in looking for CrossFit opportunities. She has also seen more people on the workout scene training for fitness competitions like bodybuilding.

"They're doing the crazy dieting, the two-a-day workouts," Bunnah said.

Another trend she is seeing is the use of high-tech gadgets.

For instance, heart-rate monitors are a staple sales item at V1 Fitness. Bracelets, clip-on monitors and even workout clothing that keeps track of body functioning, steps per day and calorie use and then sends it to phones, tablets or any other electronic device have become popular.

Experts agree that whether using something as intense as CrossFit or as simple as a daily walk, exercise is imperative for 20- to 40-year-olds for a lifetime of health.

NUTRITION FOR AGES 20 TO 40

Poor eating habits and sedentary lifestyles are mostly to blame for the obesity epidemic that has swept Canada, according to Health Canada, the government department responsible for national public health.

That is particularly true of those in the 20 to 40 age group.

"That age group tends to have really high demands on their time, so

they're probably much more susceptible to falling into the routines of fast food," said Vancouver Island holistic nutritionist Nancy Laird.

She added that in the early years of adulthood, people don't necessarily feel the consequences of a poor diet because they are healthier than their older counterparts.

However, poor nutrition in early adulthood can lead to multiple problems as time wears on, including hypertension, diabetes, high cholesterol – which can lead to heart disease – and many other health issues.

According to Health Canada, dietary guidelines encourage Canadians to focus on vegetables, fruit and whole grains; to include milk, meat and their alternatives in meals; and to limit foods that are high in calories, fat, sugar and salt.

At CrossFit Zone, Raven said the Paleo diet is popular among CrossFit diehards. It encourages eating fresh seafood, fresh meat - preferably from grass-fed, free-range animals - fresh fruits and vegetables, seeds, nuts and healthier oils like coconut and virgin olive oil.

For the most part, Laird endorses the same ideals. Unfortunately, though, she said the 20 to 40 age group often has trouble getting away from refined and processed foods. Processed foods are lacking natural enzymes that help in digestion, and Laird said that sometimes means foods take more energy to process than they give the body.

The key is to combine proteins with leafy greens and healthy fats to get the optimal food breakdown, Laird said. Overall, following a workout with a meal of fresh food will ensure good body health, inside and out.

Another issue facing Canadians is vitamin intake, particularly vitamin D.

According to the Canadian Cancer Society, Canadians should take 25 mi-

NUTRITIONAL GUIDES

ACCORDING TO HEALTHY CANADIANS' NEW DAILY NUTRITIONAL GUIDELINES, WOMEN AGES 20 TO 30 SHOULD HAVE:

Eight servings a day of vegetables and fruits

Seven servings of grain products

Two servings of milk and alternatives

Two servings of meat and alternatives

WOMEN AGES 30 TO 40 SHOULD HAVE:

Seven servings a day of vegetables and fruit

Six servings of grain products

Two servings of milk and alternatives

Two servings of meat and alternatives

MEN AGES 20 TO 30 SHOULD HAVE:

10 servings a day of vegetables and fruits

Eight servings of grain products

Two servings of milk and alternatives

Three servings of meat and alternatives

MEN AGES 30 TO 40 SHOULD HAVE:

Eight servings a day of vegetables and fruits

Eight servings of grain products

Two servings of milk and alternatives

Three servings of meat and alternatives

crograms of vitamin D daily during the fall and winter.

Vitamin D plays an important role in bone growth and maintenance because it helps the body absorb calcium and phosphorus.

"In adults, low levels of vitamin D can lead to osteoporosis (decreased bone mass), which also increases the risk of fractures," according to Statistics Canada. "Some research suggests that adequate vitamin D may have benefits, such as lowering the risk of breast and colorectal cancer, cardiovascular disease in men and multiple sclerosis."



