

THE VILLAGE WALK COMMUNITY

WELLNESS CLINIC

Brought to you by:



F.I.T. Health + Wellness

Pain Management | Rehabilitation

THINK POSITIVELY
NETWORK WELL
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
BUILD FAITH
WORRY LESS
READ MORE
BE HAPPY
VOLUNTEER FREELY
RELAX OFTEN
LOVE ALWAYS
LIVE FOREVER

Meet Damian & Meghann



- *Damian - 25 years of professional experience in the health & wellness, rehabilitation field*
 - Clinical Neuroscience Researcher, Educator, Physiotherapist
 - Clinical Exercise Physiologist, Kinesiologist, Corrective Exercise Specialist
 - BS, MSK, MEd, PhD
- *Meghann - 18 years of experience as a Biology and Science educator*
 - Extensive background in bioenergetics, metabolism, and nutrition
 - First-hand knowledge of the healing power of food

A silhouette of a woman in athletic wear, including a cap and a ponytail, running towards the left. The background is a soft, hazy landscape with a light sky and a dark foreground.

OUR MISSION: BUILD A COMMUNITY OF HEALTH FOR OUR NEIGHBORS

Because physical and emotional health are paramount to our quality of life, and the success of our communities, we have embarked upon a journey to build a family of neighbors dedicated to bringing our community members a lifetime of health and wellness. By doing this, we can inspire and motivate those who need our support.

- Health vs. Wellness
- 8 Dimensions of Wellness
- 10 Common Chronic Conditions in Older Adults
- Preventative Measures & Treatments
 - Maintaining Strength & Flexibility
 - Managing Medications
 - Wellness Communication
 - Healthy Eating
 - Reducing Chronic Inflammation
 - Fall Prevention

Talking Points



Health vs. Wellness – What's the difference?

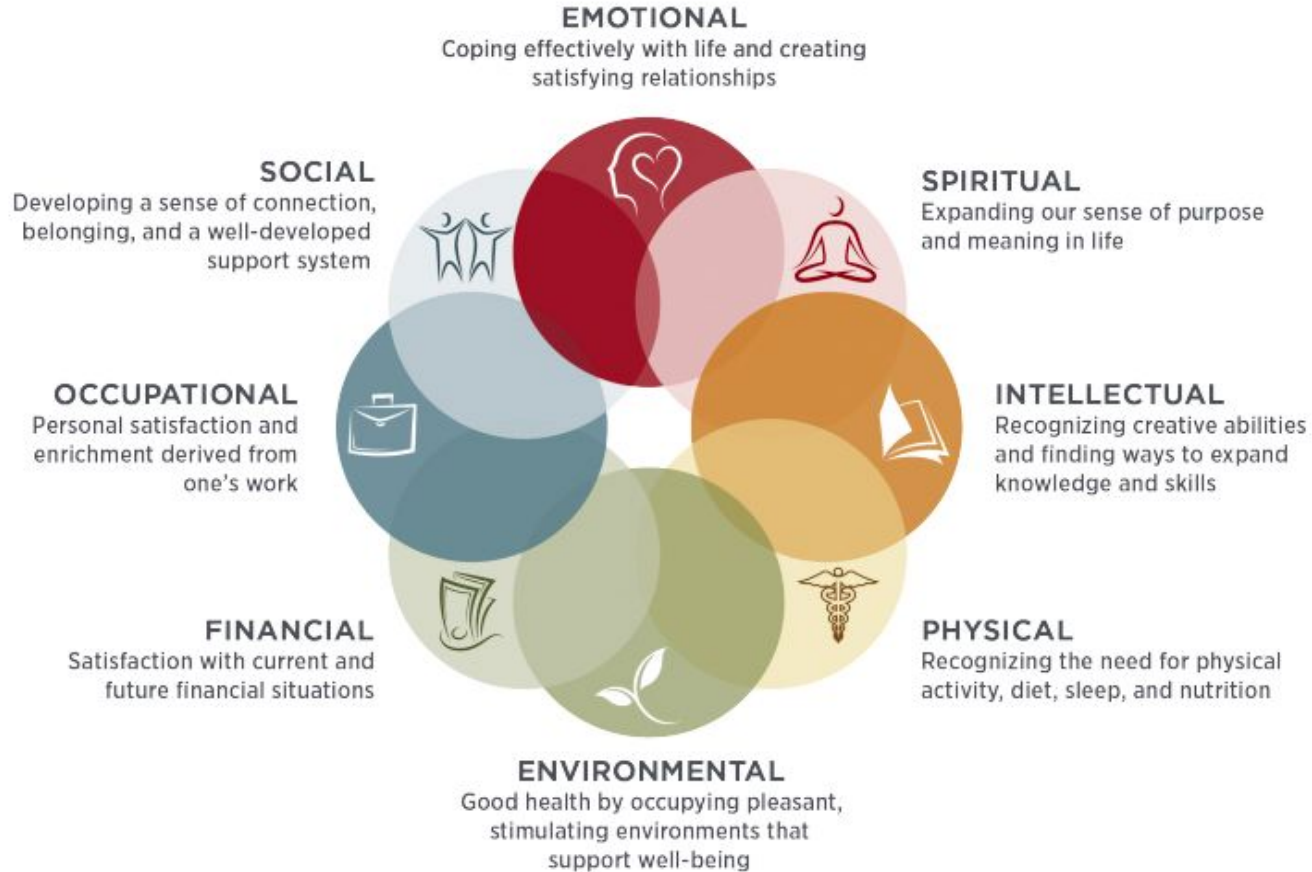
Health simply refers to a physical body being free from disease



Wellness is not the absence of disease, illness, or stress, but instead the presence of:

- Optimal physical and behavioral health
- Purpose in life
- Active involvement in satisfying work
- Joyful relationships
- Happiness

8 Dimensions of Wellness



Wellness should be
proactive

NOT
reactive

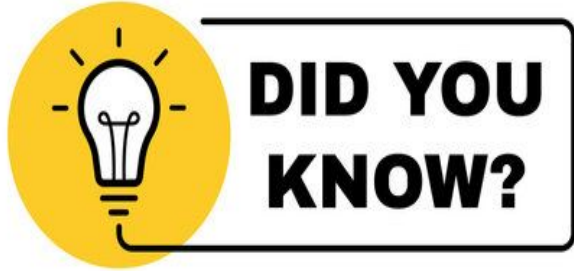




Health is not valued
till sickness comes.

