



Morris
Health

Heart, Muscles & Brain

Key factors in maintaining
independence

What is Lifestyle Medicine?

Evidence-based lifestyle therapeutic approaches:

Whole food, plant-based diet

Exercise, sleep, stress management

Alcohol moderation, and tobacco cessation

Other non-drug modalities, to prevent, treat, and oftentimes, reverse the lifestyle-related, chronic disease that's all too prevalent.

The Power of Lifestyle

More adults are living longer, but not necessarily better.

20% adults considered thriving

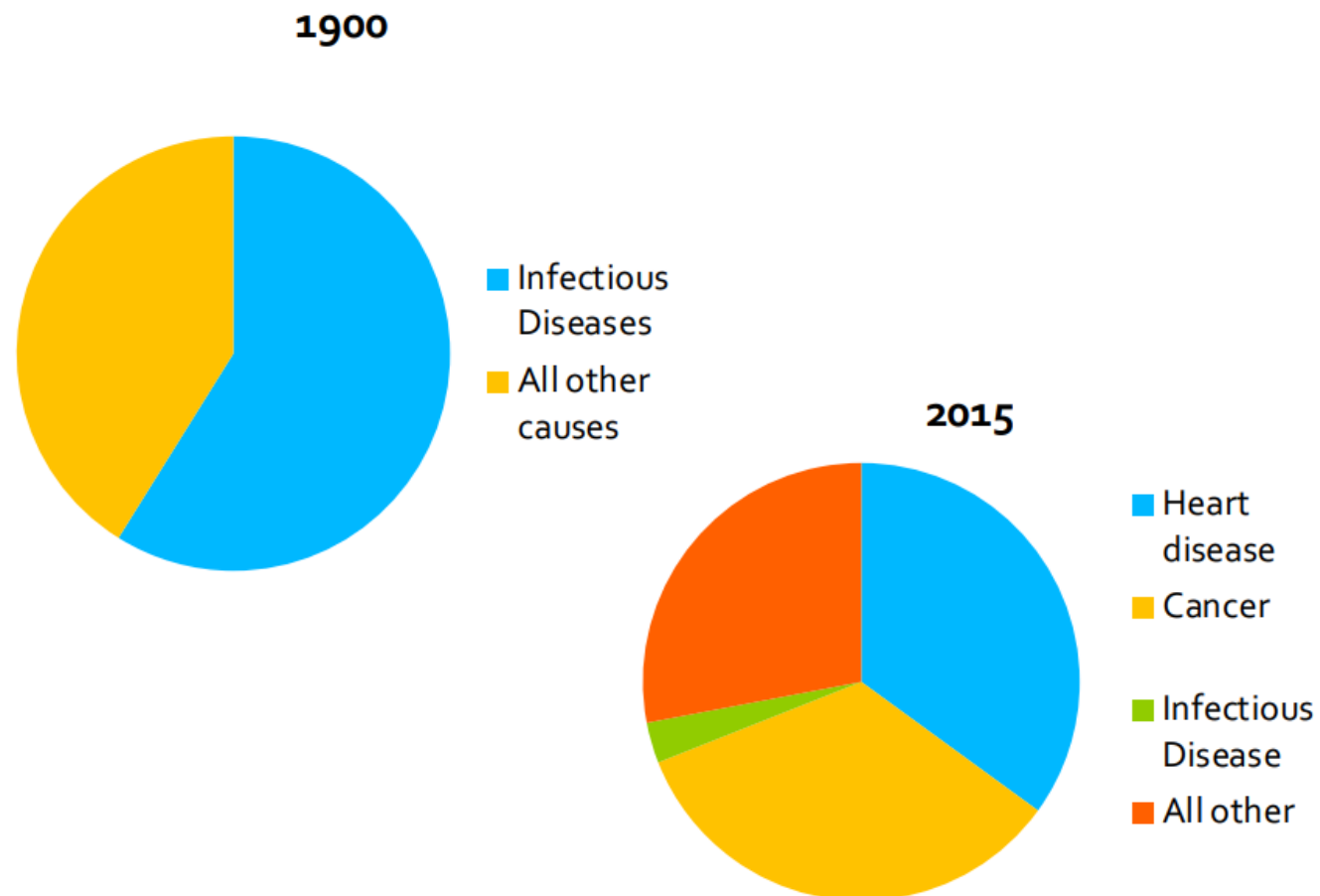
1 in 3 US women will develop cancer

1 in 2 US men will develop cancer

Almost 70% of all US deaths are the result of heart disease or cancer

40-60% of cancers are lifestyle related

Around 80% of chronic diseases are driven by lifestyle choices.



