Six Tips for Aging Healthy

September is Healthy Aging Month! This is a great opportunity for adults over the age of 60 to focus on improving their mental, physical, social, and financial well-being. So what can you do to help make “aging healthy” a reality for you? Here are six tips:

1. **Exercise regularly.** It’s never too late to get moving. Regular physical activity may prevent several age-related health conditions, like heart disease, osteoporosis, and even the ability to live independently. Recent research found older adults who were more physically active on a daily basis were less likely to have problems with basic activities of daily living, such as bathing, dressing, and getting around. Taking a daily walk is a great way to keep your heart and lungs healthy. Strength training, either on machines at the gym or using free weights at home, helps to maintain muscle strength. Certain exercises can improve balance and agility, which makes life so much more enjoyable.

2. **Get involved.** Stay active and involved in your community. Volunteer at a local soup kitchen, food bank, homeless shelter, church, pregnancy care center, county library, community or non-profit agency—any reputable organization that could use some extra help. Other ways to stay involved include taking a class, attending a senior center, or working part-time. If everyone was able to do this, there might be less sadness and isolation among older people.
3. **Think fresh for health.** Prepared and processed foods are often high in fat, sodium, and added sugars. Preparing your own meals when you eat at home allows you to control the amount of these ingredients. Using herbs and spices adds flavor to foods without salt, sugar, and fat. Eat more fruits and vegetables; they are low in sodium, fat, and calories, yet high in key nutrients and fiber. Choose seasonal fruits and vegetables for the best flavor. If you prefer canned vegetables, look for “no salt added” or “reduced sodium” on the label.

4. **Drink more water.** Many seniors are dehydrated and don’t even know it. The body requires an adequate water supply to function properly. Choosing water instead of sweetened drinks may help you manage your weight by reducing your daily calorie intake. Many beverages have little nutritional value and contain excessive calories and added sugars. Smarter beverage choices include water, seltzer, small amounts of 100% juice, and lowfat milk.

5. **Get enough sleep.** Sleep is important at any age—however, for older adults, a good night’s sleep is particularly important. Sleep helps improve concentration and memory, allows for repair of damaged cells, and rejuvenates your immune system. Lack of sleep can contribute to health problems, such as high blood pressure, diabetes, and depression.

6. **Keep your memory sharp.** Some medications, lack of sleep, and depression can affect your memory, but substantial memory loss is not a normal part of aging. For your brain to stay healthy, it needs to be exercised, just like your body. To keep your brain healthy, get plenty of sleep and exercise, socialize and laugh, limit your stress, eat a healthy diet, and exercise your brain by trying something new! Research shows that involvement in hobbies, such as crossword puzzles, board games, and crafts is associated with a lower risk of developing dementia.

Age-related changes are inevitable. How you handle and grow with these changes is the key to aging healthy. Use these tips and find healthy ways to deal with challenges as they come your way.

**Source**
- [http://blogs.ifas.ufl.edu/familyalbum/2014/09/04/six-tips-for-aging-healthy/#more-1449](http://blogs.ifas.ufl.edu/familyalbum/2014/09/04/six-tips-for-aging-healthy/#more-1449)
Report: Keys are where sickness from fish is most likely

Kevin Wadlow | July 8, 2015

Fish caught off Florida Keys shores are the most likely in the United States to cause ciguatera, a nasty illness caused by toxins in some seafood.

So says a new scientific study published June 29 by the American Society of Tropical Medicine and Hygiene.

“The most common catch locations for ciguatera-causing fish were the Bahamas and Florida Keys,” according to authors with the University of Florida’s Emerging Pathogens Institute and the Florida Department of Health’s Aquatic Toxins Program.

“Our results clearly show that the majority of ciguatera cases in Florida are caused by fish caught in the Bahamas and the Florida Keys,” the study says. “Fishers should be cautious in consuming high-risk fish from these locations.”

Barracuda, grouper and jacks were the fish species most often traced to ciguatera.

Palm Beach County and Miami-Dade County are other hotspots for the illness in the U.S. Cuba also has a ciguatera problem.

The Florida Sea Grant program describes ciguatera as “a form of seafood poisoning caused by natural toxins that can be found in certain marine fish from specific tropical reef waters.”

“The toxins are formed by microplankton and accumulate in the food chain,” Sea Grant says. “The toxins cannot be completely destroyed or removed by cooking or freezing.”