Thomas Fuller

“ quote fancy



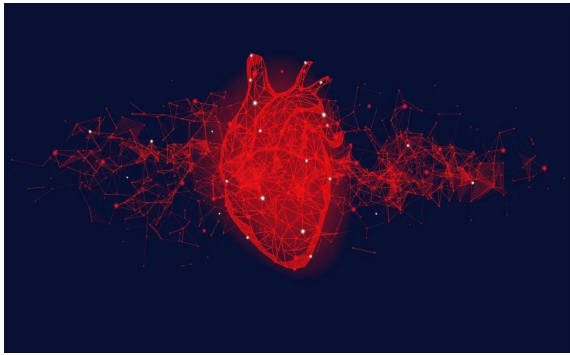
About eighty percent of the food on shelves of supermarkets today did not exist 100 years ago.

...ironically, roughly eighty percent of the modern diseases treated by physicians today did not exist 100 years ago.

Male Death: Common Causes

Female Death: Common Causes

10 Common Chronic Conditions Affecting Older Adults



With these kinds of odds you might wonder if there is anything you can do to prevent the onset of a chronic medical condition, or make managing an existing one easier.

The answer is yes.

10 Common Chronic Conditions for Adults 65+

QUICK FACTS



80%
have at least 1 chronic condition



68%
have 2 or more chronic conditions



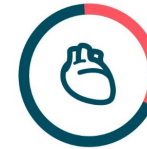
Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



Ischemic/Coronary Heart Disease
29%



Diabetes
27%



Chronic Kidney Disease
18%



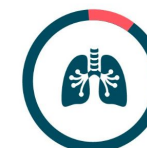
Heart Failure
14%



Depression
14%



Alzheimer's Disease and Dementia
11%



Chronic Obstructive Pulmonary Disease
11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries.

**See if you notice a trend in the
preventative measures and treatment
for these chronic conditions...**



Alzheimer's Disease & Dementia

Background

- 11% of older adults (6.6m) currently being treated for Alzheimer's Disease or another form of Dementia
- Condition that causes memory loss and difficulty thinking or problem solving to the point it interferes with everyday activities
- Not part of the normal aging process, but caused by changes in the brain over time



Preventative Measures

Exercise - staying active isn't just good for your heart, but also great for your brain



Sleep - at least 7 hours a night is crucial for brain health

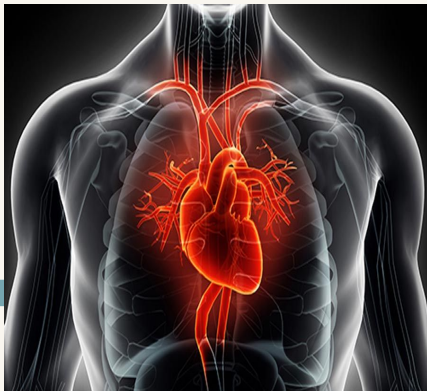


Proper Nutrition - processed foods and trans fats have a negative effect on your brain



Background

- Affects 14% (8.4m) of older adults
- Heart cannot adequately supply blood & oxygen to all of the organs of the body



Heart Failure

Preventative Measures

Physical Activity



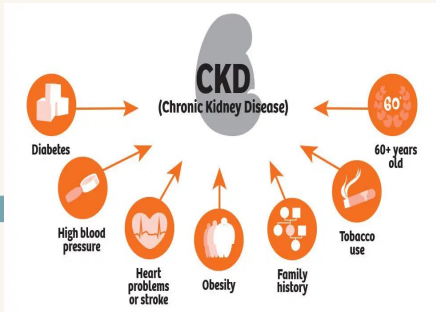
Stress Reduction



Proper Nutrition

Background

- Impacts 18% (10.8m) of older adults
- Increased risk for heart disease or kidney failure
- Strong correlation with diabetes and high blood pressure



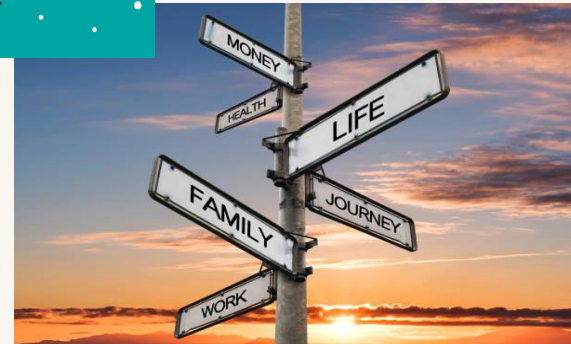
Chronic Kidney Disease

Preventative Measures

Physical Activity



Stress Reduction

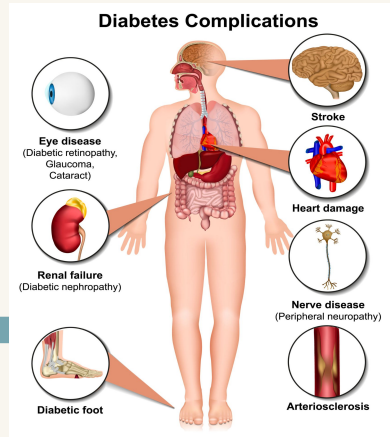


Proper Nutrition

Diabetes

Background

- 27% (16.2m) of older adults are currently being treated
- Can lead to complications such as kidney disease, heart disease, or blindness



Preventative Measures

Exercise – for 30 minutes, 5 times/week to help keep blood glucose levels in check and to control weight gain