What we know so far

- 7 out of 10 of the top deaths in the US are chronic diseases
- Chronic diseases are related to lifestyle choices
 - Sleep
 - Exercise
 - Diet

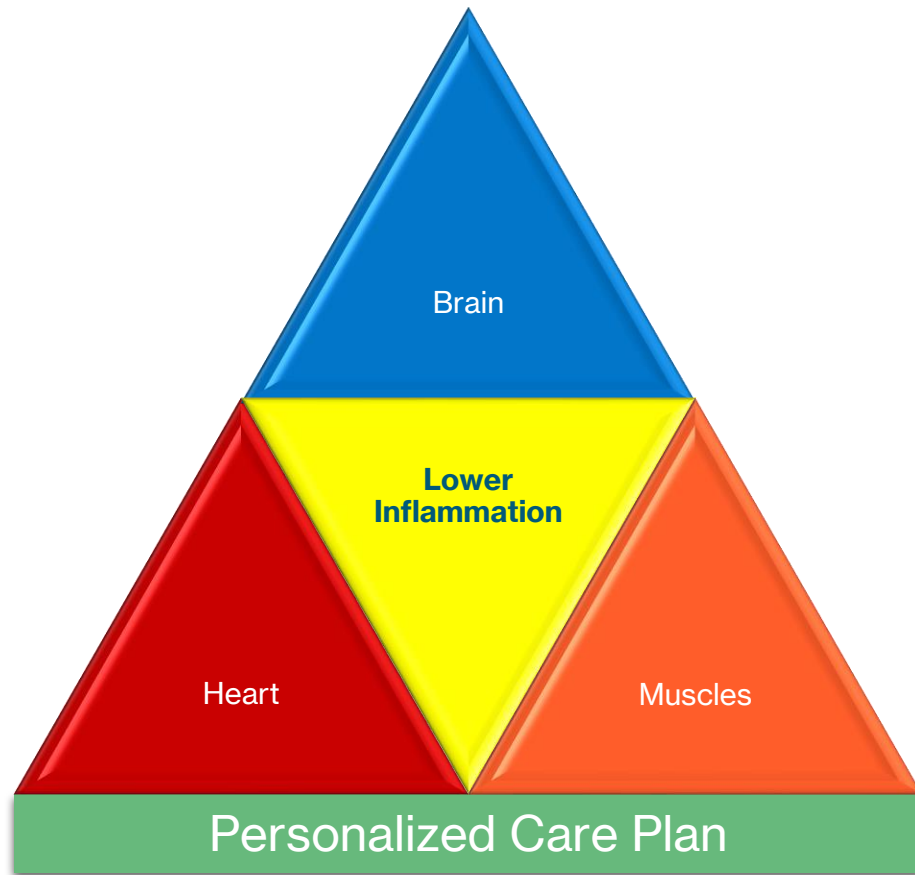


All of these Diseases are Related

- Obesity
- Sleep Apnea and Insomnia
- Gallbladder Disease
- Type 2 Diabetes and Metabolic Syndrome
- Kidney Disease
- Coronary Heart Disease, High Cholesterol, and Heart Attacks
- High Blood Pressure and Stroke
- Osteoporosis
- Depression
- Cancers



