

Fight Alzheimer's With Physical Therapy



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Fight Alzheimer's With Physical Therapy

Exercise is good for your health, regardless of age, personal fitness condition, or athletic background. The benefits of exercise are seemingly endless, supporting optimal heart health, reducing your risk of developing type-2 diabetes, and even reducing your risk of memory loss. In some cases, targeted exercise and physical therapy can actually delay the onset of Alzheimer's disease, improving quality of life and longevity.

FACING AN ALZHEIMER'S DIAGNOSIS WITH YOUR SNEAKERS ON

When you are faced with an Alzheimer's disease diagnosis, the absolute worst thing that you can do is give up. Alzheimer's is rough on the entire family. The prognosis of memory loss and difficulty with cognition is hard to fathom if you've never watched it happen in a loved one.

There is no cure for Alzheimer's, but that does not mean there is no hope. A lot of research and attention has been put into helping people with Alzheimer's disease live longer, happier, healthier lives, and there have been several breakthroughs in recent years that are incredibly encouraging. One such breakthrough is the realization that being active and engaging in targeted exercises can often delay the progress of Alzheimer's disease.

EXERCISE IS BELIEVED TO HELP ALZHEIMER'S IN THE FOLLOWING WAYS:

- Exercise can delay the onset of Alzheimer's for those who are exhibiting early symptoms, as well as reduce the risk of developing the disease for those who have a strong genetic predisposition to the condition.
- Regular exercise is shown to improve cognition skills, improving memory, reasoning, judgement and generalized thinking skills.
- Exercise improves balance and coordination, which reduces the risk of injury from a fall and thereby reduces risk of inhibited mobility.
- To start seeing these benefits, you want to aim for between 30 and 60 minutes of exercise at least five days of the week. However, if you've never been one to exercise much in the past, then you want to make sure that you are getting the guidance you need to learn how to get started. Working with a physical therapist can help you learn ideal techniques and targeted exercises that can help you be healthier, more active, and better equipped to take on an Alzheimer's diagnosis without rolling over.

How Physical Therapy Supports Alzheimer's Disease

Working with a physical therapist is a smart choice when you are facing Alzheimer's. As part of a targeted program that is designed to introduce the best exercise practices to support optimal cognition, you will learn a series of exercises, helpful lifestyle strategies, and get the encouragement you need to be successful with your workout plan.

YOUR PHYSICAL THERAPIST WILL HELP YOU:

- Develop strength
- Improve balance
- Monitor and improve heart health via aerobic conditioning
- Increase coordination and agility

Physical therapy helps to stave off Alzheimer's by combining target exercises and physical activity with cognitive training and socialization. By participating in our 12-week program, you will learn how to exercise in a way that supports whole-body wellness. By staying active, exercising your mind and body, managing stress and doing your best to live an overall healthy lifestyle, you will put yourself in the best position possible to put off the advancement of Alzheimer's and enjoy life for years to come.

Don't attempt to fight Alzheimer's on your own. Getting involved in a prevention program can pair you with the skills and support you need to stay healthy. Contact us for more information.



References:

<http://www.mayoclinic.org/diseases-conditions/alzheimers-disease/expert-answers/alzheimers-disease/faq-20057881>
<https://www.nia.nih.gov/alzheimers/publication/preventing-alzheimers-disease/search-alzheimers-prevention-strategies>



Visit www.ChoiceTherapy1.com to read success stories, or start your success story by scheduling an appointment or free screening at Choice Therapy!

Feel Better By Eating Better



SPINACH & EGG SWEET POTATO TOAST

- 1 large slice sweet potato (1/4 inch thick)
- 1/3 cup cooked spinach
- 1 large egg, fried or poached
- 1/2 teaspoon sliced fresh chives
- 1/2 teaspoon hot sauce

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.

6 Food Choices To Help Ease Arthritis Pain

1. BROCCOLI, BRUSSELS SPROUTS AND CABBAGE.

These veggies are part of the cruciferous family, and they are full of a compound called sulforaphane, which helps slow cartilage damage in joints due to osteoarthritis. Try adding broccoli, Brussels sprouts, cabbage, kale or cauliflower to your salad or stir-fry.

2. FATTY FISH

Fatty fish like salmon, tuna, trout and mackerel are rich in omega-3 fatty acids, which help fight inflammation. Try adding fish to your diet a couple of times a week. If you're not a big fan of fish, ask your doctor about taking an omega-3 supplement.

3. GARLIC

Garlic is a member of the allium family—which also includes onions and leeks. These items contain a compound called diallyl disulfide that may help with a number of diseases—including arthritis.

4. TART CHERRIES

Some people with arthritis have found relief from products made from tart cherries. The ingredient in cherries that helps with joint symptoms is the same one that gives this fruit its red color—anthocyanin.

5. TURMERIC

One of the best-researched inflammation fighters isn't a food at all, but a spice. Turmeric contains a compound called curcumin. The compound has been used for centuries in India to ward off inflammatory diseases. You'll find this yellow spice in Indian cuisines—particularly curries.

6. VITAMIN C

Antioxidants in vitamin C may slow the progression of OA. You can get vitamin C from strawberries, kiwi, pineapple, or cantaloupe. However, we warn you against taking supplements with much higher doses than 65 to 85 milligrams, because in large doses vitamin C can increase the risk of kidney stones.

Welcome To The Team!



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