



Stressed Out?

The world changes quickly, and you have to respond. You have responsibilities at work, at home, in relationships, with civic and religious organizations, and you have hobbies and recreational interests. Can you get it all done?

As you age, you seem to take more time and energy to complete your difficult tasks, leaving little energy for more enjoyable activities. Are you doomed to lead a life of high stress, fatigue, and dissatisfaction as you age? The short answer is no, but you must make lifestyle management a priority to break the stress and life overload cycle.

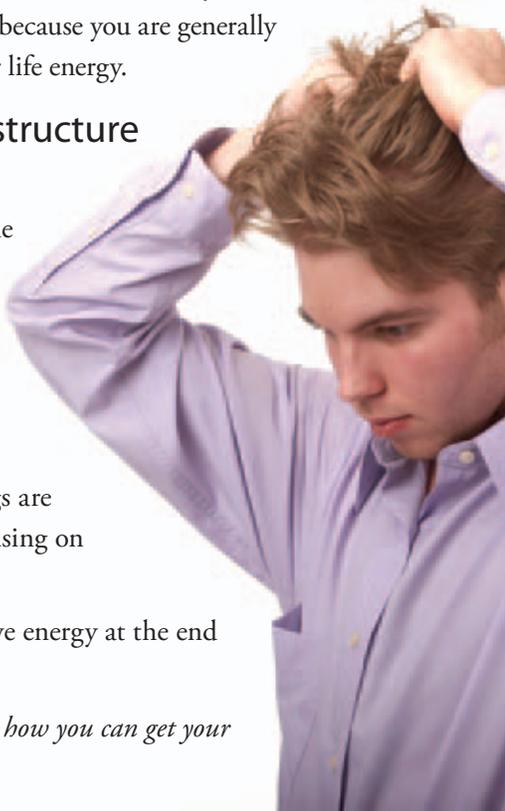
Reshaping Your Life

Everything seems important, but you must do some prioritizing to allocate your time for things that really matter. Overall, you need to know what you value most and make time commitment choices consistent with your values. As you do this, your stress level goes down because you are generally pleased with how you are spending your life energy.

You Know You Need To Restructure Your Lifestyle When:

- You regularly ask yourself where the day went and you did not get anything important done
- You have consistent distractions at home and work that limit your productive time
- You have a general sense that things are out of control and you are not focusing on what's important to you
- You tire easily and have little reserve energy at the end of the workday

See the related column on this page to see how you can get your life under control.



Gaining Control Of Your Life

Find a balance between demands placed upon you at work, at home, and in the community. Identify the most important demands for each, and prioritize your time. Identify things you do that don't contribute to your productivity at work, at home or in the community. This list is a starting point for your lifestyle stress reduction and quality of life audit.

Tips For Reducing Stress

- ⌚ Spend your time on key job tasks
- ⌚ Identify recurring unproductive activity and eliminate it
- ⌚ Seek job audits to clarify tasks and work load
- ⌚ Focus on critical demands at home
- ⌚ Distribute household tasks among the family; reward participation and support
- ⌚ Focus your community time on only those activities that matter most
- ⌚ Work on key relationships; spend time with those you love
- ⌚ Develop a physical fitness and healthy eating lifestyle; it provides the fuel for living



Ageless Icon

Jack LaLanne, who turned 95 in September 2009, is credited with bringing exercise to millions in the 1950's as the host of one of the first exercise shows on TV. A pioneer in health clubs, and now juicers, Jack is a true icon for Americans of any age.

- **At age 45**, Jack completed one thousand push-ups and a thousand chin-ups... in an hour and 22 minutes.
- **At 60**, Jack swam from Alcatraz to Fisherman's Wharf in San Francisco handcuffed, shackled... and towing a thousand-pound boat behind him!
- **At 70**, Jack towed 70 boats holding 70 people across Long Beach Harbor, CA. And he did it while handcuffed and shackled!

At age 95, he continues to work out every morning for two hours, one hour in the weight room and one hour in the pool. LaLanne has two simple rules of nutrition: "If man made it, don't eat it; if it tastes good, spit it out." He likes to say, "I can't afford to die, it will ruin my image."

Source: www.JackLaLanne.com

Exercise & Baby Boomers

by Mike Perko, PhD

In January 2006, the first wave of America's 79 million baby boomers turned 60. Below, you'll find some exercise facts for the older adult.

Here's what we know about aging that is directly related to exercise:

- U The loss of strength and stamina attributed to aging is in part caused by reduced physical activity.
- U Inactivity increases with age. By age 75, about one in three men and one in two women engage in no physical activity.
- U Among adults aged 65 years and older, walking and gardening or yard work are, by far, the most popular physical activities.
- U Social support from family and friends has been consistently and positively related to regular physical activity.

With that being said, it is NEVER too late to begin an exercise program. Why? Well, let's count the reasons exercise never gets old. Exercise:

- U Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones.
- U Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- U Can help reduce blood pressure in some people with hypertension.
- U Helps people with chronic, disabling conditions improve their stamina and muscle strength.
- U Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- U Helps maintain healthy bones, muscles, and joints.
- U Helps control joint swelling and pain associated with arthritis.