Focused on whole health for quality of life

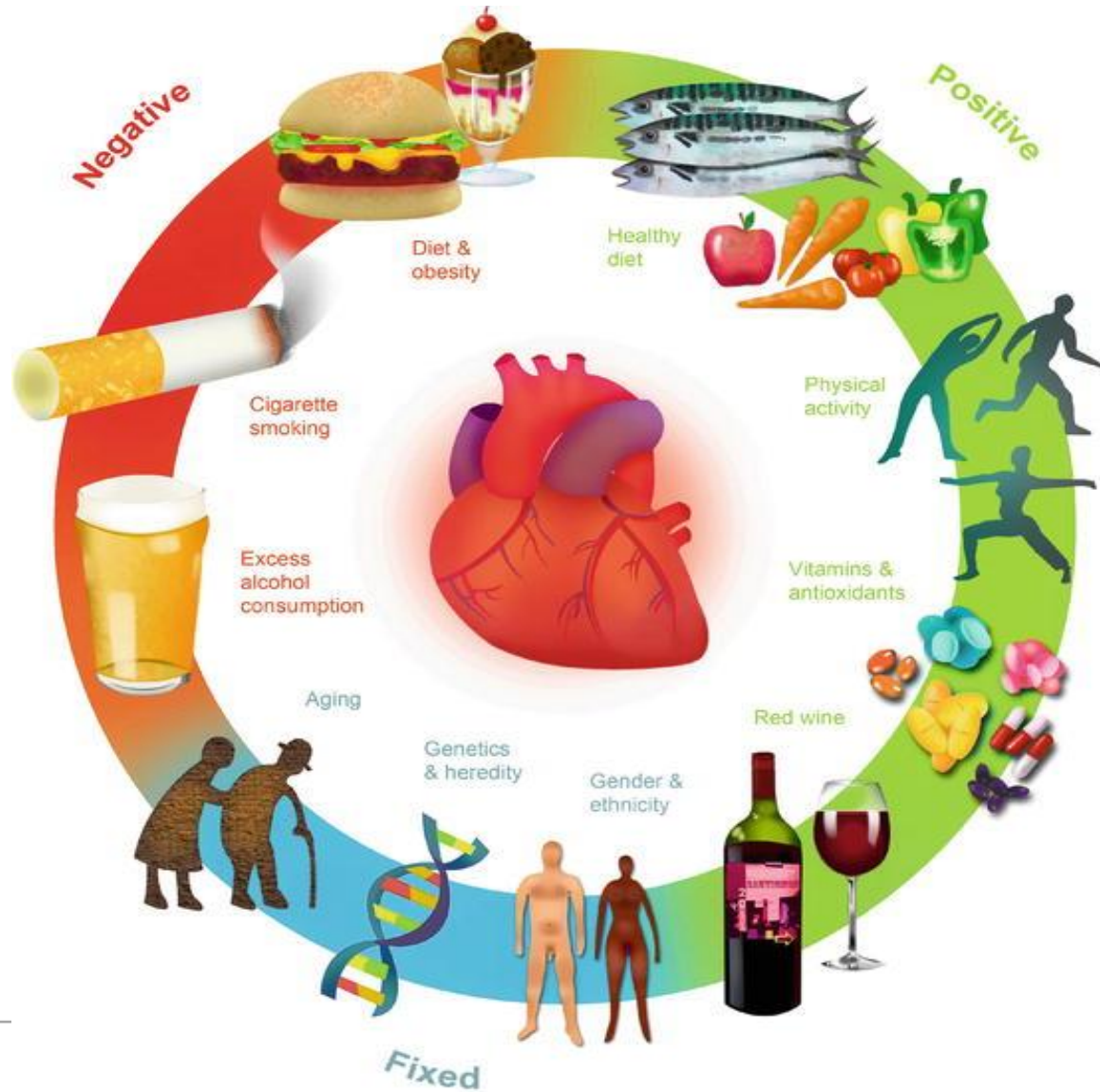


There are three major players in keeping the body healthy.

- The Brain
- The Heart
- The Musculoskeletal system

Lowering inflammation in these areas increases body wellness within the whole system.

