



# Healthy Aging Information

From moving out of your home to money management, we have all your aging needs covered.



## Exercise- Do it For Your Heart!



Cardiovascular disease (CVD) and its complications can kill you. According to research by the Department of Medicine (Division of Cardiology) at Emory University School of Medicine in Atlanta, “The current worldwide explosive increase in the numbers of older persons is unprecedented in history.”

The National Institute of Health, in 2005 said CVD was the underlying cause of death in 864,480 of the approximately 2.5 million total deaths in the U.S.,

and adults aged 65 years accounted for 82% of all deaths attributable to CVD.” They estimated that 80 million Americans had at least one form of CVD, and nearly one-half were aged 60 years. Statistics continue to rise, and remain staggering. The Centers for Disease Control found that in 2008, more than 616,000 people died of heart disease, and heart disease caused nearly 25 percent of deaths—almost one in every four—in the United States.

- Heart disease is the leading cause of death for both men and women.
- More than half of the deaths due to heart disease in 2008 were in men.
- In 2010, coronary heart disease alone was projected to cost the U.S. \$108.9 billion.



# Healthy Aging Information

From moving out of your home to money management, we have all your aging needs covered.



According to Dr. Michael Knight, Medical Director at the Menorah Park Center for Senior Living located in Beachwood, Ohio, “Everyone, at any age, can decrease their risk of heart disease by following a heart-healthy lifestyle. A heart-healthy lifestyle includes regular exercise, eating healthier (low fat and salt), watching your weight, getting regular check-ups with your doctor, and if you smoke, please stop.”

Dr. Knight said that to strengthen defenses in the battle against heart disease, you must keep your heart healthy by exercising it--the heart is a muscle. Research indicates that even a short daily walk is very beneficial. The key is to elevate the heart rate for about 30 minutes or more, which also reduces stress levels, and improves the quality of your sleep each night.

As Dr. Knight points out, the most important factors in avoiding heart disease are related to lifestyle issues. Regular exercise, maintaining a healthy body weight and cholesterol levels, and eating a healthy diet rich in vegetables, omega-3 fats and low in harmful saturated and trans-fats, make up a big part of that lifestyle.

Tammy Michaels, therapist at the Peter B. Lewis Aquatic & Therapy Center, said there are countless ways to get exercise indoors and out, including:

- Low impact Dancercise
- Tai Chi
- Woga - a form of modified, low stress yoga done from your chair
- Exercise with a friend or with an exercise video
- Wii games are fun, innovative, and can be done alone or with a friend
- Indoor walking at a mall or community center
- Walking paths with the relaxing sounds and sights of nature
- Swimming and even just wading in waist high water offers low impact to the body
- Health maintenance programs are also excellent for keeping your heart healthy, and happy



# Healthy Aging Information

From moving out of your home to  
money management, we have all your  
aging needs covered.



**\*\*ALWAYS CHECK WITH YOUR PHYSICIAN BEFORE BEGINNING ANY NEW EXERCISE ROUTINE, OR CHANGING YOUR DIET.**

*About our experts:*

*Dr. Michael Knight*

*Menorah Park Medical Director--Michael Knight, D.O., became Medical Director of Menorah Park Center for Senior Living in 2001. As an experienced and board-certified family practitioner catering to an older adult population, Dr. Knight brings a supportive and sensitive style of medical care and leadership to Menorah Park. His experience as an Associate Professor of Medicine at Northwestern Ohio University College of Medicine enables him to be a strong contributor in shaping Menorah Park's new medical and nursing education programs.*

*One of his main objectives has been to increase educational efforts throughout the facility as well as in the community to provide the best care for those served by Menorah Park. Dr. Knight has welcomed interns and students from multiple colleges and hospitals. He is a preceptor for Tri-C's Physician Assistant program and has added that role to Menorah Park's medical team.*

*His compassion and innovation have truly benefited the geriatric population throughout the community. He developed Menorah Park's Comfort Care Program, which developed into a Medicare certified Hospice Program to best accommodate residents' needs and desires at end-of-life.*



# Healthy Aging Information

From moving out of your home to  
money management, we have all your  
aging needs covered.



*Menorah Park's sub-acute program has flourished under his leadership. Each year, 800 persons come for inpatient rehabilitation and return home to an independent lifestyle due to his leadership.*

*Prior to joining Menorah Park, Dr. Knight was Medical Director of the Goodyear Family Medical Center and managed a family practice for Akron General Medical Center.*

*Tammy Michaels - Exercise Specialist: Tammy received her bachelor's degree in Exercise Science from Youngstown State University in 2005 and her master's in Sport and Recreation Management from Kent State in 2008. Tammy has been an Exercise Specialist at Lewis Aquatic Center for over 6 years. She currently organizes and teaches group exercise classes as well as works with Health Maintenance Program participants in the water and in the fitness center. In her spare time Tammy likes to play sports, read, and try new things.*

For more information, call the Peter B. Lewis Aquatic & Therapy Center call 216-595-7345.