



## Resilience Through The Aging Process

A fact of life is that we are all getting older. Everyday, our bodies change, and we all experience the aging process. Even if you don't consider yourself "old", at the very least you are an "old" person in training. Every cell in our body experiences the effects of aging which is why we see key changes to our cardiovascular health, muscular health, neurological health, and bony anatomy just to name a few. The picture painted thus far about the aging process has appeared pretty bleak, but the good news is that there is SO MUCH we can do to change this aging trajectory.

There are a lot of lifestyle factors that have a tremendous impact on the aging trajectory; whether or not we speed up or slow down the decline that is associated with the aging process. Amongst many other things, physical inactivity, sedentary behavior, and an increase in body fat percentage, are all known to accelerate, or speed up the aging process. Therefore, avoiding sedentary and inactive lifestyles, engaging in regular physical activity, improving our sleep habits, diet, managing a healthy weight, and reducing stress levels are all ways that we can slow down the expected trajectory of the aging process. These are ways for us to increase our resilience: The ability of an individual to resist or recover from functional decline following common health stressors.

Common health stressors could include things like getting an infection, having an unexpected surgery, an untimely diagnosis, or a fall. As we age, we certainly will experience some of these health stressors and if these health stressors begin to accumulate and reach a critical threshold level, it can result in a significant functional decline, a chronic condition, an injury, loss of independence, and even death. To keep ourselves away from this critical threshold level and live meaningful lives, we need to increase our reserve: The capacity we have within ourselves to withstand stress. When our reserve runs out it can result in what has been termed "One Rep Max Living": when the demands of life are near or exceeding one's maximum capacity.

Have you noticed that it was more difficult for you to get up from a chair or not quite as easy to go up that flight of stairs for work? Have you found yourself unable to get up and down from the ground to garden or play with your grandchildren? Does your dog's energy levels exceed the endurance you have to walk around the neighborhood? Are you lacking the strength necessary to be a caregiver for a loved one? Is there any other meaningful task that adds quality and value to your life that you are dying to do again? Whether you are 25, 55, or 95, one of our trained therapists would love to provide a personalized plan of care which will help you accomplish your goals, avoid one rep max living, increase your functional reserve, and make you a more robust and resilient individual, able to live a healthy and meaningful life throughout your lifespan.

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