

CANYON

PHYSICAL THERAPY AND AQUATIC REHABILITATION

Newsletter

How to Stay Sharp As You Age

So you've noticed some changes in your thinking; you often misplace your keys or have trouble coming up with the right word in conversations. But how do you know when these changes are a normal part of getting older or if they might be pointing to a health problem such as dementia?

How the Brain Typically Ages: Your brain's volume gradually shrinks as you get older. When this occurs, some of the nerve cells in your brain can shrink or lose connections with other nerve cells. Blood flow within your brain slows somewhat in old age, as well. These age-related changes are thought to be behind the differences in cognitive function many people notice as they age. Everyone has lapses in memory from time to time, but significant memory loss is not a normal part of old age. It's important to talk with your doctor if you or a loved one is experiencing memory loss and other cognitive symptoms that interfere with normal activities and relationships.

Brain Changes That Lead to Dementia: Dementia is the impairment of mental functions, including memory, language skills, perception, reasoning, and judgment. There are several different causes of dementia, including: Alzheimer's disease. The most common cause of dementia, Alzheimer's disease occurs when nerve cells in the brain become damaged or die, which leads to a gradual decline in cognitive ability. Vascular dementia. The second leading cause of dementia, vascular dementia occurs when the nerve fibers in the brain are damaged by cerebrovascular or cardiovascular problems – most often strokes. Lewy body dementia. Lewy body disease is when brain cells located in certain areas of the brain die, leaving abnormal, protein-filled nerve cells known as Lewy bodies. Frontotemporal dementia. Frontotemporal dementia occurs because nerve cells in the frontal and temporal lobes of the brain degenerate, which can interfere with brain activity and result in brain cell death. Other types of dementia. Human immunodeficiency virus (HIV) infection, Huntington's disease, head trauma, and other health conditions can affect nerve cells in the brain, leading to symptoms of dementia.

Tips for Staying Mentally Sharp as a Senior: Promising research indicates that taking the following steps can help keep your mind sharp as you age: Control cholesterol problems and high blood pressure. These conditions can increase your risk for heart disease and stroke, which are thought to contribute to the development of certain types of dementia. Cardiovascular health — having healthy blood sugar, cholesterol levels, and blood pressure, along with being physically active, eating a nutritious diet, maintaining a healthy weight, and not smoking — was associated with better cognitive function in a 2014 study published in PLoS One. Don't smoke or drink excessively. Because these are both seen as putting you at increased risk for dementia, kick the habit if you smoke and, if you drink, do so only in moderation. Exercise regularly. Regular physical activity is thought to help maintain blood flow to the brain and reduce your risk for conditions such as high blood pressure that are associated with the development of dementia. Consistent vigorous exercise helps lower the risk for dementia, according to a study published in Annals of Medicine in 2015. Eat a healthy diet. People who consume plenty of vegetables and fatty fish and keep away from saturated fats are thought to have a lower risk for cognitive decline. Stimulate your brain. People with less education are at higher risk for dementia, according to the Alzheimer's Association, because mental stimulation throughout your lifetime is important for your brain health. Keep your mind active by increasing your level of social interaction, learning new skills, playing challenging games, and doing other activities that require an engaged mind. People who are more socially and intellectually involved are less likely to develop dementia.