PREVENTION: AVOID THESE DO THESE

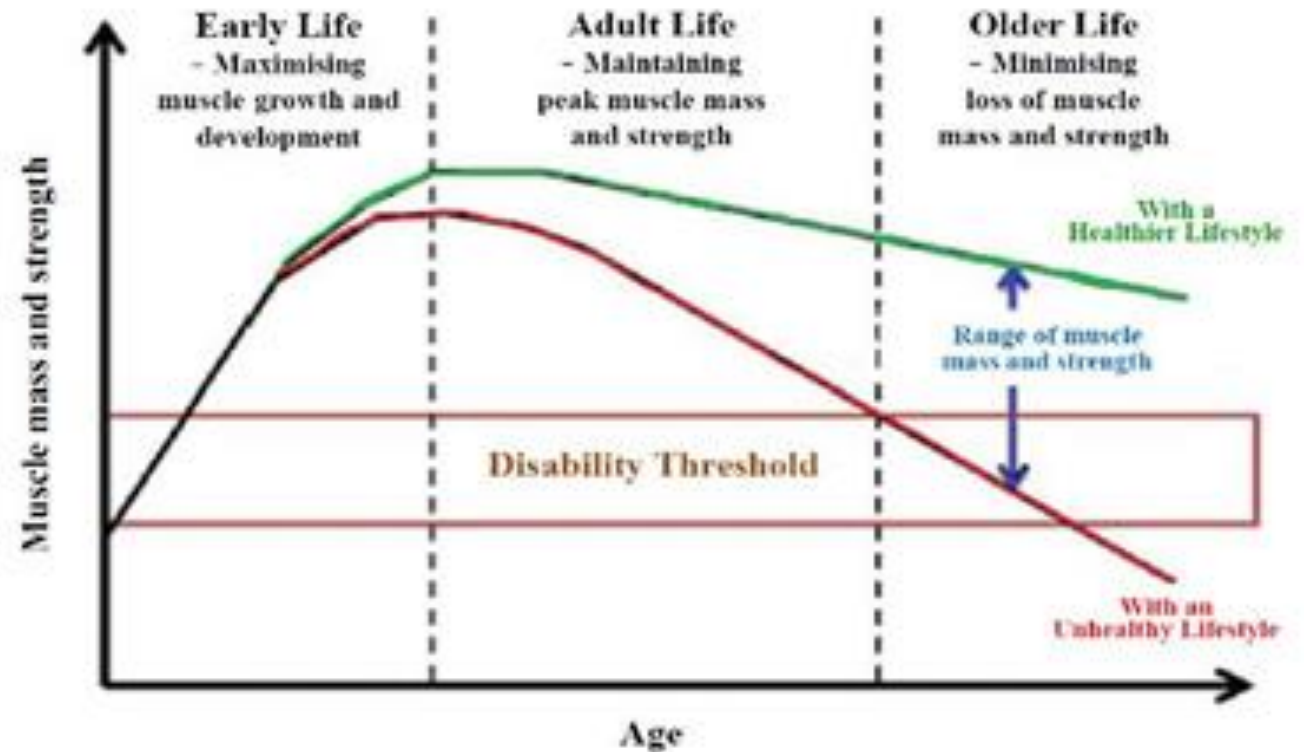


**Stress reduction
&
social activity**

Age Related Sarcopenia

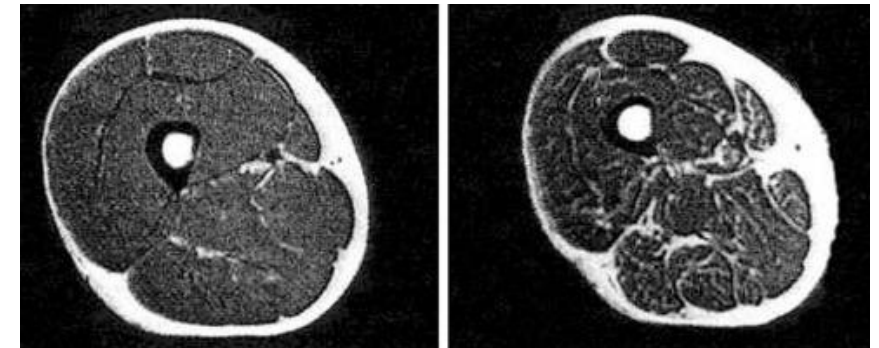
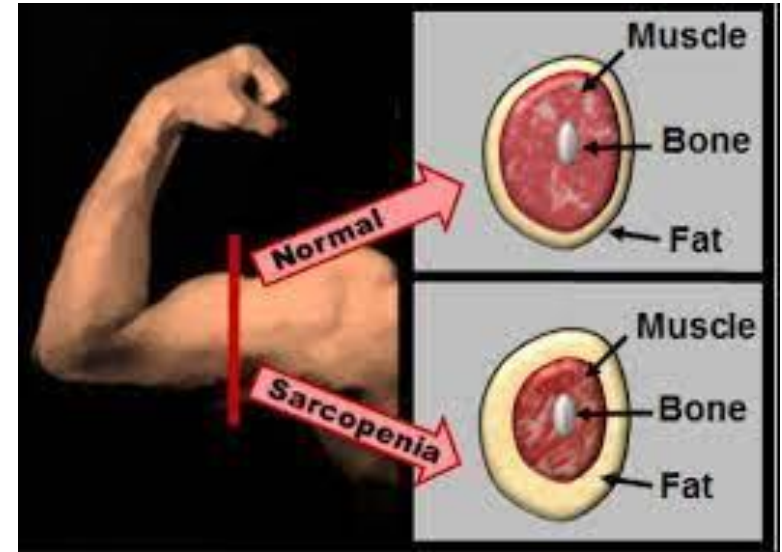
Progressive and generalized loss of skeletal muscle mass, strength and function that is associated with adverse outcomes, such as:

- Falls
- Fractures
- Physical disabilities
- Frailty
- Mortality



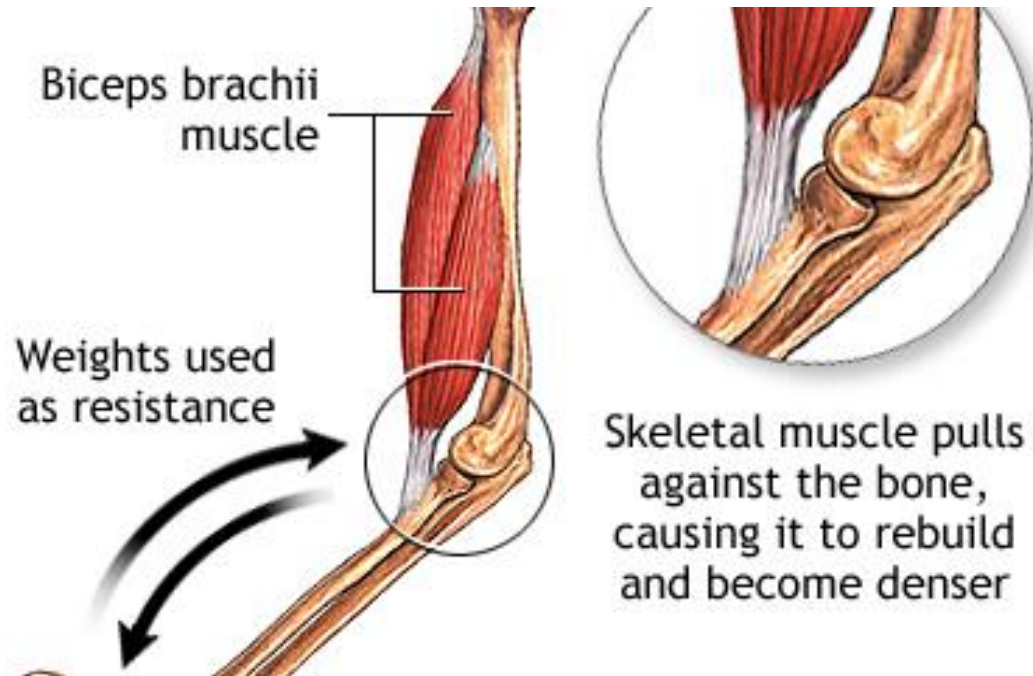
The Dilemma

- As we get older our muscle mass and strength begins to decrease at a faster rate.
- When this happens, our bodies lose the ability to function at an optimal level.
- This process starts around our thirties and slowly creeps up as we age, so don't see it coming until often the symptoms are severe.



Strength: Putting more than usual load on your muscles to make them stronger

- Somewhat different than muscle mass
- Is a better indicator for physical wellness



Fitness Strategy

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

at least
2
days
a week



Tight on time this week? Start with just 5 minutes. It all adds up!

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Practice all 4 types of exercise for the most benefits.

