

Aging Successfully

As an American College of Sports Medicine member, I receive the bi-monthly *ACSM Health and Fitness Journal*. An article in the most recent issue highlighted a man who had documented his last 20 years as a case study in aging. I thought I would share his success story to encourage you in your summer fitness program!

The subject of this case study, Dr. Flatt, began his quest for better health at 58. He weighed 220 pounds and desired to lose body weight. He increased his physical activity to 45 minutes per day for 5 days per week. He combined this with eating 184 fewer calories per day (about one candy bar). He cut down on portion sizes, decreased his fat intake, and ate 5-10 servings of fruit and vegetables per day. Within a year, he lost 41 pounds.

Over the next five years he continued this same eating and activity plan and added 120 steps through stair climbing, 2-3 times/day. He consciously parked his car farther from his destination. He pushed his non-ambulatory wife in her wheelchair and transferred her from chair to bed to chair when needed. Although he had lost weight and body fat and remained at 179 pounds, he started to notice that he wasn't as strong as six years previous. He suspected that he was losing lean body mass (muscle mass) and therefore, muscular strength.

Loss of muscle or lean mass is known as sarcopenia and is an expected result of aging. In fact, many studies have shown a 1%/year loss between ages 60-70 and a 2% loss/year between 70-80. Dr. Flatt reported the use of a dual-emission X-ray absorptiometry (DEXA) scan each year from age 63-68. At 63, his lean mass was 133.5 pounds, At 68, it was 122 pounds. This represented 2.2# or 1.6% loss of lean mass per year.

Dr. Flatt had been active all along. He had maintained an aerobic exercise program, had been the caregiver for his wife, and had walked stairs several times per day on a regular basis. Still, he was losing lean mass, and as a result, he was losing muscular strength. This threatened his ability to remain independent and to care for his wife.

At 69 years of age, he became a participant in a university-supervised weight-training program. He was involved in these weight-training classes twice per week (sound familiar?). Between semesters, he continued to lift on his own. Between the ages of 69-75, he stabilized and even reversed his loss of lean mass. At 77 years, his lean mass was slightly higher than at 67! Instead of a projected 19 year loss (from 58-77 years old) of 45# of lean mass (2.3 pounds/year), he only lost 19# of lean mass or 1%/year.

The goal of aging is to remain independent. Maintaining physical strength is key to meeting the demands of everyday tasks and achieving a high quality of life for yourself and others. Being aerobically active is vital to achieving cardiovascular health, however, as shown in this 20 year case study, we need to preserve lean mass and the opportunity to meet the physical challenges of life by participating in a progressive resistance strength training program.

I hope you have benefitted from the OtterFit Faculty and Staff Health and Fitness Program this year. Many of you have been faithful participants and supporters of the efforts of the student trainers each quarter. You will be "on your own" during this shortened summer! But, I am trusting that you realize the benefit and importance of frequenting the Rike and Clements Center and will continue your twice weekly regimen of strength training exercises.

Thanks for all that you have done for these students this academic year! We look forward to serving you in 2011-2012 in a **new and expanded** OtterFit Program !

Have a safe summer!

Kim E. Fischer



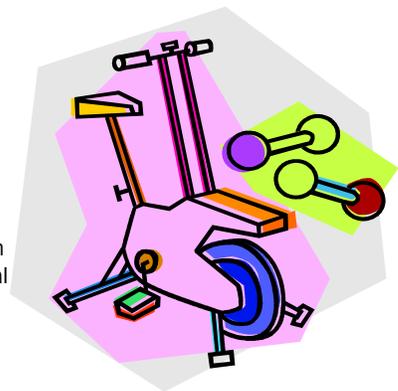
Highlights:

Aging Successfully

Food Labels

Trackers

OtterFit Trainers



- Dr Fischer and Brianne Gray, Editors

Please send comments and suggestions to:

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Reading Food Labels



All packaged foods have nutrition labels called Nutrition Facts that provide you with easy-to-use information. Do you read the nutrition labels? Here is what you would find.

Serving Sizes– allow you to compare serving sizes of the same or similar products.

Nutrient Information– the nutrient list covers those nutrients most important to your health.

Calories Per Gram– this footnote tells the number of calories in a gram of fat, carbohydrate and protein.

Percent Daily Value– This number shows how a food fits into a 2000 calorie a day diet.

When you are looking at the label or box that a food comes in and it says Low Calorie or Calorie Free or High Fiber, do you think that it has no calories in it? Wrong!!! Here is a guide to help you realize labels can be misleading:

"The health of people is really the foundation upon which all their happiness and all their power as a state depend."
 - Benjamin Disraeli

Low Calories= 40 calories or less

Fat Free= Less than 1/2 gram fat

Calorie Free= Less than 5 calories

Sodium Free= Less than 5mg sodium

Very Low Sodium= 35mg or less sodium

Cholesterol Free= Less than 2mg cholesterol and less than 2 gram saturated fat

Sugar Free= Less than 1/2 gram sugar

High Fiber= 5 grams or more fiber



This website (www.Fitday.com) is a basic site for you to track your meals and exercises. One of the best things about this website is that it is very easy to understand and get started.

Top features of FitDay:

1) Nutritional fitness log. You can track your food intake which is converted into a pie chart that helps you to identify the % of fat, protein, carbohydrates. 2) Daily activity tracker to know how many calories you are burning 3) Weight tracker 4) Daily journal 5) Moods chart

I like the MOODS chart because it tracks your average happiness over time. This can be important because are moods can play an important part in the foods we eat and how we exercise.

If you don't mind paying a few dollars a month you can upgrade to FitDay Premium, a \$5.49/month expense. It allows you to customize what you would like to track.

The Rest of the OtterFit Trainers!

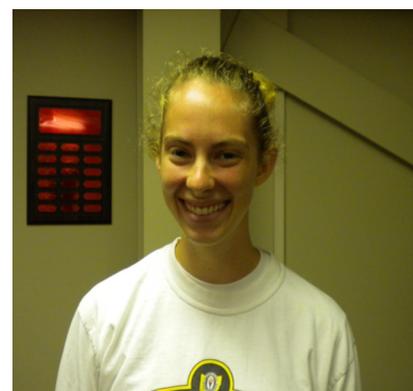
Jonathan Busby

Jonathan is a Sophomore at Otterbein and Majoring in Health Promotion and Fitness. Jonathan is also completing a coaching minor. He plays football here at Otterbein and is originally from Somerset, Ohio. Jonathan likes to play basketball, and being around friends in his free time.



Bekah Reese

Rebecca is a sophomore at Otterbein and Majoring in Health Promotion and Fitness with a Minor in Nutrition. Bekah is from Columbus. In Bekah's free time, she enjoys running cross country and track.



Jocelyn Annett



Jocelyn is a Junior at Otterbein University and majoring in Health Promotion & Fitness with a minor in Nutrition. Jocelyn is from Fredericktown, Ohio. When not training for OtterFit or working on homework, Jocelyn loves being outside riding four wheelers and playing sand volleyball.

Jason MacLean

Jason is from Beavercreek, OH and currently a sophomore at Otterbein University. He is Majoring in Health Promotion & Fitness. Jason's other interests are weightlifting, baseball, and cars.

