


Friday, August 28, 2009

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METRO SPORTSMED®
Physical & Occupational Therapy

Exercise benefits every part of the body, including the mind. Exercising causes the body to produce endorphins, chemicals that can help a person to feel more peaceful and happy. Exercise can help some people sleep better. In this issue, the **METRO SPORTSMED®** Team of Physical and Occupational Therapists are pleased to present pointers on developing a healthy and active lifestyle.

Thank you again for choosing us as your rehabilitation provider,

The **METRO SPORTSMED®** Team
www.metroportsmed.com
718.METROSPORTSMED
718.638.7677

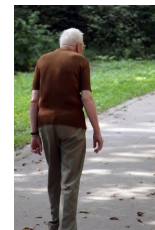
Exercising Through The Ages..

Did you know that we become less active as we age?

Over the past 30 years, people are living longer than they ever did before, and with the population growing older, age-related changes in health are more apparent.

The Surgeon General has declared that a sedentary lifestyle is hazardous to your health. Recently, the American Heart Association has added "lack of physical activity" to its list of preventable risk factors for coronary heart disease, which is the #1 killer of people over age 65. As we age, here are some of the physical changes we face:

- Decreased muscle strength and flexibility
- Decreased motion in our joints (feeling less limber)
- Decreased bone density (increased risk of osteoporosis)
- Increased risk of heart disease
 - Increased heart rate
 - Increased resting blood pressure
- Decreased sense of balance and increased risk of falls



With all these changes, it may seem like a losing battle. Let the **METRO SPORTSMED®** Team help you today.

YOUR SOLUTION - EXERCISE

Exercise has been shown to keep older people healthier as they age. Some noticeable benefits of exercise include:

- Increased bone strength (don't forget to include your daily dose of calcium)
- Increased physical work capacity (one's ability to perform physical work)
- Increased joint range of motion
- Improved sense of well being
- Increased muscular strength and flexibility
- Increased circulation
 - Decreased resting heart rate and blood pressure
- Improved balance and decreased risk of falls
- Improved glucose regulation (very favorable for diabetics)
- Improved sleep patterns and levels of anxiety



The result is a healthier you. If you are an older adult, exercising will help you with daily activities such as walking in the grocery store, lifting grocery bags, going up and down stairs, and much more. Many studies have shown that exercise contributes to longevity, even for someone who goes from being inactive to being slightly more active. So why not start exercising now! Better late than never.

Exercise can also help balance problems, arthritis, type II diabetes, coronary artery disease, hypertension, osteoporosis and obesity. These benefits are just the tip of the iceberg.

The Jim McLean Invitational Golf Tournament at Quaker Ridge Golf Club, Scarsdale NY

The Society for Golf Medicine and Performance is pleased to announce the Third Annual Fundraiser 9-22-09:



For more details please feel free to click here.

MONTHLY PROSPECT PARK TRACK CLUB MEETING

Monday: September 7th, 2009

Time: 7:00-8:00 pm

Place: **METRO SPORTSMED®** Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact :
jsheinberg@metroportsmed.com

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increasing their activity level. It's important to choose an exercise program that will be interesting and enjoyable, and that fits into your daily activities. The most appropriate exercise program will take your unique requirements, and medical history into consideration.

Start slowly and gradually build up to the prescribed exertion level. The **METRO SPORTSMED®** Team of Physical and Occupational therapists will teach you to always listen to your body. We help you recognize warning symptoms like dizziness, fainting, or pain or pressure in your chest. We set individualized goals for you, and empower you with the tools to achieve them.

Motion Is The Key..

To improve aerobic conditioning, here are some of **METRO SPORTSMED®**'s recommendations. Please note that these are general recommendations, and your specific situation will vary, based on the results of our evaluation. **As part of our commitment to your health and safety, we strongly recommend an approval from your physician before you begin any exercise program.**

- Duration: 20-30 minutes
- Frequency: 3-5 days a week
 - *If you are not used to exercising, you may begin with short periods of exercises, followed by resting periods, and spread it throughout the day.*
 - Intensity: If working at a moderate level of intensity, and still able to carry on a conversation, you are working in a safe range. **Consult us today for a prescribed safe heart rate range for you.**
- Type of exercise: aerobic, repetitive in nature exercise
 - Examples: walking, water aerobics, bicycling, gardening, dancing, playing golf (if you leave the cart behind), or yoga.

Include a 10-minute warm-up, then the activity/sport, and a 10-minute cool-down. A cool down or recovery period is important to minimize muscle soreness. For your warm-up or cool-down, simply practice the activity at a very low intensity, or walk at a comfortable, relaxed speed. Consult your healthcare professional and your physician before beginning any exercise program to determine a safe range for you. Exercise can be the key that allows you to achieve a higher level of fitness, which can maintain or increase daily function.



The old saying "No Pain, No Gain" is not true. If a movement or exercise causes pain, stop and consult your health care professional. Consult your physician if you experience chest pain, dizziness, cold sweats, extreme breathlessness, or very rapid heart rate that lasts longer than five to 10 minutes after stopping activity.


Moderate exercise is beneficial for everyone, no matter what age. **Call METRO SPORTSMED® today and let us help design a customized exercise plan specifically for you.**

Dail : 718.369.8000

Web: www.metrosportsmed.com

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