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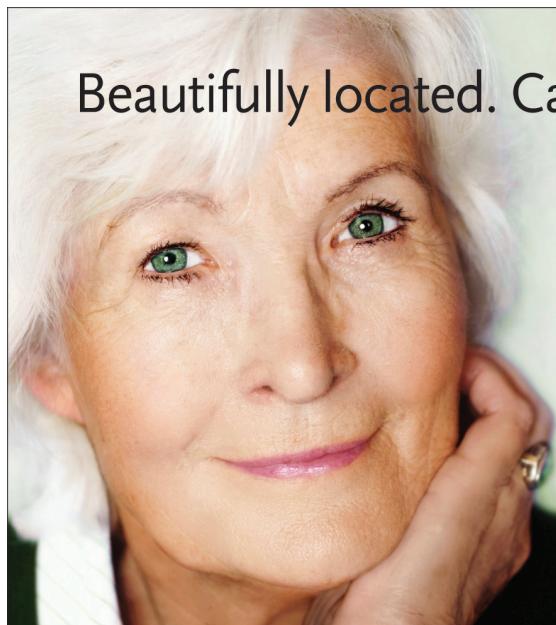
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One of the most commonly unaddressed health conditions in North America today, hearing loss affects more than 10 percent of the population — most of whom are below retirement age.

Hearing loss can strike at any time and at any age. And when left unaddressed, hearing loss can affect virtually every aspect of an individual's life.

Numerous studies, in fact, have linked untreated hearing loss to a wide range of physical and emotional conditions, including irritability, negativism, anger, fatigue, tension, stress, depression, avoidance or withdrawal from social situations, social rejection and loneliness.

Studies have also linked untreated hearing loss to reduced alertness and increased risk to personal safety, impaired memory and ability to learn new tasks, reduced job perfor-



mance and earning power, and diminished psychological and overall health.

Three in 10 people over age 60 have hearing loss. And those persons age 41 to 59, about 15 percent already have hearing problems — that's one in six baby boomers. Younger still, 7.4 percent — or one in 14 —

Generation Xers, ages 29 to 40, suffer from hearing loss.

Despite the numbers and the far-reaching impact hearing loss has on so many aspects of an individual's life, many people who are aware that their hearing has deteriorated are reluctant to seek help.

Unfortunately, too many

wait years, even decades, before getting treatment, becoming more and more disconnected as time goes by.

SEEKING HELP

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The healing power of stress reduction therapy

Do you, or someone you know, always seem to be stuck in high gear? Is it a struggle to take a break, relax, and sleep? Are you either racing at full speed or dragging yourself through your day? These are signs of a high-stress lifestyle that, if left unaddressed, can lead to anxiety, depression, insomnia, chronic fatigue, aches and pains, perpetual colds and other physical and mental health problems.

A stressful lifestyle locks your body in “fight or flight” reaction, where elevated cortisol and adrenaline spike blood pressure, deplete serotonin and growth hormone, overwhelm the immune system, and erode inner healing resources. This is why the American Medical Association (AMA) says stress is the cause of 60 percent to 80 percent of all human illness and disease.

Unfortunately, stress can be addictive. Like smoking, stress pumps you up with a rush of strength and confidence. You may hate the problems that cause stress, while loving the adrenaline rush of the fight or flight reaction - an evolutionary leftover designed to help us fight off enemies and run from saber-toothed tigers.

But if you get hooked on stress, every problem becomes saber-toothed, making

bad traffic and long grocery lines “feel” life-threatening at a deep, subconscious level. And, as with smoking, expert warnings might not be enough to help you kick the stress habit.

The first key to stress reduction is to recognize that rest and relaxation is not a luxury. Good health requires consistent relaxation.

National Geographic researcher Dan Beuttner studied healthy centenarians in what he called “Blue Zones” around the world, where people share many healthy lifestyle practices, including a relaxed, even-keeled state of mind. From Japan to California, these super seniors practice “stress-shedding” routines every day, where they sit or stroll often, eat slowly, connect with others, nap in the afternoon, have a glass of wine and maintain a mindful pace of life. Many have lived this way since their youth.

Sound like a pipe dream? Unfortunately, Western culture trains us to see relaxation and self-care as a nice-to-have. It’s something to do after work, on the weekend, after we pay the bills, after we go to the grocery store, or after we do the laundry – if there is time. Then we go to the gym, take a vitamin, eat a side salad, or wind down in front of the TV. We often treat

relaxation as a reward, but relaxation should come first.

