



Presents:

- **Wellness Clinics**
Mondays from 11:00-12:00 and Wednesday from 9:30-10:30
Blood Pressure/O₂
Weekly Weights
Ask A Nurse
- **Strength and Balance Exercise Class** every Wednesday from 10:00-10:45 in the Wellness Center
- **Weekly Brain Challenge** is Available for Pick up in the Wellness Center every Wednesday morning after exercise class!
- **Walking Group** Begins Friday May 24th @ 3:00 pm Meet in the classroom to discuss the group details followed by a walk outside afterwards (weather permitting)

Paradigm Wellness News

Volume 1, Issue 1

Newsletter Date: May 2019

Making Walking Part of Seniors' Routines

- **Walking Improves Cardiovascular Health.** The biggest health benefits to walking for seniors are in terms of cardiovascular health. Countless studies have linked regular walking with heart-health benefits. Walking has been linked in men and women with lower risks of high blood pressure, high cholesterol, diabetes, heart disease, stroke, and cardiac arrest.
- **Walking Fights Weight Problems.** Any physical exercise will burn calories and help the person exercising manage their weight.
- **Walking Boosts Your Immune System.** One study discovered that people who walked 20 minutes a day, five days a week, took 43% fewer sick days compared to people who did not exercise.
- **Walking Reduces Risk of Elderly Disability.** A regular walk doesn't just get seniors out of the home — it could help them stay at home, too. A study out of the University of Georgia in 2008 found that regular walking reduced elderly adults' risk of developing a physical disability by 41%, helping participants maintain their independence and age in place.
- **Walking Prevents and Reduces Pain from Arthritis.** If you have arthritis, you might think that walking will be too painful for you to do regularly. Multiple studies, however, have found that walking actually *reduces* arthritis pain. Walking lubricates knee and hip joints and strengthens surrounding muscles, reducing the strain placed on the joint itself.

If you are looking for a walking partner for yourself or a loved one, join the Paradigm Walking Group on Fridays at 3:00 pm. If you would like to schedule additional times to walk contact Holly Coulter by simply calling 317-735-6001 or stopping by our office located in the Wellness Center.



What Does A Health Coach Do?

“You are only limited to what you push yourself to, you know? You can always get better.”

Lindsey Vonn

Health Coaching is about having an accountability partner who will support and encourage you even when you feel ready to quit. A coach provides support and inspiration to continue moving forward, even if you are dealing with a health-related issue.

No matter what health conditions or ailments you may have, a health coach encourages clients to recognize that living a thriving life is about making healthy choices that positively impact their mental, physical, and emotional health.

We'd love to hear any questions or comments about health coaching you may have.

Stop by the Wellness Center This Month and set up an appointment to talk with Holly to learn more about one-on-one training Health Coach Training Sessions!

This Month's Verse

Genesis 33:10 NLT
What a relief it is to see your friendly smile. It is like seeing the smile of God!

Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.

—Mother Teresa

Hugs: Motivation Thinking for the Month

After marrying and spending fifteen years raising five kids, one woman hatched an ambitious career goal: stand-up comedy. It took her five years on the nightclub circuit before she began appearing on television in outrageous outfits and

crazy hairstyles, but eventually Phyllis Diller became one of America's most recognizable comics. Her philosophy was, “A smile is a curve that sets everything straight.”

If you want to set things straight in your life, do yourself a

favor—try the Phyllis Diller formula for happiness: SMILE. You'll discover that smiles, like laughter, are contagious. The more you smile, the better you (and those near to you) will feel. And as funny lady Phyllis would surely agree, that's no joke.



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A Little Brain Wellness

(answers in the Wellness Center)

This Month's Riddle

What can travel around the world while staying in a corner?

How Many Words Can You Make Out of the Word WELLNESS

		2			
7	1		8	5	3
8		5			6
	9	7			8
	7				
			4		1
		8		9	
1			2	9	4
	5				2