

# Wellness

## Wednesday



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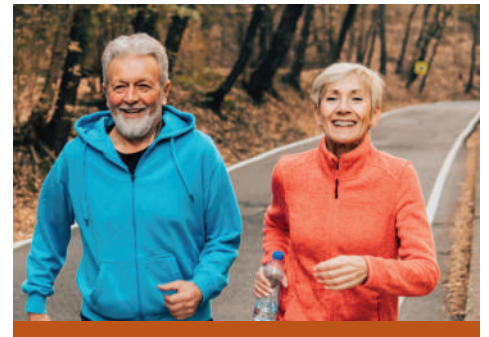
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## Health Experts Reveal the #1 Thing They Wish Their Older Patients Would Do

As people age, maintaining good health becomes increasingly important, yet many older adults struggle to adopt the necessary lifestyle changes. Health experts have observed common challenges and have a clear recommendation for the one habit they wish their older patients would prioritize. By understanding and embracing this critical practice, older adults can significantly improve their overall well-being and quality of life.

### The Importance of Regular Exercise for Older Adults

Exercise is a fundamental component of healthy aging, offering a multitude of benefits that can profoundly impact the lives of older adults. Regular physical activity has been shown to improve cardiovascular health, strengthen muscles and bones, enhance flexibility and balance, and even boost cognitive function. Yet, many older individuals find it challenging to incorporate exercise into their daily routines.



### The Surprising Benefits of Exercise for Older Adults

Contrary to the misconception that exercise becomes less important with age, health experts emphasize that physical activity is crucial for maintaining independence and preventing age-related declines. Studies have demonstrated that regular exercise can:

- Reduce the risk of chronic conditions such as heart disease, diabetes, and certain types of cancer
- Improve mood and mental well-being, helping to alleviate symptoms of depression and anxiety
- Enhance sleep quality and energy levels, enabling older adults to stay active and engaged
- Strengthen the immune system, making it easier to fight off infections and illnesses

### Overcoming Common Barriers to Exercise

Despite the compelling benefits, many older adults face barriers that prevent them from exercising regularly. These can include:

- Concerns about safety and the risk of injury
- Lack of motivation or perceived lack of time
- Limited access to suitable exercise facilities or programs
- Physical limitations or chronic health conditions

Health experts recognize these challenges and emphasize the importance of tailoring exercise routines to the individual's needs and abilities. By addressing these barriers and finding enjoyable, low-impact activities, older adults can overcome the obstacles and reap the rewards of regular exercise.

## The One Habit Health Experts Wish Older Patients Would Adopt

The single habit that health experts consistently recommend for their older patients is simple yet profound: daily walking. Walking is a versatile, low-impact exercise that can be easily incorporated into daily routines, making it an accessible and sustainable option for older adults.

### The Power of Daily Walking

Health professionals emphasize that even a modest amount of daily walking can have a significant impact on an older adult's overall health and well-being. Some of the key benefits of regular walking include:

- Improved cardiovascular health, reducing the risk of heart disease and stroke
- Stronger muscles and bones, helping to prevent falls and fractures
- Enhanced cognitive function and reduced risk of dementia
- Better management of chronic conditions like diabetes and arthritis
- Increased energy, flexibility, and overall physical functioning

### Tailoring Walking Routines for Older Adults

Health experts understand that older adults may have unique needs and limitations when it comes to exercise. They recommend starting with short, manageable walks and gradually increasing the duration and intensity as fitness levels improve. Incorporating walking into daily activities, such as running errands or taking a stroll around the neighborhood, can make it more enjoyable and sustainable.

For older adults with physical limitations, health professionals suggest exploring alternative walking options, such as using a cane, walker, or even a motorized scooter. They also encourage incorporating strength training exercises and balance-focused activities to complement the walking routine and further enhance overall fitness.

### Establishing a Walking Habit for Lifelong Health

Adopting a daily walking habit is a simple yet transformative step that health experts believe can significantly improve the lives of older adults. By making walking a priority and overcoming the common barriers, older individuals can unlock a world of physical, mental, and social benefits that can help them maintain their independence, vitality, and quality of life.

### Tips for Sticking to a Walking Routine

To help older adults establish a sustainable walking habit, health experts offer the following tips:

- Start small: Begin with short, manageable walks and gradually increase the duration and frequency over time.
- Find enjoyment: Explore different walking routes, listen to music or podcasts, or invite friends or family members to join.
- Track progress: Use a fitness tracker or mobile app to monitor your steps and celebrate small victories.
- Overcome obstacles: Identify and address any barriers, such as inclement weather or physical limitations, through creative solutions.
- Seek support: Enlist the help of healthcare providers, family members, or community groups to stay motivated and accountable.

By embracing the power of daily walking, older adults can take a significant step towards a healthier, more active, and fulfilling life. Health experts are confident that this simple habit can have a profound impact on the well-being of their older patients, empowering them to maintain their independence and enjoy their golden years to the fullest.