Benefits of exercise in individuals with Type 1 diabetes



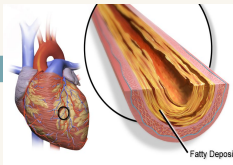
Proper Nutrition – monitoring your carbohydrate & calorie intake

Ischemic (Coronary) Heart Disease

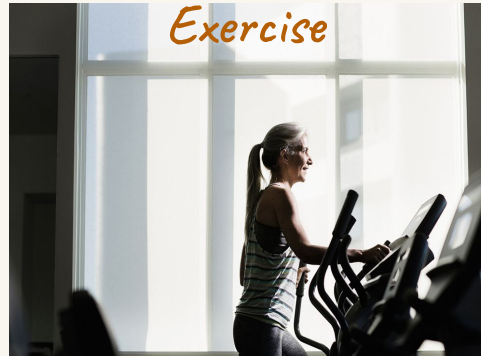
Preventative Measures

Background

- Greater than 29% (17.4m) of older adults are treated each year
- Build-up of plaque in arteries narrow or block oxygen-rich blood delivered to the heart
- Can cause complications such as blood clots, angina, or heart attack
- High cholesterol and hypertension are major risk factors



Regular Cardiovascular Exercise



Sleep - at least 7 hours a night

Abstain from Smoking



Proper Nutrition -
refrain from
saturated and trans
fats and limit sugar
intake



Stress Reduction

Arthritis

Background

- 31% (18.6) of older adults are impacted
- Inflammation around joints, which cause pain and stiffness
- Typically brought on by injury or metabolic waste from processed foods



Preventative Measures

Exercise - for 30 minutes, 5 times/week to improve function and decrease pain (mixture of aerobic/structural exercises and stretching movements)



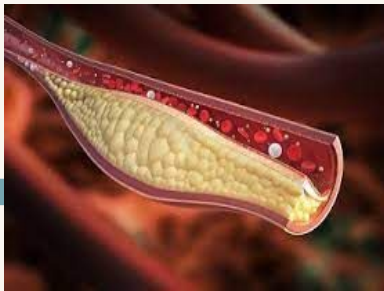
Abstain from Smoking



Proper Nutrition - to maintain a healthy weight

Background

- 47% (28.2) of older adults are treated for dyslipidemia
- Occurs when your body has excess LDL's and few HDL's resulting in arteries being clogged
- Can lead to heart disease



High Cholesterol

Preventative Measures

*Being active
each day to
manage weight*



Abstain from Smoking

*Proper Nutrition -
moderating saturated fat
intake and avoiding trans fats*





**DID YOU
KNOW?**

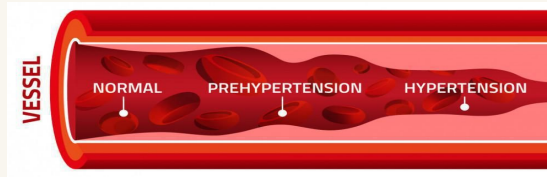


Cinnamon.

It's one we often save for baking, but cinnamon is a spice to incorporate on a regular basis. Research on cinnamon's anti-inflammatory effects suggest that the spice can play a therapeutic role in lowering blood sugar, reducing cholesterol, managing neurodegenerative diseases, and slowing the proliferation of some cancers.

Background

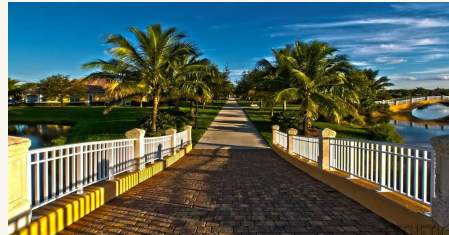
- 58% (34.8m) of older adults are treated for high blood pressure
- Condition restricting your cardiac output due to resistance from your arteries (atherosclerosis or arteriosclerosis)
- Can lead to serious health conditions such as stroke or heart attack



Hypertension

Preventative Measures

Daily Exercise – including aerobic activities, flexibility training, and structural exercise



Stress Reduction

Proper Nutrition – to maintain a healthy weight / limit sodium & alcohol intake

Check Blood Pressure Regularly



**What trend did you notice in
preventative measures and treatment?**



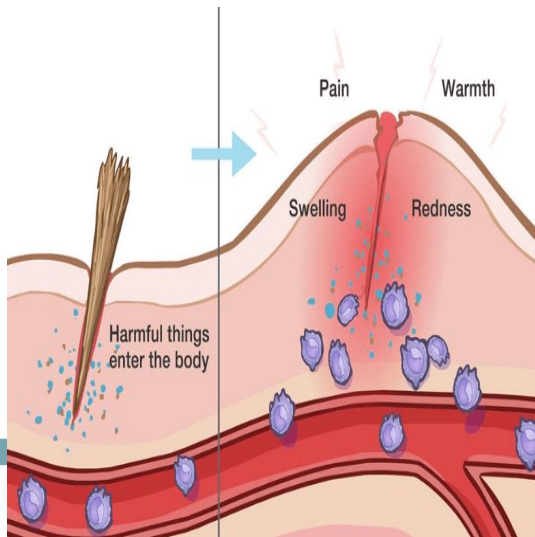
IT'S NOT ONE
GIANT STEP
THAT DOES IT.

IT'S LOTS OF
LITTLE STEPS.

One thing ALL of these conditions have
in common is ... *INFLAMMATION*



What is *acute* inflammation?



Acute Inflammation is your body's defense system

- When there is an infection, sprain, or cut platelets are sent to the damaged area followed by white blood cells. These white blood cells act as the “clean-up crew” sweeping up debris (bacteria), toxins, and broken proteins from damaged tissues.
- Redness, swelling, warmth, and pain are signs that your body is fighting a bad guy, walling off your injury or infection, fostering healing.