1 Endurance

So you can



climb steps



dance the night away



2 Strength

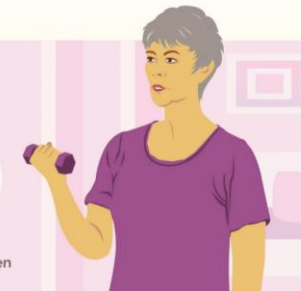
So you can



lift groceries



carry grandchildren



3 Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



4 Flexibility

So you can



drive



get dressed



Health Benefits of Physical Activity for Adults

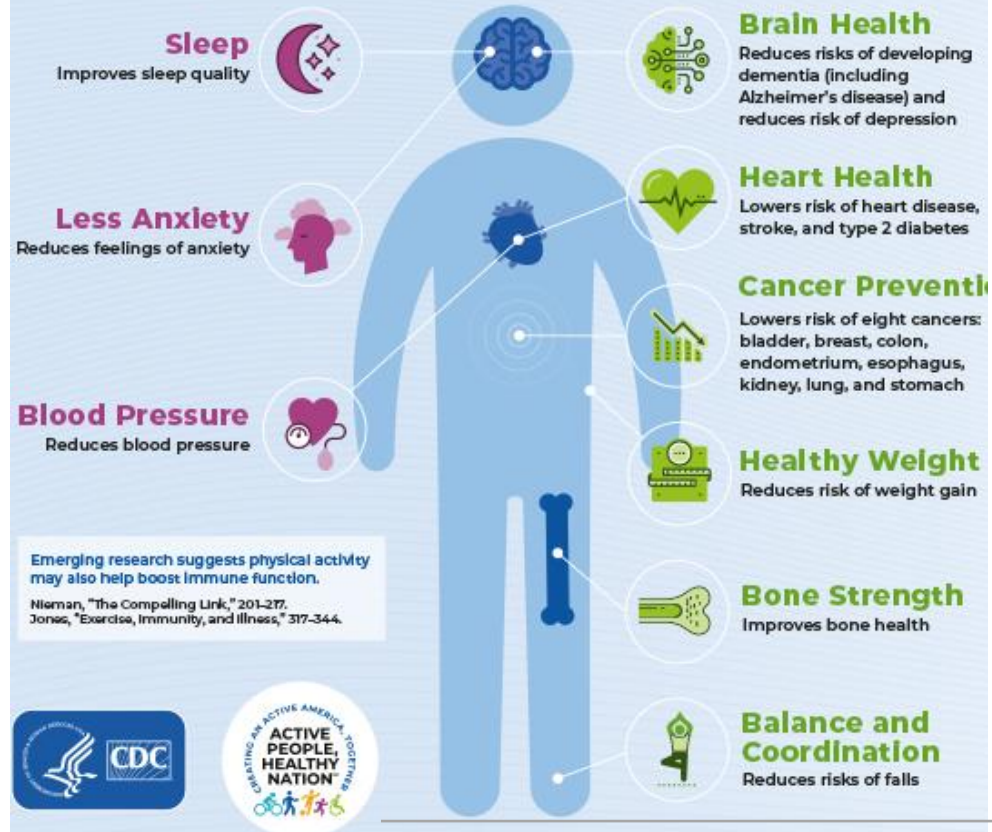


IMMEDIATE

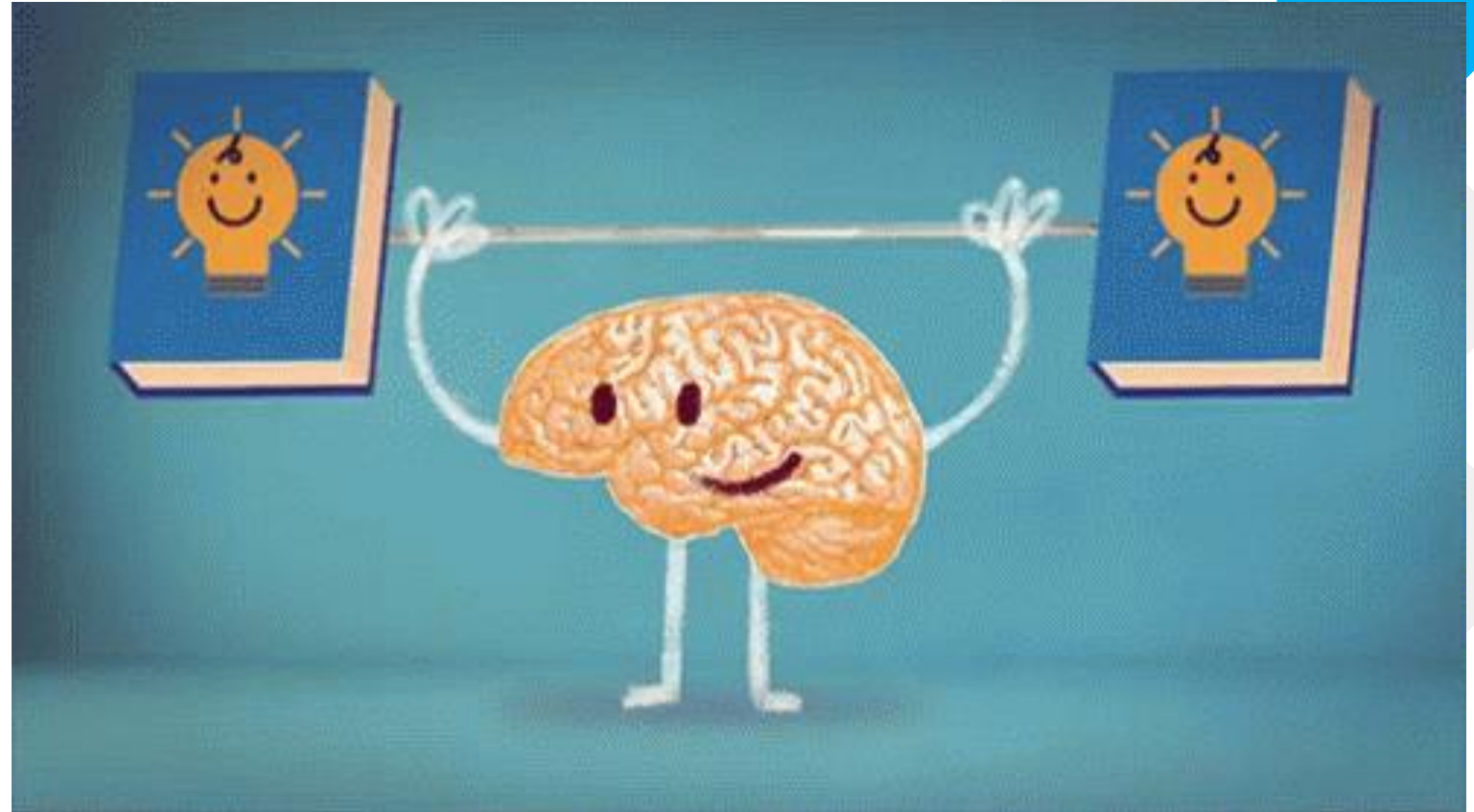
A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