# APPLE BREAD



## INGREDIENTS

1 large apple, peeled and diced into 1/4" pieces  
1/2 tsp lemon juice  
1 tbsp agave  
1/8 tsp + 1/2 tsp cinnamon  
1 1/2 cups homemade or store bought applesauce  
1 1/2 cups white whole wheat flour, I like King Arthur, all purpose flour can also be used  
3/4 cup brown sugar, not packed  
1 tsp baking soda  
1/4 tsp ground nutmeg  
1 pinch allspice  
1/4 teaspoon kosher salt  
2 tbsp vegetable oil  
2 large egg whites  
1 1/2 tsp vanilla extract  
baking spray  
1 1/2 oz chopped walnuts

As the crisp autumn air sets in and the leaves begin to dance in vibrant hues, the aroma of freshly baked apple bread wafts through the kitchen, beckoning us to indulge in the comforting flavors of the season. This delectable treat, a harmonious blend of juicy apples, warm cinnamon, and the crunch of walnuts, is a true delight for the senses. Whether enjoyed as a cozy breakfast, an afternoon pick-me-up, or a decadent dessert, this apple bread recipe is the perfect choice.

### APPLES: THE CORNERSTONE OF AUTUMN DELIGHTS

At the heart of this apple bread recipe are the star ingredients - the apples themselves. Carefully selected for their optimal baking properties, the apples lend a delightful sweetness and a satisfying texture to the bread. From the crisp and juicy Honeycrisp to the tart and versatile Granny Smith, the options are plentiful, allowing you to tailor the flavor profile to your personal preferences. By marinating the diced apples in a mixture of lemon juice, agave, and cinnamon, you can further enhance their natural sweetness and aroma, creating a symphony of flavors that will delight your taste buds.

### Nutrition Information

Serving: 1/2 inch thick slice, Calories: 124 kcal, Carbohydrates: 21 g, Protein: 2.5 g, Fat: 4 g, Saturated Fat: 0.5 g, Sodium: 105.5 mg, Fiber: 2 g, Sugar: 11 g





## HOW TO MAKE IT

1. Diced Apples: Combine the apples, cinnamon, agave, and lemon juice in a medium bowl and set aside.
2. Prep: Preheat the oven to 350°F and spray a 9-x-5" loaf pan with baking spray.
3. Dry Ingredients: Whisk the flour, baking soda, nutmeg, remaining cinnamon, allspice, nutmeg, and salt in a medium bowl.
4. Wet Ingredients: With a hand or stand mixer, beat the oil, egg whites, sugar, applesauce, and vanilla in a large mixing bowl at medium speed until thick. Scrape down the sides of the bowl.
5. Pour the flour mixture into the wet ingredients and beat on low speed until combined. Be careful not to overmix the batter.
6. Apples and Walnuts: Gently fold in the diced apples and walnuts.
7. Bake: Pour the batter into a loaf pan and bake on the center rack for about 55 minutes or until a toothpick inserted in the center comes out clean. Let the pan cool for at least 20 minutes before slicing. If you cut it before the bread cools, it may fall apart.

## APPLE NUT BREAD VARIATIONS

- Nuts: If you're not a fan of nuts in your bread, omit them. You can also swap the walnuts for pecans.
- Oil: Substitute vegetable oil for canola or coconut oil.
- Agave: Swap honey or maple syrup for agave.
- Gluten-Free Bread: Sub a gluten-free flour, like Cup4Cup.
- Flour: If you don't have white whole wheat flour, use all-purpose or whole wheat.
- Muffins: Make apple nut muffins and bake them for 22 to 30 minutes. Check them with a toothpick to make sure they're done.

<https://www.mensjournal.com/health-fitness/top-workout-routines-according-science-mens-journal>

## Featured Exercise ► Barbell Hip Thrusts

### HOW TO DO IT:

- Sit on the floor with your back perpendicular to a bench and a barbell resting in your hip crease, to start.
- Rest your shoulders against the bench and bend your knees so your feet are on the floor.
- With your hands holding the barbell in place, inhale, then exhale as you press your hips toward the ceiling until your body (from knees to shoulders) forms a flat tabletop position.
- Inhale as you crease your hips to lower your glutes back down.
- That's one rep.

### THE BENEFITS:

The barbell hip thrust is a hip extension exercise that primarily engages the glutes, hamstrings, and core musculature. Unlike the traditional glute bridge, which is performed on the floor, the hip thrust utilizes an elevated surface, such as a bench or box, to allow for a greater range of motion and increased muscle activation in the posterior chain. By pushing through the heels and extending the hips, the lifter can effectively target and strengthen the gluteus maximus, gluteus medius, and even the gluteus minimus, leading to a more sculpted and powerful backside.



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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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#### Did You Know?

September 25 is National Cooking Day!  
It's fun to cook a complete meal with your family. Don't forget dessert!

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