Rest and relaxation build up our inner resources. Relaxed and healthy routines give us steady energy throughout the day and help us sleep easily and deeply at night. A relaxed body is better at digesting food, building muscle, repairing disease and damage, and reducing inflammation and pain. A relaxed mind better copes with the effects of stress and aging, maintains positive mood levels, makes better self-care decisions, and is better prepared for real emergencies. When we relax, we heal faster, think better, and feel happier.

We should construct lifestyles that revolve around a core of health and relaxation, where we don’t react to the small stuff, and we keep our brains in a well-tuned low-gear state that can shift into high gear when necessary. Think of the old 80/20 rule - 80 percent relaxed, 20 percent stressed is about right.

If those numbers are reversed for you, you may need help rebalancing your life. Professional stress reduction therapists might use meditation techniques, biofeedback gear, diet and exercise programs, heat and light treatment, cognitive behavioral therapy, posi-

tive visualization, and other strategies for rooting out stressors and building up your relaxation and healing reserves.

You can learn how to master your stress, switch off when you want to, strengthen your immune system, and confidently walk, not race, into your new low-stress life. Plan to spend about two to three months of focused effort - a wise investment for inner calm and maximum health.

Tom Diamond has a Ph.D. in psychology and has helped clients improve sleep, reduce the symptoms of post-traumatic stress disorder, prepare for cancer treatment, cope with anxiety and depression, lower blood pressure and decrease pain.

He practices general counseling at The Crown Isle Medical Clinic in Courtenay, where he uses a holistic approach to stress reduction that includes psychotherapy, meditation, biofeedback and healthy lifestyle habits to address psychological and physical health issues. Diamond has been a counselor, university faculty member and researcher for more than 25 years. Details are available at www.diamondcounselling.com and [www.thecrownisleclinic.com](http://thecrownisleclinic.com), or by calling 250-941-5596.

It's never too late

START GETTING FIT AT AGE 40 OR 60

By JAMIE GRABERT

The key to longevity can primarily be found in good nutrition and regular exercise.

When people eat a balanced diet and exercise regularly, they not only add years to their lives, but also increase their quality of life throughout the aging process.

NUTRITION FOR AGES 40 TO 60

According to Mary Ross at Clinical Nutrition Nanaimo, good nutrition is a life choice. "As soon as you are old enough to tell your mother what you want to eat, you should be making healthy choices," she said. "Really, the sooner you start eating healthier the better."

She suggests an organic, gluten-free diet for people ages 40 to 60, adding that people in that age group should also reduce their refined sugar intake. It is also important to drink plenty of water throughout the day, she said.

It may be necessary for people in that age group to take supplements if the foods they consume do not provide enough nutritional value. Certain conditions require more of specific nutrients or minerals.

Ross said people should consult their doctor before taking any supplement to make sure it will not interact with other medications.

EXERCISE FOR AGES 40 TO 60

Physical activity is also important to decrease stress, prevent chronic diseases and increase overall strength.

According to the Canadian Society for Exercise Physiology, "To achieve health benefits, adults ages 40 to 60 should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week in bouts of 10 minutes or more."

It is also beneficial to add muscle- and bone-strengthening activities using major muscle groups at least two days per week, the CSEP says.

Jane Moxan, manager of the Nanaimo Athletic Club, said exercise is a key to a healthy life. "Exercise helps keep the heart and bones healthy," she said.

Exercise is important, but an exercise program should begin with a visit to the doctor, she said.

Moxan added there is no reason someone in their 40s or 50s cannot continue to do the same exercises they did when they were in their 30s, as long as there are no health issues to consider.

"I think people think they are going to die when they hit 40," Moxan said. "I don't understand it."

She applies a holistic approach to exercise and fitness, meaning she focuses on lifestyle and the

body as a whole.

People ages 40 to 60 should focus on doing cardio activities to help strengthen their heart, but they should also focus on strength exercises to keep their bones strong, she said.

"Strength training is important for men and women. It is especially important for women to maintain their bone density," she said.

Moxan also suggests varying a workout routine. If a person does the same thing every day, Moxan said, they will reach a plateau, so it's good to keep the body guessing.

She recommended that people exercise five days a week for at least 45 minutes. She noted a minimum of 45 minutes three times a week.