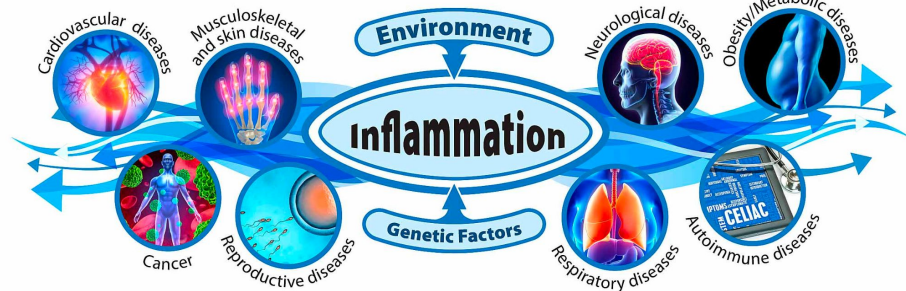
What is *chronic* inflammation?



Chronic Inflammation is a quiet killer



- Also called “systemic” inflammation
- White blood cells and their chemical messengers remain on high alert at a low level, causing quiet, but persistent damage that can lead to other diseases
- More than half of all deaths worldwide can be attributed to an inflammation-related disease.



ACUTE INFLAMMATION

Innate Immunity

Stimulus



Immune helper cells do their job of healing

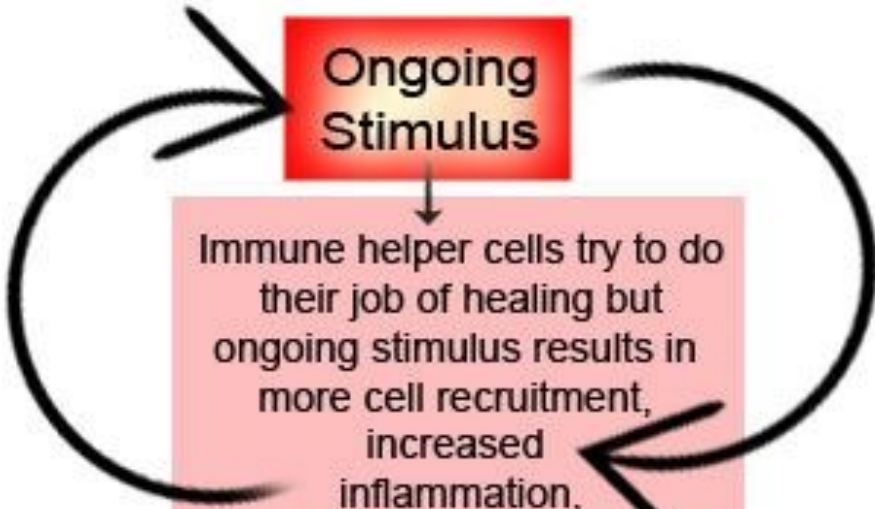


End stimulus/ Healing

CHRONIC INFLAMMATION

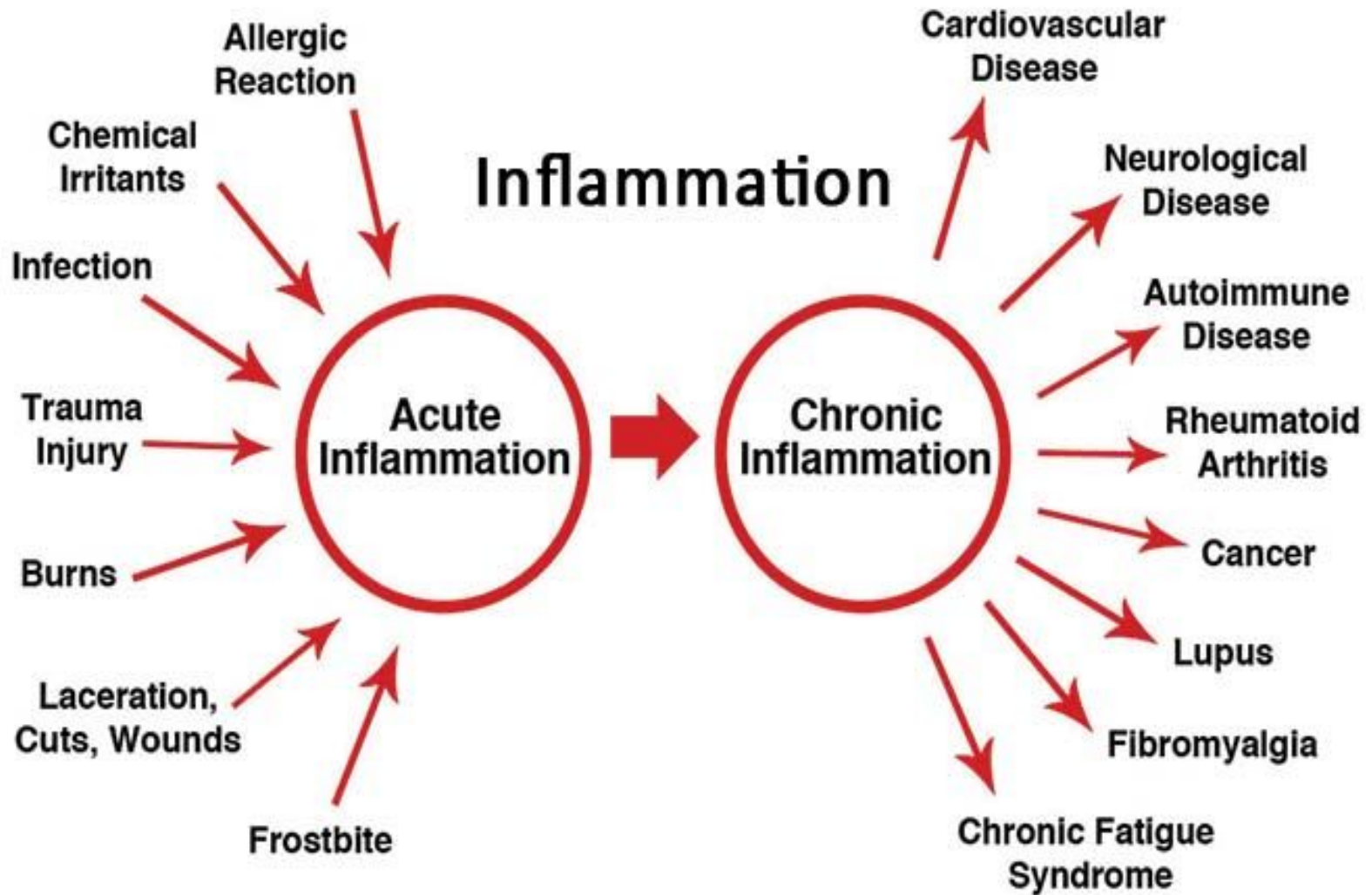
Adaptive Immunity

Ongoing Stimulus



Immune helper cells try to do their job of healing but ongoing stimulus results in more cell recruitment, increased inflammation, and changes to cells

