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consult the experts

health and
wellness edition

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topic:

How can I keep from getting bored with my workouts?

advice: Your workouts are consistent, focused, driven...and then something happens. Your desire to workout decreases and the couch feels great. What is happening? You may be bored with your workout. It's normal. Common reasons are lack of motivation or not seeing the results you hoped for.

How can you prevent boredom? Try something new. Your body gets used to doing the same thing all the time. Here are some ideas to change it up:

- **Try new classes.** Work your muscles in a different way (if you don't like the class, try another!)
- **Add variety.** Divide your hour into 20 minutes of treadmill, bike, elliptical, and jump rope.
- **Get outside.** Take a walk and catch up with a friend or add a jog to the mix.
- **Go play.** Kickball and relay races were not exercise when you were a kid, they were fun!

Stay committed to remaining active. Contact me for more suggestions on staying motivated.



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topic:

Depression

advice: Depression is the fourth most disabling illness worldwide and is predicted to be the second leading cause of disability by the year 2020. This illness interferes with a person's ability to work, sleep, eat, and enjoy activities. Common symptoms include sadness, reduced sleep, suicidal thoughts, reduced appetite, tension, pessimistic thoughts, and difficulty concentrating.

Depression is not a normal part of the aging process, but it is common in adults who are over 65 years of age. Health problems and the loss of loved ones are things that happen to older adults, and feeling sad is normal, but if these feelings persist, a visit to the doctor should occur. Older adults may experience different symptoms of depression. These symptoms include delusions or hallucinations, feelings of boredom or worthlessness, memory problems or confusion, and withdrawal from social activities.

Diagnosis and treatment can help decrease a person's risk for cognitive decline, other illnesses, and suicide. The doctor may do tests to rule out other medical problems along with recommendations to talk with their friends and family for support. Call CNS to find out more if you or someone you know could benefit from our team of non-medical Home Care Aides in assisting independent and dignified living.



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