-<http://www.everydayhealth.com/senior-health>

-By Krisha McCoy -Reviewed by Cynthia Haines, MD

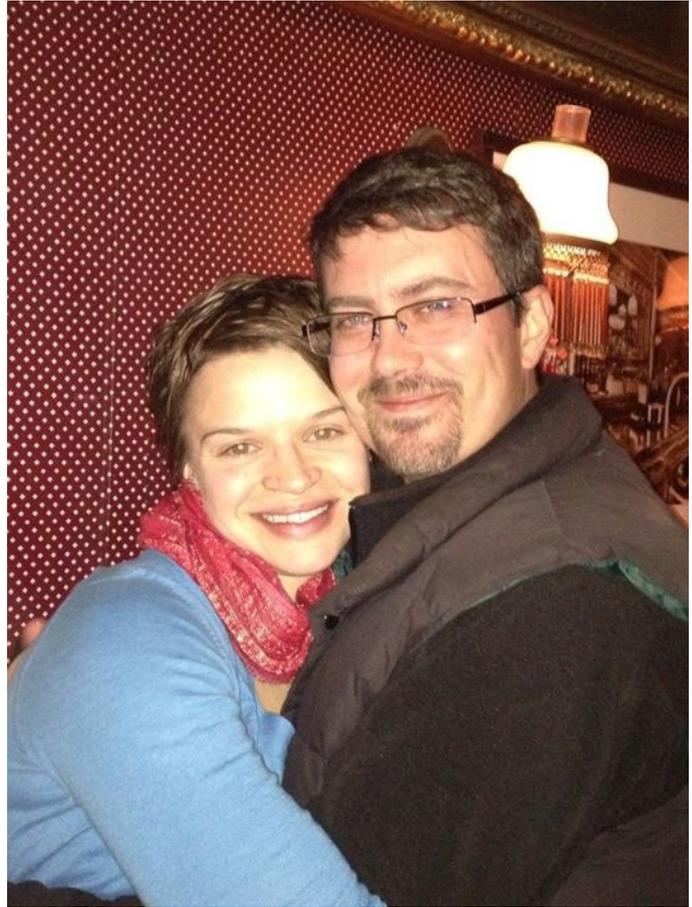
Meet Becky

Hi. I'm Becky. I was born and raised in Massachusetts, but wanted to live in a place completely different from where I grew up for college, so I decided to attend Prescott College. I earned a Bachelor of Arts in Human Development. After graduating, I moved back to Massachusetts for two & a half years, where I worked as both an EMT-Basic and an Instructor/Case Manager in a GED program for pregnant and parenting teenagers. After visiting a friend in the Prescott area, I decided to move back. I missed the desert, the mountains, the weather, my friends, and Prescott itself.

Part of my education for my degree involved completing massage school, and part of my massage school training involved getting chiropractic assistant certified. Working with chiropractors, some of whom function very similarly to physical therapists, is how I got into the physical rehab field. After working with chiropractors, I transitioned to working with physical therapists, primarily doing upper extremity work. When that clinic closed, I came to work at Canyon.

Currently, I am in my last semester of prerequisites for graduate school. I will be pursuing a Master of Science degree in Occupational Therapy, a field with a wide variety of work opportunities. I was also engaged recently, so my fiancé and I are planning our wedding.

My hobbies and interests include hiking, exercising, DIY projects, traveling, refurbishing and restoring furniture, reading, watching movies, and doing yoga, which I've been practicing for 14 years. I'm looking forward to getting married and getting my degree so I can spend my working life helping people to live the happiest, healthiest lives that they can. *Becky*



5 Benefits of Using Health and Fitness Apps

Everyone's talking about health and fitness today. The whole world is trying to get into better shape, and you don't want to be left behind. Thankfully, your mobile device can help you become a fitter and healthier you with great health and fitness apps that cost next to nothing. You don't have to blow through your savings on gym memberships and personal trainer fees if you know how to use your smart phone as a training tool.

-Easily Keep Track of Your Progress

You want to know how far you've come in your personal training efforts, and your smart phone can help you track your progress easier than ever before.

-Set Goals That You Can Achieve

When you start an exercise routine, it's important to set realistic goals that you can achieve without killing yourself. Going from a totally sedentary lifestyle to ultimate fitness in 30 days is not a realistic plan for most people, but apps can help you set and achieve reasonable goals according to a tested time frame.

Monitor Your Diet Every Day

-Diet is an important part of fitness, and your smart phone can help you monitor your diet every day. Whether you're cutting calories and fat or focusing on high protein foods to lose weight, there's an app that can help you track your food intake.