Repetitive cycle
Increased disease



It's about balance...

Think about what you *GIVE* your body versus what you *TAKE*. If there's an imbalance between these two things, that can trigger **INFLAMMATION.**





**DID YOU
KNOW?**



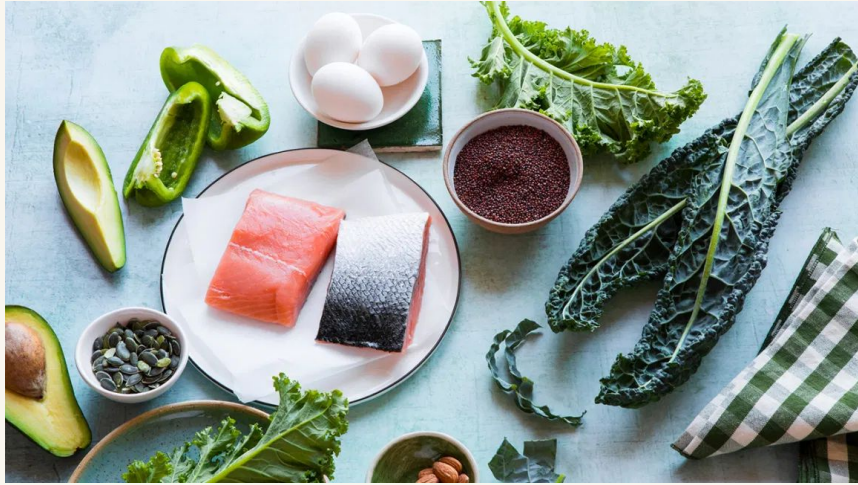
Ginger.

Ginger isn't just for relieving unsettled stomachs and the common cold. In fact, ginger is rich in inflammation-fighting compounds, such as gingerols, which may reduce the aches of osteoarthritis and soothe sore muscles.

Workshop Session Focus



We have complimentary literature on each topic we will be discussing. If you have any questions or would like further information, please reach out!



Reducing Chronic Inflammation



- ✓ **Meditate** → reduce cortisol (stress hormone)
- ✓ **Eat more probiotics** → healthy gut promotes digestion
- ✓ **Get more omega-3's** → healthy fats (fish, nuts, olive oil...)
- ✓ **Limit alcohol intake** → 1 drink/day (women) - 2 drinks/day (men)
- ✓ **Form a healthy nighttime routine** → herbal tea, no phone, read
- ✓ **Eat the rainbow** → antioxidants found in fruits/vegetables
- ✓ **Add spices** → antioxidants (paprika, turmeric, ginger, garlic...)
- ✓ **Eat fewer inflammatory foods** → avoid processed meats/sugar

CHRONIC
INFLAMMATION TAKES
YEARS OR EVEN DECADES
BEFORE VISIBLE DAMAGE
OR DISEASE SYMPTOMS
APPEAR.

DEEPAK CHOPRA



Chronic Joint Pain



✓ Keep it Moving→

- Staying active is the best prescription to relieve joint pain
- Decreases pain and stiffness due to increase blood flow

✓ Therapy→

- Can help strengthen the muscles around the joint, stabilize the joint, correct muscle imbalances, improve range of motion, and provide relief through various soft tissue therapies

✓ Alternative Treatments→

- Pain relief has been shown to come via yoga, meditation, and acupuncture

✓ Temperature Contrast Therapy→

- Should you use ice or heat?





WHEN TO USE

HEAT THERAPY

A heat pack is ideal for chronic or arthritic pain e.g. joint pain, osteoarthritic knees or neck pain that isn't caused by an immediate injury.

So, if you suffer a flare-up of an existing condition and are in significant pain, treat it as an acute injury.



COLD THERAPY

A cold pack is most effective for acute injuries.

Acute injuries are new injuries with swelling, pain or muscle spasms, such as a spasm in your neck, an ankle sprain, injury to your back or sharp pain.

Acute injuries are most commonly treated with cold therapy for the first 48 to 72 hours



How long should you keep the ice on?

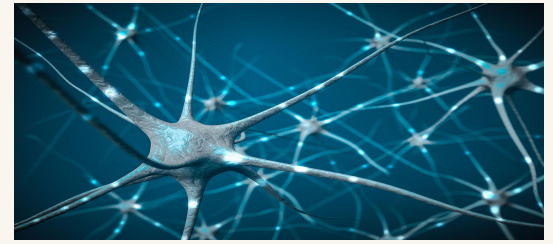


“CBAN” = COLD, BURN, ACHE, NUMB

Contrast Therapy: used to reduce inflammation and help create better circulation near injuries or areas of chronic pain



Cognitive Health



✓ **Keep Your Mind Active**→

- Studies suggest that reading books, creative writing, and learning a new skill or hobby may protect the brain become more adaptable