The new study looked at reported ciguatera cases in Florida in the 2007 to 2011 time period to compare to studies made decades earlier. Monroe County had an estimated 63 cases of ciguatera in the study period.

A primary question was to determine if warming seas have caused ciguatera to be found in locations farther north. The study found no significant increases, based on angler surveys and illness reports to the Department of Health.

Body fat can send stress signals, say University of Florida Health researchers

The brain’s effect on other parts of the body has been well established. Now, a group that includes two University of Florida Health researchers has found that it’s a two-way street: Body fat can send a signal that affects the way the brain deals with stress and metabolism.

While the exact nature of those signals remains a mystery, researchers say simply knowing such a pathway exists and learning more about it could help break a vicious cycle: Stress causes a desire to eat more, which can lead to obesity. And too much extra fat can impair the body’s ability to send a signal to the brain to shut off the stress response.

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E-Cigarettes Popular Among Teens Who Never Used Traditional Tobacco

Teens who use electronic cigarettes may be more likely to smoke the real thing, new research suggests. Click Here to Read More

Hawaii First State to Raise Legal Tobacco Use Age to 21

Hawaii has become the first state to raise the legal tobacco use age to 21. The law prohibits people under the age of 21 from smoking, buying, or possessing tobacco products. Click Here to Read More
Pollinator Hotels

While some may run for the hills when anything with a stinger flies by, gardeners know that it might be a helpful pollinator. Having pollinators like bees and wasps set up their home right in your garden can be great for your plants. And while you can’t tell a bee where to nest, you can provide pollinators with an ideal structure should they decide to move in—a pollinator hotel. Click Here to Read More

What Is Processed Meat?

The science is clear that processed meat increases risk for at least one common cancer—but how much do you know about these meats? Take our quiz so you’ll be the expert when friends want to know about processed meat. Click here to take the QUIZ

Food can kill – or heal. Info to help you choose wisely

Ken McCarthy | The Real Food Channel

The myth: you need lots of protein, and vegetarians have a high risk of protein deficiency. The reality: most people on typical Western diets get far too much protein. If you eat a variety of plant foods, you get plenty of protein. Registered dietician Brenda Davis helps sort the myths from the reality. Click Here to Watch the Video (3:46)

“Experts estimate that only 20 percent or fewer ciguatera cases are reported,” the study notes.

To avoid ciguatera, the Sea Grant program advises: “Selecting smaller fish, which are likely to accumulate less toxin…. Large fish of any tropical species from Caribbean reef zones should be avoided. Also, barracuda is a reef-fish eater that is not recommended for consumption.”

“Only patronize reputable dealers and restaurants when purchasing fish occurring in tropical reef waters,” says Sea Grant.

Cancer is largely preventable! Start today with science-based tips

Leading cancer experts estimate that 30-50% of cancers can be prevented with dietary and lifestyle changes. Hereditary cancers (such as breast and ovarian that are linked to BRCA1 and 2 genes) account for only about 5-10% of all cancer cases.
Scientifically-validated recommendations for cancer prevention:

Skin cancers.
Significant exposure to the sun, especially in fair-skinned people, is the most important risk factor for skin cancers.
- Avoid long exposure times in the sun and use sunscreen when outside for long periods. Find out how much sun exposure you need based on your skin type and the UV index.
- Avoid indoor tanning beds.

Lung cancers.
Tobacco smoke accounts for 80-90% of lung cancers. Quitting tobacco products is the best way to reduce risk of lung cancer and also reduces risks of cancers of the mouth, throat, stomach, pancreas, urinary tract and acute myeloid leukemias.
- Evidence shows that taking high-dose beta carotene supplements significantly increases risk of lung cancers in smokers. However, eating foods rich in carotenoids, like sweet potatoes, carrots, tomatoes and dark leafy greens, is protective.

Colon cancers (includes the colon and rectum).
- Limit red and processed meats.
- Eat more high-fiber foods like whole grains, cereals, beans and legumes.
- Eat more fruits and non-starchy vegetables that are rich in antioxidants and anti-inflammatory.
- If you have a family history of colorectal cancer, aspirin may reduce your risk. However, it is not recommended for those with average risk.
- Stay active throughout the day. Increase occupational and recreational physical activities.