Senior Weight Lifting and Its Benefits

A lot of older people are intimidated by the hoard of sweaty tattoo covered weightlifters that litter the weights area of the gym and tend to stick to walking in a half hearted way on the treadmill or stretching in a corner somewhere. This is a mistake as resistance training is extremely useful at preventing bone conditions, maintaining a healthy cardiovascular system and correcting posture in seniors.

Let's begin by dispelling a myth: there is no age limit when it comes to weight lifting. Just because your hair is grey doesn't mean you have to retire from dumbbells. You can even gain muscle mass, albeit not as quickly as the younger bucks in the gym, but still at a rate that will show significant results in a year.

Additionally senior people who lift weights frequently increase their metabolic rate by as much as 25% per year, meaning that they won't be as likely to gain weight and suffer consequent spinal problems.

Certain degenerative processes associated with ageing are unavoidable. Among these is the spine's tendency to become increasingly curved. There isn't much you can do about the shape of bones, but with effective back muscle resistance training you can slow or even halt the process. Whereas the spine will want to curve, the muscles around the shoulder blades and mid back area will resist and pull against this change.

Similarly training the leg muscles can minimize wear and tear in the knee joint. These strengthened muscles will then act as dampers to the impact experienced whilst walking and running, rather than each jolt being translated directly to the knee.

A lot of problems associated with ageing arise as a result of fractures experienced during a fall. These types of injuries can be made a lot less severe by building muscle tissue around the joints. In fact, all of the conditions associated with old age, such as increased blood pressure, poor stability and skeletal degeneration can be diminished by hitting the weights area in an intelligent way. The best way is to find a trainer with experience in training seniors and get started on a tailored program.

1. Muscle Fights Fat
2. Reduce Depression Symptoms
3. Fight Osteoporosis
4. Move With Ease
5. Lower Your Diabetes Risk
6. Better Heart Health
7. Better Blood Sugar Control
8. Prevents Back Pain
9. Improved Balance
10. Ladies, It Won't Make You Bulky
11. It Will Make You Mentally Stronger
12. You'll Look Better



Fatloss.com

If you are interested in starting a strength training program or joining our RealFit strength class please contact our Wellness Program Coordinator Tim, for more information.

MARCH/APRIL

CANYON PHYSICAL THERAPY & AQUATIC REHABILITATION

2852 N. Navajo Drive - Suite A
Prescott Valley, AZ 86314
Phone: 928-772-9797
Fax: 928-772-9340

Hours

Monday, Wednesday, Friday - 7am-6pm
Tuesday, Thursday - 8am-7pm
Saturday - 8am-5pm

Canyon Wellness Program

**Our facilities are available to Wellness Program members
Monday—Friday during regular business hours.
AquaFit Class—Monday, Wednesday, & Friday at Noon
RealFit Strength Class—Tuesday & Thursday at 12:30
Coordinator availability—M,W,F 11-12 / T,Th 11:30-12:30**

SCHEDULE OF EVENTS

March 17th– St. Patrick's Day

April 1st– April Fools Day

April 3rd– Good Friday-
We are open

April 5th-Easter

April 22nd-Earth Day

CPTAR Services

Canyon provides the best equipment and treatment technologies available to allow optimal and complete patient care. We provide both land-based and aquatic environments for rehabilitation. Our saltwater pool allows our patients to enter rehabilitation earlier and allows them an accelerated return to their prior level of function. This environment is optimal for post surgical patients of all types, including those patients who are losing the battle with gravity and may benefit from a more forgiving environment to regain function. Our patients also utilize our land-based gym with state of the art strength training and cardiovascular equipment. This assists us in treating a wide variety of conditions including, but not limited to, orthopedic injuries, post-surgical, back and neck, geriatric, sports and auto injuries, workers' compensation, work hardening, balance and fall risk, foot and ankle injuries, Fibromyalgia and acute vertigo (BPPV).



**Visit our website:
www.canyonpt.com**