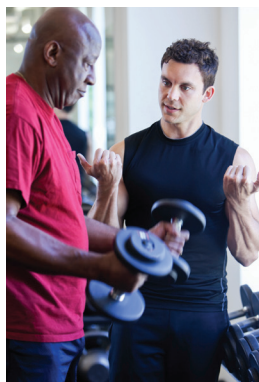


Muscle Up to Age Better



Men, remember the days when you stood preening and flexing in front of the bathroom mirror? If you've given up your muscle-man dreams, that doesn't mean you should give up lifting weights or doing other resistance exercises.

The truth is that after age 40, sedentary individuals can lose about 8 percent or more of their muscle mass each decade. This age-related muscle loss is called sarcopenia and can lead to loss of mobility, strength and independence. So while you may not worry about having bulging biceps or six-

pack abs, you probably want to avoid becoming weak and frail as you age.

Resistance Training Payoffs

Resistance training uses external resistance from weights, exercise bands or body weight to improve or maintain muscle fitness and strengthen bones. Doing these types of exercises benefits people of all ages, but seniors also enjoy these perks:

- > Better balance and agility, which decreases the risk of falls and fractures.
- > Improved walking ability. At the University of Vermont, seniors who completed a 12-week weight-lifting regimen were able to walk almost 40 percent farther.
- > Less joint pain and stiffness. Those with osteoarthritis functioned better after participating in a weight-training program, reports the journal *Clinics in Geriatric Medicine*.



* LADIES WHO LIFT

Like men, women who lift weights, use resistance bands or do body-weight exercises tend to have less fat, denser bones and more strength and endurance for daily tasks. (Source: the American Heart Association)

Continued on page 2

more H2U Benefit

Hear Ye! Hear Ye!

Rain on the rooftop. Waves crashing on the beach. A child's laughter. A lover's whisper. These sounds enrich our lives. And losing the ability to hear them well can be distressing. Sadly, many of us will have some level of hearing loss as we age. The good news is hearing-assistance products have become more effective and affordable.

If you're an H2U member, you can have your hearing checked free from a participating audiologist in the HearUSA program. You also qualify for discount pricing on hearing aids and other hearing technologies at the HearUSA Hearing Shop.

To learn more about this member benefit, look for the HearUSA logo on the Discounts/Health & Wellness page at H2U.com. ■



ISSUE
FOCUS

Men's Health

Organic Methods Boost Key Nutrients

You've probably found yourself standing in the grocery store wondering if organic foods are worth the price tag. Researchers agree that eating organic foods reduces exposure to pesticides, but, until recently, there wasn't consensus on whether organic foods were more nutritious.

Now the *British Journal of Nutrition* reports that a large meta-study has found organic dairy and meat have about 50 percent more healthy omega-3 fatty acids. Why? Organically raised animals eat more grass rich in omega-3s, which become integrated into milk and meat.

Organic fruits and veggies also tend to have more nutrients and antioxidants than conventional produce, reports a 2014 analysis of 300 studies.

Eating organic meat, dairy and produce, however, won't result in a surge of omega-3s, antioxidants or vitamins in the body. In fact, most of us need to focus first on eating more fruits and veggies, whether organic or not. Studies show Americans eat less than half of the recommended amount of produce daily. ■



Muscle Up to Age Better

continued from front page

Use it, Lift it, Work it!

The American College of Sports Medicine (ACSM) recommends doing resistance training a minimum of twice a week on non-consecutive days. Set aside 20 to 45 minutes to do 8 to 10 different moves using your choice of free weights, weight machines, body weight, resistance bands, medicine balls or even common household products like cans of soup. Aim to work all your major muscle groups over the course of the week: chest, back, shoulders, biceps, triceps, abdomen, quadriceps and hamstrings.

For older people just getting started with weight training, the ACSM says

weight machines may be safer than free weights at first since they provide stability. The ACSM recommends older people start with one set of 10-15 repetitions per exercise. As strength improves, challenge your muscles by adding another set, then try upping your weights or resistance levels a notch.

When creating a workout, don't just focus on one set of muscles like bodybuilders might do. Instead, kiss "leg day" goodbye and do compound exercises that engage multiple joints or groups of muscles. This is the key to maintaining muscle mass and strength for daily activities. Below are three to try.

3 Muscle Builders



Rows: Pulling resistance bands toward your chest works your biceps, back muscles and core.



Overhead press: Pushing weights over your head from the shoulders strengthens shoulders, triceps and core.



Lunges: Sinking into a lunge targets your quads, buttocks, hip flexors, calves and midsection.