Breast and endometrial cancers.
- If having a child, breastfeed. Breastfeeding during life (and particularly at an earlier age) reduces risk of developing breast cancer.
- Alcohol is a strong risk factor for breast cancer. If you drink alcohol, do so in moderation (1 drink for women and up to 2 drinks for men per day).
- Lose excess weight. Being overweight/obese significantly increases risk for endometrial cancers and post-menopausal breast cancers. You can use the HealthWatch 360 web tool or mobile app to calculate your calorie needs and track your diet to lose weight faster.
- Exercise more.

Prostate cancers.
- Eat foods that are high in lycopene such as tomatoes and tomato products.
- Eat foods that are high in selenium including nuts and seafood.
- High consumption of milk and dairy products is a risk factor for prostate cancers. Keep your calcium intake within dietary recommendations. Check how much calcium you are getting.

Pancreatic cancers.
Though pancreatic cancer is only the 12th leading cause of cancer cases, pancreatic cancer is the 4th leading cause of cancer death in the US.
- Lose excess body fat by restricting calories and exercising more. Abdominal fatness in particular is a risk factor for pancreatic cancer. Track your calorie intake and nutrition balance with HealthWatch 360 to lose weight faster.
- Eat more folate-rich foods, like dark leafy greens, avocados and lentils.

Mouth, throat, esophageal and stomach cancers.
- Drink alcohol in moderation, if at all. Alcohol is the strongest risk for upper digestive tract cancers. Risk is especially high for those with genetic variations in alcohol-processing genes such as ADH1B and ALDH2. Check your genes.
- Eat more foods in the allium family including onions, garlic, chives, leeks and shallots.

Take Action!
You can reduce your risk of cancers by eating well and maintaining a healthy weight. Use the HealthWatch 360 web tool or mobile app to begin making practical and attainable goals. Find out how much fiber, lycopene, calcium and folate you are getting from your diet and keep track of your physical activity. Use the “trend” function to find correlations between your symptoms and nutritional intake.
Technology is great but it’s still an interrupter

Technology is wonderful and I am continually amazed at what new gadgets, apps and programs are capable of doing. But regardless of the program you use or the phone you own, our technology will still only do what we tell it to do.

Technology is really good at interrupting us, causing us to put priority on things that really shouldn’t. In this video tip, I review five technology habits that interfere with your productivity.

In short they are:
• Getting sucked into email at the start of your day
• Constantly looking at your phone
• Allowing technology to interrupt our sleep
• Instant messaging
• Listening and reacting to email notification sounds and symbols

Click here to listen to an explanation of each type of potential interruption.

Seat belt use

Car accidents are the leading cause of death for children and youth ages 5 to 24. The use of seat belts and child safety restraints dramatically reduces the chance of death and serious injury, yet seat belt use varies. Only 83 percent of youth ages 16 to 24 used seat belts in 2013, compared to 95 percent of children one to three. Of children under eight, those in the South are the least likely to wear seat belts—at only 81 percent.

Is It Safe for My Dog to Drink From Rivers, Lakes or Oceans?

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Square Foot Gardening

August is a great time to start planning your fall garden. There are so many ways to grow edible plants in your landscape. While many people are familiar with traditional rows of edible plants, square-foot gardening offers something a little different. Square-foot gardening allows you to make your vegetable garden more of a landscape feature. Click Here to Read More

Over two-thirds of Americans overweight: study

More than two-thirds of Americans are either overweight or obese, a major new study has found.

Researchers from the Washington University School of Medicine, St Louis, analyzed data from the National Health and Nutrition Examination Survey from 2007 to 2012 to estimate the prevalence of overweight and obesity. Click Here to Read More
UF Researchers Use Pigs to Root Out Problem Weeds

Back before chemical pesticides and herbicides, farmers had to come up with ways to kill the weeds that took over their fields. One method used “back in the day” was letting pigs loose in fields that were not being used for crops for a season and allowing the pigs to do what they do naturally: dig up the roots of weeds and fertilize the land. Click Here to Read More

Recommendations for Work-Time Moving, Standing

Office workers should walk about and stand at least two hours over the course of the work day, building towards being up-and-about half the day (4 hours), according to one of the key recommendations by a panel of international experts. Click Here to Read More

Analysis Suggests Eating Nuts Lowers Cancer Risk

A new systematic review of the research finds that eating nuts at least four times weekly may reduce the risk of cancer overall, including colorectal cancer, compared to eating nuts fewer than once a week. Click Here to Read More