Moxan says she doesn't worry about suggested weights. "If I went by the weight chart, I'd look like I was anorexic," she said. "People focus too much on the numbers. It's about how you feel inside and how you want to look."

For more information about Clinical Nutrition, call 250-716-0401 or visit www.clinicalnutritionnanaimo.ca.

For more information about Nanaimo Athletic Club, call 250-716-1111 or visit www.nanaimo-athleticclub.com.

LEARN MORE

THE PUBLIC HEALTH AGENCY OF CANADA RECOMMENDS THAT PEOPLE AGES 40 TO 60:

Be active at least 2.5 hours a week to achieve health benefits.

Focus on moderate to vigorous aerobic activity throughout each week, broken into sessions of 10 minutes or more.

Get stronger by adding activities that target your muscles and bones at least two days per week.

ACCORDING TO HEALTHY CANADIANS' NEW DAILY NUTRITIONAL GUIDELINES, WOMEN AGES 40 TO 50 SHOULD HAVE:

Eight servings a day of vegetables and fruit

Seven servings of grain products

Two servings of milk and alternatives

Two servings of meat and alternatives

WOMEN AGES 50 TO 60 SHOULD HAVE:

Seven servings a day of vegetables and fruit

Six servings of grain products

Three servings of milk and alternatives

Two servings of meat and alternatives

MEN AGES 40 TO 50 SHOULD HAVE:

10 servings a day of vegetables and fruits

Eight servings of grain products

Two servings of milk and alternatives

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MEN AGES 50 TO 60 SHOULD HAVE:

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40- TO 60-YEAR-OLDS



Early detection is key to saving lives

By JAMIE GRABERT

Better technology and increased medical knowledge are proving that early detection through testing is a key to saving lives for chronic conditions such as various forms of cancer and heart problems.

According to a number of sources, such as the group Prostate Cancer Canada and the Colorectal Cancer Association of Canada, testing should begin for some conditions as early as age 40.

Tests should include those for:

Heart disease: There are certain

risk factors that increase the probability of heart disease for those age 40 to 60; These include physical signs of high cholesterol (such as grey ring round cornea of the eye or yellow lesion under the skin), smokers, those who are overweight, those with diabetes, postmenopausal women, those with high blood pressure, men suffering from erectile dysfunction, those with a family history of heart disease, those who suffer from kidney disease and more.

Colorectal cancer: Accord-

ing to the National Cancer Institute of Canada, colorectal cancer is the second-most common type of cancer that leads to death in Canada, behind only lung cancer.

Colon cancer: Colon cancer is the third-most common form of cancer overall in Canada. According to the Colorectal Cancer Association of Canada, there are certain risk factors associated with colon cancer. Risk factors include age, genetics, weight, alcohol consumption and smoking. As

- continues on page 16

Above: A patient and technician discuss a mammogram at St. David's HealthCare in Ontario.
PHOTO COURTESY OF ST. DAVID'S HEALTHCARE AND THE CANADIAN WOMEN'S HEALTH NETWORK

EARLY DETECTION 40- TO 60-YEAR-OLDS

— continued from page 6

with most forms of cancer, the older you get, the more likely you are to develop colon cancer. Those with close family members, such as a parent, sibling or child, who have been diagnosed are at an increased risk. Those who consume alcohol — more specifically beer — may increase their risk. Poor nutrition can also lead to colon cancer, as can obesity.

Prostate cancer: This is the most common form of cancer in men. Research from Prostate Cancer Canada suggests that one in seven Canadian men will be diagnosed. According to a study from Prostate Cancer Canada, men should begin getting prostate tests in their 40s. It is especially important to get a blood test that checks the prostate-specific antigen to establish a baseline. These numbers should be checked regularly.

Breast cancer: The likelihood of developing breast cancer increases for men and women with age. The Canadian Task Force on Preventive Health Care recommends against routine screening for women ages 40 to 49. It does, however, recommend routine screening for average-risk women ages 50 to 69 every two to three years.

The Public Health Agency of Canada states that mammograms for those in their 40s should be optional, unless their family history points to breast cancer in their immediate family, such as a sibling, parent or child.