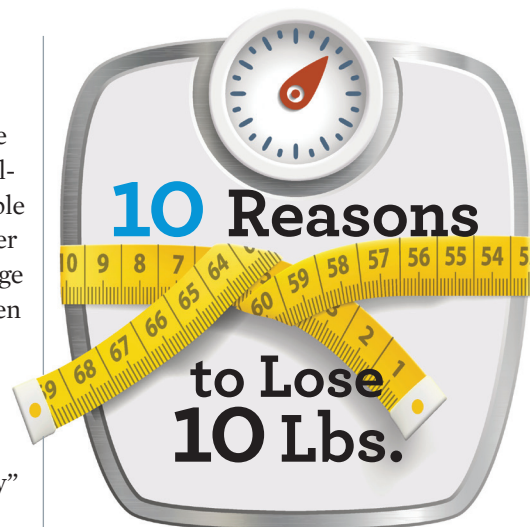
More Ways to Get Strong (That Aren't Exercise)

To maintain muscle strength, you need to do more than exercise. These tips can also help you stay strong as you age:

Eat more protein. A study in the *American Journal of Physiology—Endocrinology and Metabolism* found that adults ages 52 to 75 who ate more protein had more success in building muscle. Healthy protein options include beans, nuts, seeds and lean meats like skinless chicken breasts, turkey cutlets and fish.

Stay hydrated. When your body is dehydrated, your muscles are deprived of electrolytes, leading to cramping, weakness and impaired control. Dehydration can also prevent muscles from contracting properly, reducing muscle tone.

Get enough vitamin D. Many older adults have vitamin D deficiency, which can lead to muscle weakness. Healthy levels of vitamin D in the body help preserve muscle strength and functional ability, notes research in the journal *American Society for Clinical Nutrition*. ■



Trying to lose weight can feel like a no-win battle, especially when you have a lot of inches to lose. But even if you don't hit your goal weight, shedding just a few pounds is worth the effort.

For example, a new study in *Cell Metabolism* found that obese people who lost just 5 or 10 percent of their body weight improved their metabolic function, which reduced their risk of developing diabetes and heart disease. So, if you weigh 240 pounds, losing just 12 pounds may ward off a heart attack or stroke! Other benefits include:

1. Better sleep at night
2. More upbeat mood
3. Less risk of insulin resistance
4. Greater energy to stay active
5. Higher levels of "good" cholesterol and lower levels of the "bad" kind
6. Decreased risk of a heart attack
7. Less joint pain
8. Reduced risk of cancer
9. Improved sexual function
10. Lower risk for dementia

Your Spare Tire May be More Than a Superficial Problem

Struggling to fit into last summer's shorts? You're not alone. Extra pounds gained over the winter often settle around the waistline. That's annoying, for sure, but it also could indicate a deeper problem.

Oftentimes, belly fat is not located just under the skin, but deep inside around the organs. This visceral fat is more dangerous to your health than you might know. In fact, that spare tire can raise your risk for cardiovascular disease, sleep apnea, colorectal cancer and type 2 diabetes.

And it's not just a problem for men. Extra belly fat in women has similar effects and also increases the risk for breast cancer and gallbladder problems, according to Harvard Medical School.

The National Institutes of Health recommends that men have a waist circumference no greater than 40 inches.



Women's waistlines should be no greater than 35 inches.

So how can you start to deflate that spare tire and improve your health? Try these trimming tricks.

Get active. The Centers for Disease Control and Prevention recommends older adults get 150 minutes of moderate-intense aerobic activity every week, plus two days of weight training to build muscle.

Cut out simple carbs. White bread, regular pasta and sodas containing simple carbs seem to contribute to a wider waistline. Instead, opt for complex carbs like legumes, starchy vegetables and whole grains.

Drink in moderation. A glass of wine or beer at dinner probably won't hurt you, but if you've already met your calorie needs for the day, those extra calories will be stored as fat, often around your middle. That's why they call it a beer belly. ■

Good to Row

When the Summer Olympics heat up in Rio next month, you'll see athletes paddling their way to glory in rowing events. And while many of us only take notice of the sport during the Olympics, adult rowing classes and camps are

springing up around the country.

Classes teach rowing basics from equipment to technique and may focus on how to row alone or with a group. Many outdoor groups also offer kayaking and canoeing lessons and expeditions. Boating activities are perfect for those who want to spend time with friends

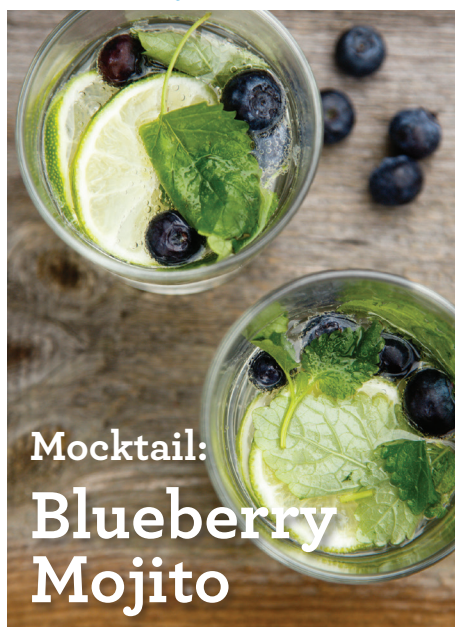
or make new ones, be outdoors on the water and get in shape!

