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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:

What are some routine medical tests for seniors?

advice: The following lists some of the important preventive and screening measures for seniors over the age of 65.

- Influenza vaccination • Pneumonia vaccination • Vaccination against shingles (60 and older; some doctors recommend starting at age 50) • Colon cancer screening for adults between ages 50 and 75 (younger starting age in high risk groups) • Breast cancer screening with yearly mammogram for females between 40 and 75 (younger starting age for high risk groups) • Prostate cancer screening with annual rectal exam and PSA (prostate sensitive antigen) in males above age 50 • Osteoporosis screening with bone density scan in women above age of 65 • Diabetes screening in people with high blood pressure, high cholesterol, obesity, or previous high blood sugar levels with or without symptoms of diabetes • Blood pressure screening at least once a year • Smoking cessation counseling • Vision and hearing exams • Mental status exam

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