

SENIOR NUGGET – SEPTEMBER 2022

ATHOLTON SENIOR DAY – SEPTEMBER 24th



BENEFITS OF LAUGHTER ...

Laughter is a great part of our life. It can reduce stress. Even babies can laugh well before they can walk or speak. And mirthful laughter, the kind associated with humor, can help keep you healthy and happier.

LAUGHTER CAN:

- Induce relations with others
- Boosts the immune system
- Cheer up a blue mood
- Decrease fear and anxiety
- Lessen depression
- Help people cope with life-threatening illnesses
- Activate your body's endorphins
- **Lessen wrinkles ... it takes less muscles to smile than to frown**

SEEKING GOOD HUMOR

- ❖ Get a “dose” of humor
- ❖ Don't wait for others to start laughter
- ❖ Laugh down memory lane
- ❖ Seek professional help if you're down in the dumps

If you can embrace the funnier side of life despite stress, your busy schedule, and anything else that may get you down, you may laugh your way to better health!



Best wishes to all having a September birthday

View your Birth Verse: www.birthverse.com

Boosting Your Immune System and other health tips ...

The secret to a long healthy life is ... there really is no secret

- **We know that health and happiness are earned through years of experience**
- **We are wise enough to know that we don't know everything**
- **Our biological age is determined by bits of DNA called telomeres, that protect your chromosomes. Damage to these telomeres is: smoking, illness, bad diet. etc. They make you "old before your time."**
- **We can restore these "bop clocks" to a healthier state in a few steps**

Proper diet, moderate exercise, social support, and coping with stress

What is the body's most important nutrient? You might not even think it's a "nutrient." The answer is W A T E R! The body is over 60% water, and if you get low, your health suffers immediately. Dehydration ages your skin, hair, nails, and unbalances your blood pressure and heart rate.

Eating fruit may not only avoid cancer, but also heart disease, high blood pressure, high cholesterol and Alzheimer's, AND have a longer longevity!

How young do you want to feel? Instead of taking pills or vitamins, a handful of blueberries can help reverse the effects of aging and keep your mind sharp. Did you know blueberries are thought to help prevent macular degeneration, and other common, age-related conditions? Put the mighty blueberry in your daily diet.

One of the most vulnerable systems to free radical damage is our nervous system. That's why memory loss and poor balance and coordination is often associated with advancing age.

In Biblical times, no one ate processed foods, sat at a desk all day, or had to breathe smog, etc. They walked everywhere!

Have chronic aches and pain, want to lose a few pounds? WALK daily. Walking keeps your muscles and bones in line by relieving pressure on joints and nerves.

Autumn is a great time to go out for a morning or late afternoon stroll.