In fact, rowing is a great full-body, low-impact workout that strengthens your muscles and your heart. Though you use your arms to propel the boat, your legs actually do most of the work. Each stroke begins with the knees bent, arms straight and upper body slightly forward. You push your legs to propel backward, engage the core and lean the upper body back, then pull the arms to the body to finish the stroke.

Hit the Water ... or Gym

Lakes and rivers are great places to row, but you can also enjoy a good rowing workout indoors. Most gyms have rowing machines, and indoor rowing classes are becoming more popular. Similar to cycling classes, rowing classes often incorporate light weightlifting, cardio and even Pilates or yoga into the coach-led lesson. ■





Mocktail: Blueberry Mojito

Whether you're a teetotaler, abstaining from alcohol for this month's H2U challenge, or just want a refreshing drink for a hot day, this blueberry mojito mocktail will hit the right spot. For an interesting twist, swap a sprig of rosemary or basil for the mint.

Ingredients

2 cups fresh or frozen blueberries, divided
 ¼ cup fresh lime juice
 3 Tbsp. honey
 1 cup club soda
 8-10 fresh mint leaves

Directions: Purée 1 cup blueberries, lime juice and honey in a blender. Crush ¾ cup blueberries with the back of a spoon. In two glasses, layer ice cubes with mint leaves and remaining whole blueberries. Pour in the smashed blueberries with the purée, then top off the glass with club soda, mixing gently. Garnish with a slice of lime and enjoy! Makes 2 glasses.

Nutritional information (per serving):

Calories 190; Total fat .5 g; Protein 1 g;
 Sodium 28 mg; Fiber 4 g; Sugars 41 g;
 Carbs 51 g ■

* MONTHLY CHALLENGE:

Try Teetotaling

This Independence Day, why not declare your freedom from alcohol for 30 days? Cutting out booze can have immediate health benefits, which staffers at the magazine *New Scientist* discovered recently. A small group of coworkers teamed up with the University College London Medical School to do a five-week experiment in abstinence. The results? The abstainers had less liver fat, lower cholesterol and blood sugar, and more weight loss than their counterparts who continued drinking cocktails.

Quitting drinking for a month can also trigger long-term changes. When public health organizations in the UK challenged people to sign up for "Dry January"—no alcohol



for 31 days—researchers found that six months later more than 6 in 10 drinkers were consuming less alcohol than before their dry spell.

Backing off booze can lower the risk of liver damage, cancer and stroke, as well as help improve sleep, weight loss and energy.

Here are some things to do instead of drinking this month:

- > Try out a mocktail recipe.
- > Get your friends and family on board for support.
- > Avoid places where you would normally drink.
- > Plan how to respond when offered a drink.
- > Pick up an old or new hobby that occupies your attention and hands.
- > Meet up with pals for lunch instead of dinner.
- > Keep non-alcoholic drinks or club soda on hand to fill your wine glass, beer mug or cocktail glass.

Should you choose to imbibe again, take it slow. You don't want to undo your good work by bingeing at the end of the month. ■

4 Natural Ways to Boost Testosterone

Let's talk about low T. As men age, their testosterone production naturally falls. That's generally not a medical problem, but if it gets too low, men can suffer from depression, sexual dysfunction and fatigue. Fortunately, most men can keep their testosterone levels in a healthy range by making a few easy lifestyle changes.

1. Catch some shut-eye. A study in the *Journal of Clinical Endocrinology & Metabolism* found that in older men, low testosterone levels are often associated with poor sleep. So aim to get 7-8 hours of sleep each night.

2. Curb your sweet tooth. Studies show that testosterone levels drop significantly after consuming simple sugars. Plus, too much sugar can lead to weight gain, which also is linked to low testosterone.

3. Work your muscles. While exercise alone won't cure low T, it may provide a temporary boost. One study in the journal *Sports Medicine* found that in men, testosterone concentration increases directly following resistance exercise.

4. Check your medications. Some meds—like those prescribed for pain, blood pressure and depression—can have an impact on your testosterone. If you suspect your medication to be the cause, talk to your doctor about making a swap. ■