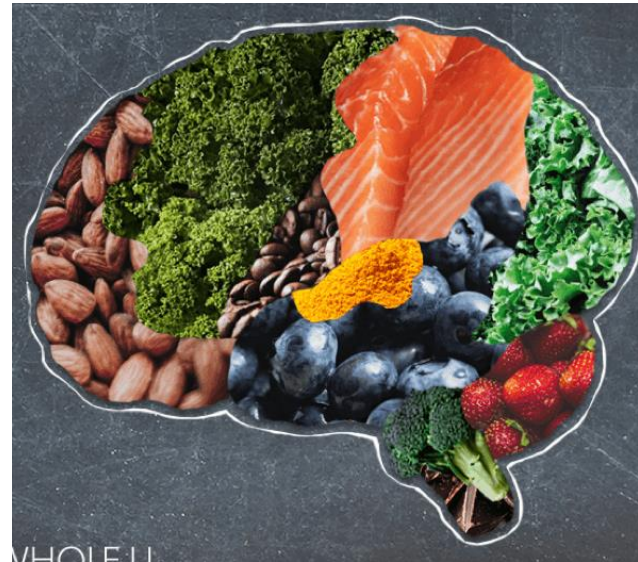
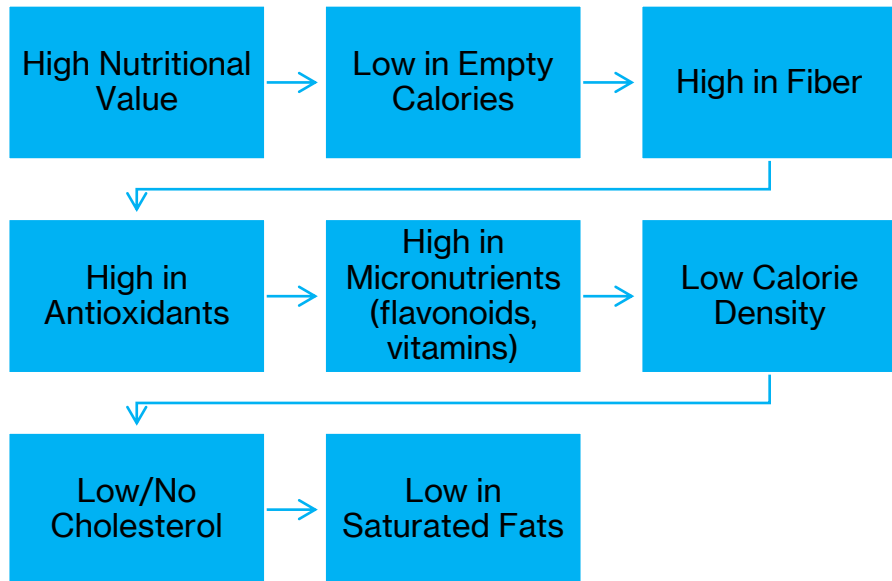
Regular physical activity provides important health benefits for chronic disease prevention.



**Although
not a
muscle the
brain can
train like
one.**



What is the best diet?