✓ **Stay Connected**→

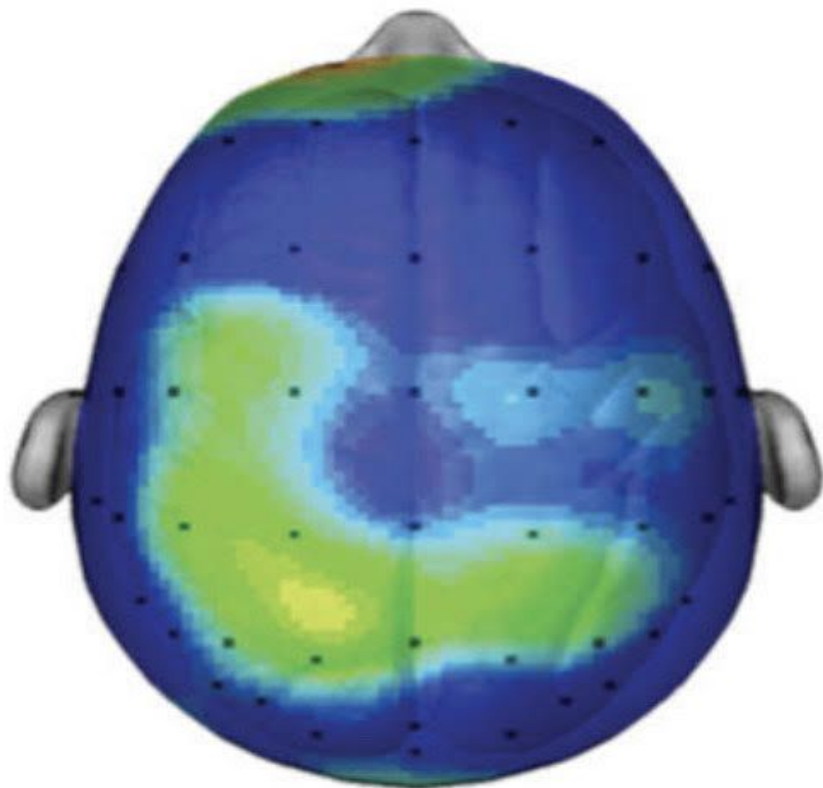
- Participating in social activities and community programs can keep your brain active and lower your risk for cognitive decline

✓ **Medicines**→

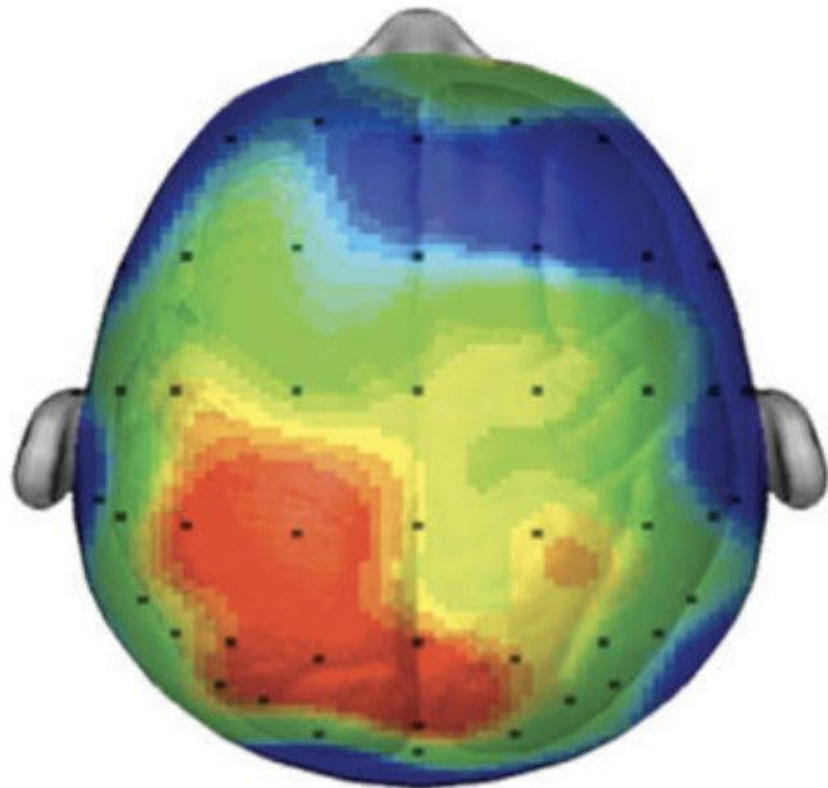
- Research has shown that antihistamines, sleep aids, antipsychotics, and muscle relaxants may contribute to cognitive decline

✓ **Physical Activity**→

- Studies link ongoing physical activity with several benefits for the brain and cognition
- Aerobic exercise is thought to increase brain glucose metabolism, which may reduce risk for developing cognitive impairment



**After 20 minutes of
sitting quietly**



**After 20 minutes of
walking**

5 FOODS LINKED TO BETTER BRAINPOWER

GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

Created by:



www.health.harvard.edu



Preventing Alzheimer's



✓ Healthy Foods →

- Current research shows evidence that people who follow the MIND diet might help reduce risk of developing Alzheimer's and a slower rate of cognitive decline

✓ Manage Blood Pressure →

- Meta-analysis concluded that managing blood pressure might help delay or even prevent Alzheimer's

✓ Manage Stress →

- Chronic stress can change the brain, affect memory, and increase risk for Alzheimer's

✓ Exercise →

- Observational studies have shown that exercise is associated with fewer Alzheimer's plaques and tangle in the brain

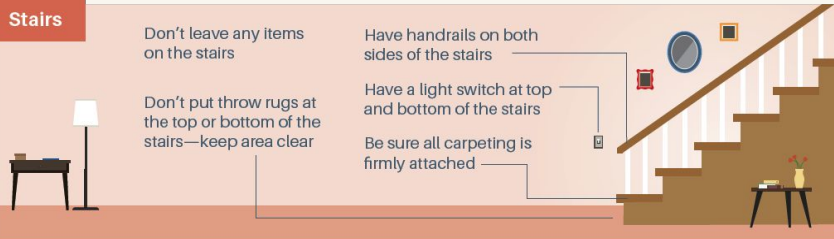
Bedroom



Bathroom



Stairs



Kitchen



Fall Prevention



✓ Stairways →

- Handrails on both sides of any stair
- Ensure good lighting
- Avoid throw rugs/small area rugs