The agency's experts agree that women ages 50 to 69 should get regular breast exams and mammograms. The tests should be performed once every two years.

Risk factors for developing breast cancer include age, family history, hormones and menstrual history, high breast density, a previous breast

condition, weight, nutrition, exercise, alcohol consumption, smoking and environmental toxins.

Men should also begin getting checked by their doctor in their 50s, unless their family history suggests they get checked earlier. If you notice anything different, consult your physician.

Pelvic exams: According to the Canadian Women's Health Network, women should continue to get regular pelvic exams, including Pap tests.

This helps with identifying cervical changes that can lead to cervical cancer.

The tests should begin at age 25 for women who have ever been sexually active in any way. Women should continue to get Pap tests every three years through age 69, unless you have an existing condition, at which time you should have three consecutive normal Pap tests before discontinuing.

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Nutrition, exercise vital

By JAMIE GRABERT

While exercise and nutrition are important at any age, they are particularly important for those ages 60 and older.

Why is proper nutrition so important after age 60? According to P.R.W. Kendall, British Columbia's provincial health officer, in his pamphlet "Healthy Eating Seniors," proper nutrition is important to help prevent memory loss, depression and anemia, preserve bone density, keep bones strong and preserve healthy teeth.

According to Kendall, seniors should eat more fruits and vegetables, whole grains (oatmeal and brown rice), legumes (dried beans and lentils), calcium-rich foods (low-fat milk and yogurt) and lean meat and poultry. It is also suggested that foods be consumed in moderation, and people should vary the types of foods they eat.

Kendall also suggests that seniors should make sure they get enough calcium, folate, vitamin B6, vitamin B12 and vitamin C. If people don't get enough of these nutrients and minerals through their regular diet, they should consult a physician about taking supplements.

Gary Holub, of the Public Health Agency of Canada, also pointed out that vitamin D consumption should increase after age 50. According to the Food Guide, people older than 60 should consume 500 milliliters (or 2 cups) of milk or an alternative product daily and take 400 IU of a Vitamin D supplement to ensure getting the recommended amount. Vitamin D helps prevent osteoporosis and strengthens bones to prevent easy breakage.

Certain foods should be avoided

LEARN MORE

ACCORDING TO HEALTHY CANADA'S NEW NUTRITIONAL GUIDELINES, WOMEN OLDER THAN 60 SHOULD HAVE THE FOLLOWING SERVINGS EACH DAY:

Seven servings of vegetables and fruit

Six servings of grain products

Three servings of milk and alternatives

Two servings of meat and alternatives

THE GUIDELINES SAY MEN OLDER THAN 60 SHOULD HAVE THE FOLLOWING DAILY SERVINGS:

Seven servings a day of vegetables

Seven servings of grain products

Three servings of milk and alternatives

Three servings of meat and alternatives

whenever possible, according to Kendall. These foods include those that are high in salt and sugar, saturated fats (bacon, butter, sausage and deli meats), trans fats (processed foods, cakes, cookies and deep-fried foods) and refined grains.

EXERCISE AFTER 60

While good nutrition is important, exercise plays a vital role in proper health as well. The benefits of physical activity, according to the Public Health Agency of Canada, include overall strength, increased energy, prevention or delayed onset of chronic diseases,

continued healthy growth and aging, decreased stress and prolonged independence.

Why is it important to exercise even after age 60? Jane Moxan, manager of the Nanaimo Athletic Club, said that exercise can improve balance, reduce the risk of falls and injuries, help improve certain chronic conditions, increase or maintain bone density and improve overall health.

According to the public health agency, people ages 60 and older should spend at least 2.5 hours each week doing moderate to vigorous aerobic activities. The agency also suggests adding muscle- and bone-strengthening activities at least twice a week to improve balance and posture.

It is important to note that any exercise program should be discussed with a doctor before beginning. Exercises should be done to meet the needs and physical limitations of the participant.

Examples of moderate aerobic activity may be walking or biking to and from the store instead of driving, taking the stairs instead of the elevator, and participating in group physical activities like golf.

Vigorous aerobic activities include mowing the lawn, cross-country skiing or jogging.