How Sleep Impacts Your Brain

More efficient
thought process



Organizes new
information



Keeps your
body healthy

Solidifies your
memories



Regulates
your appetite



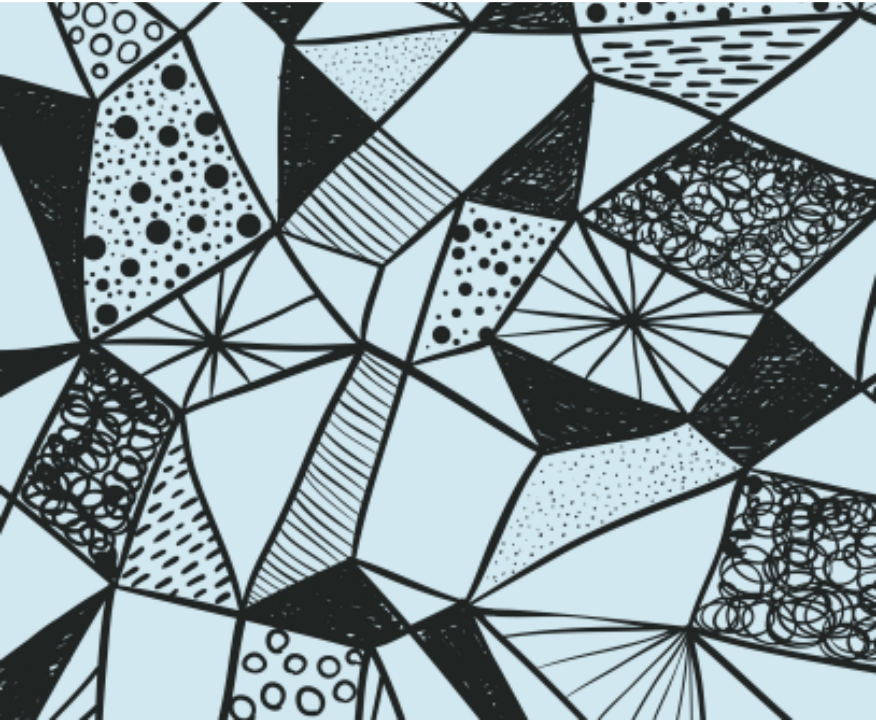
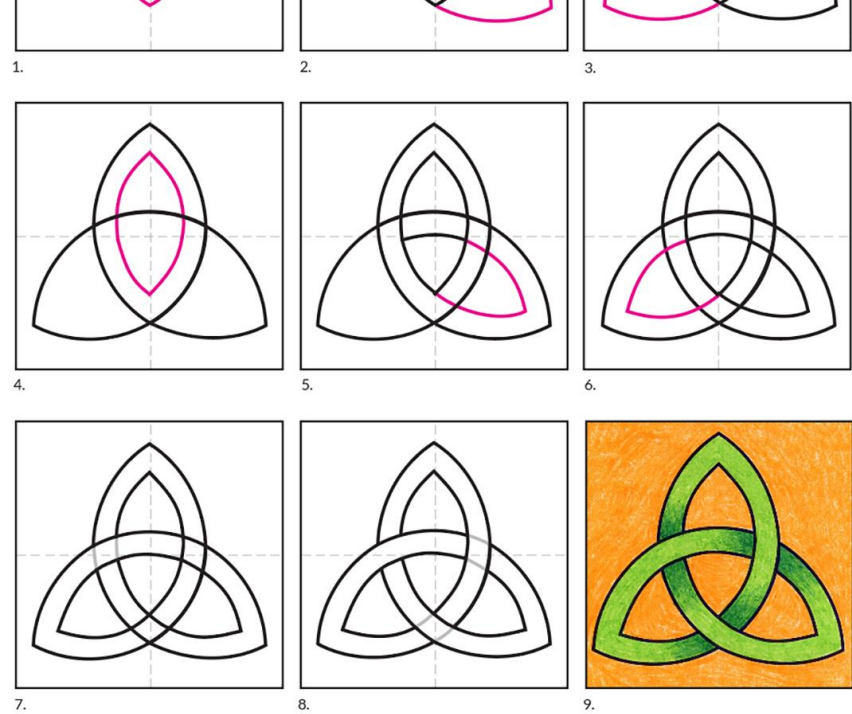
Leads to more
creative thinking



Clears out
harmful toxins

Sleep Hygiene

Judgement, memory, and reaction time can all be impaired when someone does not have enough sleep.



Creative art for mental health

Doodling activates creativity.

Drawing/painting elicits a relaxation response.

Synchronizing hand & eye coordination can become a calming and meditative experience.

<https://www.forbes.com/health/healthy-aging/doodling/>

Motivation is Key

How to set yourself up for success

Social Support

Environment/home

Spiritual practice

Finding accountability: friends, classes, professionals



Yours in Health,



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