✓ Bathrooms →

- Grab bars near toilet
- Grab bars inside/outside shower

✓ Kitchen →

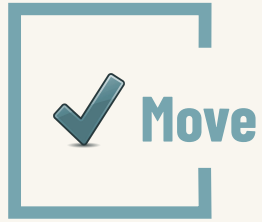
- Keep frequently used items accessible
- Clean up spills immediately

✓ Bedrooms →

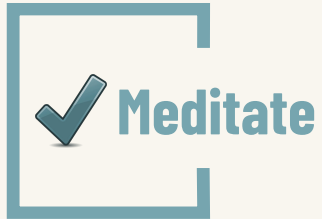
- Put night lights or remotes close to bed
- Have a well-charged phone near your bed



Be Consistent
No Electronics
Cool & Dark



Movement is Life!
Get blood flowing,
increasing circulation

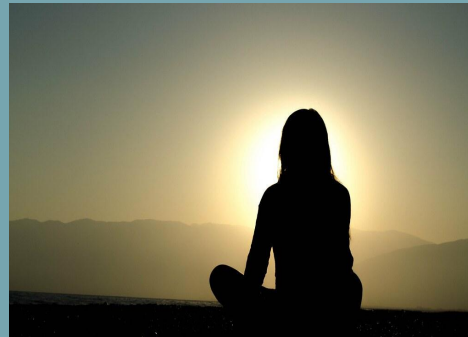


Breathe
Positive Affirmations
Gratitude Journal



Reduced risk of depression
Less anxiety
Greater self-esteem

Dealing with Fatigue, Pain, Frustration, or Isolation



Maintaining Strength, Flexibility, & Endurance



Move

30 min./day

*(15 min. after first/last meal
of the day)*

Aids in digestion &
improves sleep



Exercise

Strength Training
Corrective Exercise
Fitness Center Tour



Recover

Soft Tissue Therapy
Myofascial Release
Rehabilitation



Get Involved

Try one of VW's many
activities - water
aerobics, pickleball, etc.



Benefits of exercise in individuals with Type 1 diabetes

1 Lower blood pressure



2 Insulin dose and timing



3 Lower risk of diabetic nephropathy



4 Improved muscle health strength and function



Benefits of regular exercise



6 Possible beta cell preservation



7 Improved bone health, lower risk osteoporosis and bone fractures



8 Lower risk of neuropathy



9 Greater aerobic capacity
Better performance



Managing Medications



Yearly physical, discuss current medications, possible ways to minimize or replace with something non-pharmacological



Pill Organizer
Create a list with all medications, dosage amounts, and frequency



Talk with PCP/naturopath about beneficial vitamins, herbal remedies, and supplements

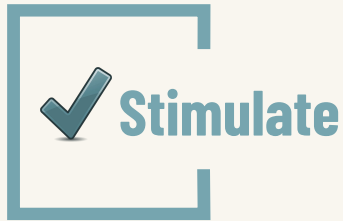


Establish a routine
Place reminder on fridge or set alarm in phone





Humans are social creatures - get involved
Companion pets



Crossword Puzzles
Reading
Card Games



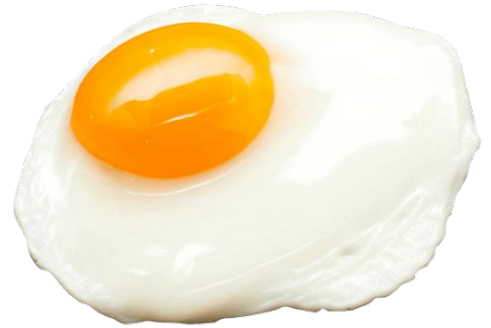
Listen to Music
Get Outside - walk, bike, take in scenery



Wellness Checks
Call a friend/family member
Dog park

Managing Stress





Eggs.

Eggs are a quick, high-quality protein and contain the anti-inflammatory nutrient choline. Choline is a component of acetylcholine, a key neurotransmitter involved in memory, mood and movement, and low choline levels are associated with higher anxiety levels. Eggs also contain anti-inflammatory nutrients that impact brain communication, like B12, selenium and zinc.



**DID YOU
KNOW?**

✓ Cut Back

Alcohol/Caffeine
Saturated Fats
Carbohydrates
(breads/pastas/cereal)