For strength training, the public health agency recommends climbing stairs, digging in the garden, yoga, push-ups, sit-ups and lifting weights.

Most importantly, getting physical activity of any kind is important. If you are limited in your mobility, you should discuss options for exercise with a health care professional.



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SEVERAL EXAMS SENIORS SHOULD GET ANNUALLY

There are several tests seniors ages 60 and older should get annually.

They include tests for:

CANCERS

"If you're part of a certain age group or population in Canada, you can go for regular screening tests that can help find breast, cervical and colorectal cancer at such an early stage that you won't have noticed that anything is wrong," according to the Canadian Cancer Society. "Some screening tests can even help prevent cancer by finding changes in your body that would become cancer if they were left untreated."

For women, the society recommends having a mammogram every two years up to age 69 and then to consult with a physician on further mammograms.

For men, Prostate Cancer Canada advises a prostate exam annually.

The Canadian Cancer Society recommends that men and women ages 50 and older have a stool test at least every two years. There is convincing evidence that stool tests with appropriate follow-up can significantly reduce deaths from colorectal cancer, according to the society. Follow-up for a positive test should include



a colonoscopy, double-contrast barium enema (an X-ray of the large intestine) or flexible sigmoidoscopy.

PAP SMEARS AND HPV

Women ages 65 and older can stop getting screened if they've had at least three consecutive negative Pap tests or at least two negative HPV tests within the previ-

ous 10 years.

OSTEOARTHRITIS

This disease is caused by the wearing down of cartilage in the joints of the body, causing varying degrees of pain, stiffness and swelling. A majority of Canadians will be affected by it by age 70, according to Health Canada. Seniors

should get a bone density test per their doctor's instructions.

VISION

Doctors recommend those ages 60 and older have annual vision tests to check for cataracts, glaucoma and macular degeneration.

HEARING

"Hearing loss affects more than 10 percent of all Canadians, and 50 percent of those who are over the age of 65," according to ListenUP! Canada.

"As a result, hearing loss is considered the third-most prevalent chronic health problem in Canada, and almost everyone will be affected by it at some point in their lives," says the organization, which recommends annual testing for seniors.

THYROID

According to webmd.com, "Your thyroid, that innocuous looking gland in your neck, is the body's powerhouse, producing hormones needed for metabolism. Aging (and an erratic immune system) can wreak havoc, causing a variety of problems, especially in women. That's why women should get a thyroid test at age 50 and then every five years."

FROM OUR ADVERTISERS

Confidence is the key

By ROSEMARIE BARNES, CONFIDENT STAGES

What is the key to success? What do successful people have in common?

What gives successful people the drive to achieve their goals?

CONFIDENCE.

All successful people have confidence in their ideas, their plans, their products – themselves.

Some lucky few of us are born with an abundance of self-assurance and it stays with them all their lives.

For most of us, confidence ebbs and flows like the tides. One day we are poised and ready to take on the world. The next day, the rug can be pulled out from under us with only as much as an offhand comment or glance.

Whether a person is 9 or 90, confidence creates the positive attitude that sustains us through life's challenges.

The great thing is, confidence can be

learned.

Using fun-filled and high-spirited games as the learning conduit, and by creating an emotionally safe environment, I have constructed classes to create or refurbish self-assurance and confidence.

Classes are divided into age groups so that learning is specific, but what really makes the course unique is that time is set aside at the end of each session to connect the learning to the students' personal situations.

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It takes a village to raise a child. It also takes a village to create or restore confidence, and Confident Stages holds the key to Town Hall.

Another aspect of Confident Stages is offering professional presentations.

Many groups of people turn to motivational or keynote presentations to inspire

or suggest alternative ways of thinking.

When I am booked to speak for a group, I carefully examine their interests and needs and then I craft a presentation designed specifically for them.

My speeches always contain liberal doses of humour, they are always applicable, and they are always entertaining.

I have given presentations in boardrooms, classrooms, theatres, and lecture halls and have always received very positive feedback. Audiences leave with a deeper sense of commitment to their goals and ambitions and with elevated spirits.

In a nutshell, Confident Stages is designed to boost both personal and company morale by both teaching and reminding that confidence is indeed the key to success.

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