✓ Repair

"Leaky Gut" – leads to
histamine response
Bone Broth/Collagen
Probiotics

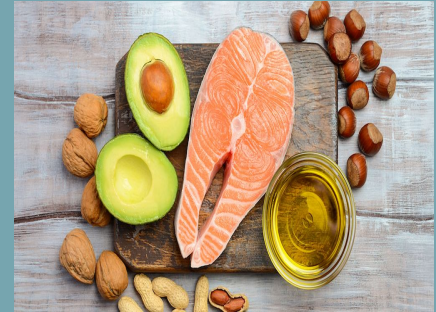
✓ Nourish

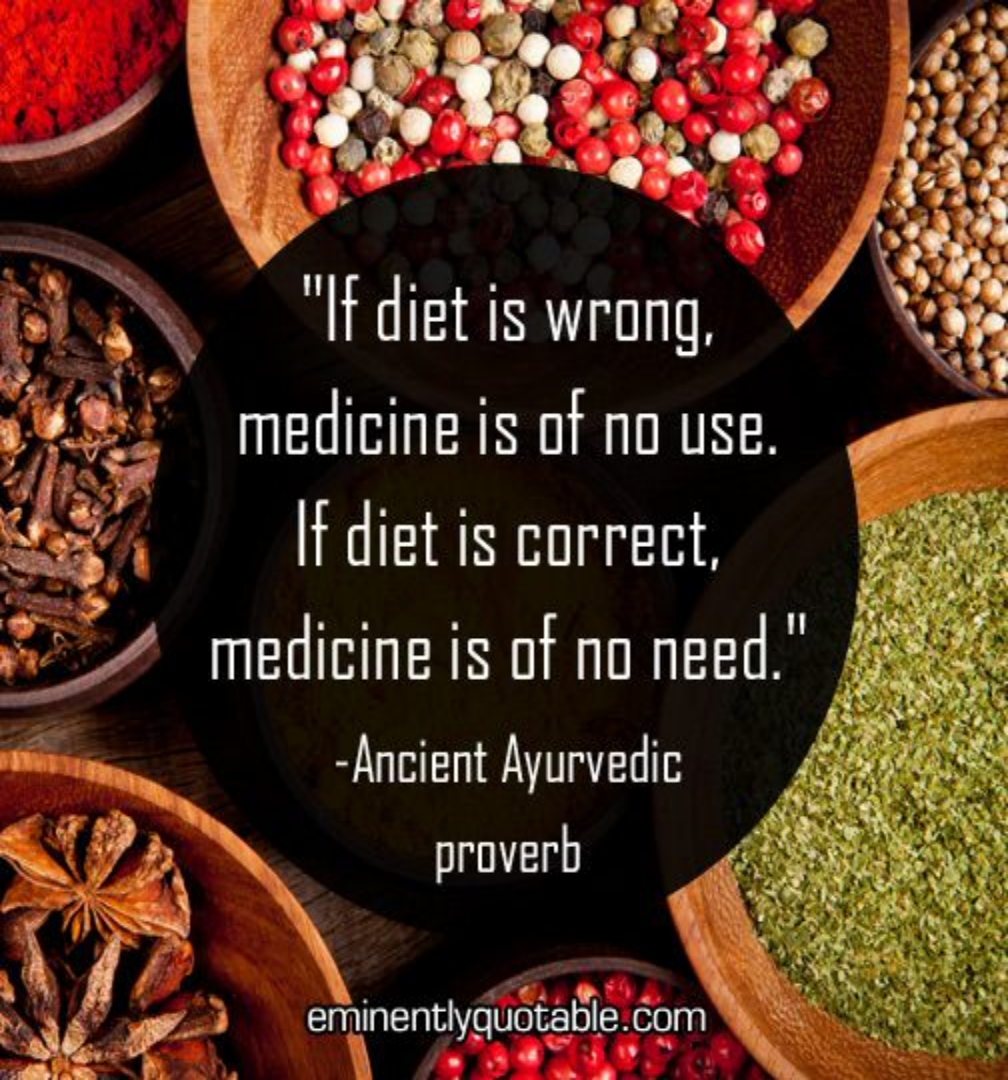
Healthy Fats (avocado,
salmon, olive oil)
Grass Fed Meats
Leafy Green Vegetables

✓ Avoid

Refined Carbohydrates
(white bread/sweets)
Soda/Sugary Beverages
Unhealthy Fats (margarine,
canola or soybean oil)

Eating Healthy





"If diet is wrong,
medicine is of no use.
If diet is correct,
medicine is of no need."

-Ancient Ayurvedic
proverb

eminentlyquotable.com

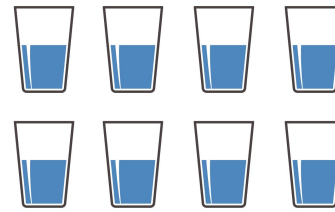


LET FOOD BE THY
MEDICINE
AND MEDICINE BE THY
FOOD

 **HIPPOCRATES**



**DID YOU
KNOW?**



**"8 x 8 Rule" =
64 oz./day**

Good hydration linked to healthy aging.

New study from the NIH finds adults who stay well-hydrated develop fewer chronic diseases (lung and heart disease), and have decreased risks for advanced biological aging and premature death.

Whereas, adults who are not sufficiently hydrated may age faster, and could face a higher risk of chronic disease.

[Link to Study](#)

“YOUR **FUTURE** IS CREATED BY WHAT

YOU DO

NOT

{ **TODAY** }
TOMORROW”

Wellness Checks



Peace of Mind.

Bridging the gap between long distance caregivers and their loved ones.

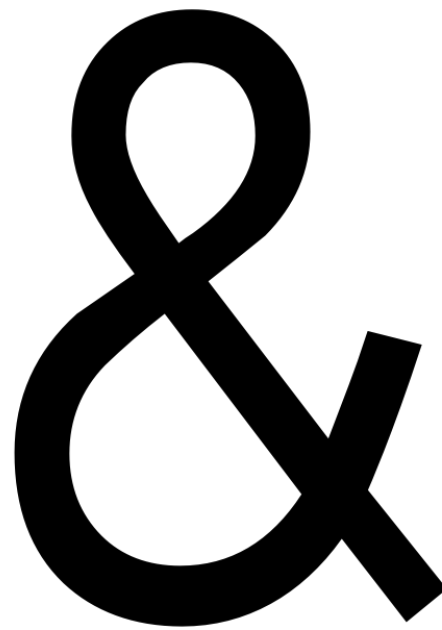
We conduct engaging and informed home visits with seniors to:

- Ensure the safety of loved ones
- Maintain health & wellness
- Help prevent and relieve social isolation
- Provide vital checks
- Assist with medication management

If you are interested in our bi-monthly magazine "Start Healthy" and/or our monthly newsletter, please scan the QR Code and complete the Google Form.



recommendations



referrals

are the core of our businesses and are always greatly appreciated. Thank-you for continued support!

The logo for The Village Watch features a large, stylized 'W' composed of four thick black lines that cross each other to form the letter. Below the 'W', the text 'THE VILLAGE WATCH' is written in a white, serif, all-caps font. Underneath that, the tagline '— Home Watch | Handyman Services —' is written in a smaller, orange, sans-serif font, flanked by two short horizontal lines.

THE VILLAGE WATCH
— Home Watch | Handyman Services —



THANK YOU!



EDITABLE ICONS

