



5 Foods For The Over 50 Crowd

Men and women must alter their diets as they age. Portion sizes that young adults might have been able to get away with shrink when those same men and women enter their 30s. And as thirty-somethings head into their 40s, what's on the plate requires more careful consideration than it might have a decade ago. The same goes for men and women over 50, who must take steps to reduce their risk for heart disease, stroke and diabetes. One of the easiest ways to do just that is to eat healthy foods. The following are five flavorful and healthy foods tailor-made for the over 50 crowd.

1. Apples:

Apples definitely qualify as a superfood, helping reduce cholesterol by preventing plaque buildup in the blood vessels and, as a result cutting an individual's risk of diabetes considerably. In fact, a recent study published in the British Medical Journal found that eating at least two servings of apples per week can reduce a person's risk of type 2 diabetes by as much as 23 percent. Apples also make for a great source of fiber, potassium and vitamin C.

2. Blueberries:

Blueberries help men and women maintain healthy blood sugar levels because they are high in soluble fiber, which lowers cholesterol while slowing the body's uptake of glucose. And despite their relatively small size, blueberries contain more fiber, vitamins and minerals per ounce than any other fruit.

3. Broccoli:

Though broccoli might not have been your best friend during childhood, you may want to cozy up to this powerful green vegetable now that you have cracked the half-century mark. Broccoli is loaded with vitamin C. A single 3.5 ounce serving of broccoli contains more than 150 percent of the recommended daily intake of vitamin C, which can shorten the duration of the common cold. In addition, a 2013 British study published in Medical News Today found that broccoli may help prevent osteoarthritis, a degeneration of joint cartilage and the underlying bone that is most common from middle age onward. A similar study from researchers at New York's

Roswell Park Cancer Institute published in the same publication six years earlier found that just three servings of broccoli per month can decrease bladder cancer risk by as much as 40 percent.

4. Fava beans:

Fava beans are cholesterol-free and low in fat. Fava beans also may provide cardiovascular benefits and help men and women maintain healthy weights. Fava beans are considered "nutrient-dense," a term used to describe low-calorie foods that boast lots of nutrients, and are an excellent source of vitamin B1, which is important for nervous system function and energy metabolism.

5. Oatmeal:

Another food that might never make youngsters' lists of their favorite foods, oatmeal is nonetheless a healthy option at the breakfast table. Oatmeal is loaded with soluble fiber, which can reduce cholesterol levels and subsequently reduce a person's risk of heart disease. Also low in calories, oatmeal can help men and women maintain a healthy weight. Those who find oatmeal a tad too bland for their tastes can double on their superfoods by adding some blueberries into the mix, making their breakfast more flavorful and more healthy.

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Exercise and Aging *Addressing common concerns about exercise after 50*

Exercise is an essential element of a healthy lifestyle. Including exercise in your daily routine can lower your risk for diabetes, heart disease and stroke, and exercise can even sharpen mental acuity, reduce anxiety and improve mood. But as beneficial as exercise can be, many men and women, particularly men and women over the age of 50, who have not laced up their sneakers in years are hesitant to begin an exercise regimen for a variety of reasons, potentially putting their long-term health at risk.

Regardless of a person's age, beginning a new exer-

cise regimen can be intimidating. But it's especially so for men and women over the age of 50, who might not know where to begin or how to approach adopting a healthier lifestyle.

According to the National Institute on Aging, the following are a few points men and women should know as they attempt to improve their physical fitness with a more active lifestyle.

* Exercise is safe even if you have not been physically active in a long time. Many older men and women worry that suddenly embracing physical fitness after years of inactivity may be detrimental to their



health. But that's only true if men and women don't exercise caution at the outset of their routines. When beginning the routine, take things very slowly at first, choosing to walk or bike every day rather than hitting the treadmill and adjusting it to maximum resistance. When strength training, start off with very little weight so your muscles can grow acclimated to the motions and you can get the

exercises down pat. As you grow more comfortable and your body starts to feel more up to the challenges of daily exercise, you can begin to gradually alter your cardiovascular and strength training workouts to make them more challenging.

* Exercise can make existing medical conditions more manageable. Men and women over the age of 50

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How To Streamline Grocery Shopping

Grocery shopping is a part of life, and whether trips to the local supermarket are a daily, weekly or monthly occurrence, such excursions can be time-consuming.

Data from the American Time Use Survey, which measures how much time people spend shopping among other things, indicates that people have spent less time shopping since the recession began in 2008, and many people might want to continue this trend of spending less time at the store even as their finances recover. The following are some simple strategies for those who want to do just that.

* Embrace e-commerce offerings. Grocery stores have joined the ranks of other retailers in making it easy for customers to shop for food online. Individuals can browse for sales, shop according to the weekly circular and create lists that make it easier for them to track their purchases.

Another change in how we shop for groceries concerns how the food we purchase makes it into our refrigerators and pantries. Many grocery chains now offer delivery service, and some even have personal shopping services in which customers fill out their orders online, and a store employee gathers all of the groceries. The customer then arrives to pick up and pay for their groceries at a predetermined time. Utilizing such services can curb impulse buys and drastically reduce the time shoppers spend in stores.

* Make a list. Making a list before heading to the store remains one of the biggest time savers when shopping for groceries. A list helps shoppers cut back on the time they spend wandering around a store and wondering what they do or don't need. Shoppers can even take things one step further by coordinating their list to a store's layout, which

reduces the likelihood that shoppers will make several trips down the same aisle.

* Bring only the coupons you are likely to use. Instead of toting along your entire coupon portfolio, bring only those coupons you plan to use. This allows you to get in and out of the store without rifling through circulars or coupon organizers.

* Shop the perimeter of the store. Shoppers interested in fresh foods should concentrate their shopping efforts on the perimeter of the store. This is typically where fresh produce, meats, poultry, bakery items, and dairy products are kept. Packaged, processed foods are usually kept in the interior aisles.

* Visit during off-peak hours. Avoid stores on the first day of a sale, when your fellow shoppers will be eager to stock up. In addition, try to avoid shopping on the first or last day of the month, when paychecks or government benefit checks

arrive. Shopping when school lets out in the afternoon is another busy time of day at many grocery stores. If you truly want to save time, shop late in the evening or in the early morning when stores are less hectic and checkout lines won't be as long.

* Go it alone. Some shoppers may benefit by flying solo when grocery shopping. It's often quicker to move through a store when you are on your own.

* Scan as you go. Some stores allow shoppers to scan their groceries as they put them in their carts. The scan gun is linked to their shopping rewards card. When shoppers are ready to go, the shopper then scans a bar code and the entire purchase history gets sent to the register for check-out. This concept cuts down on the time shoppers spend in line.

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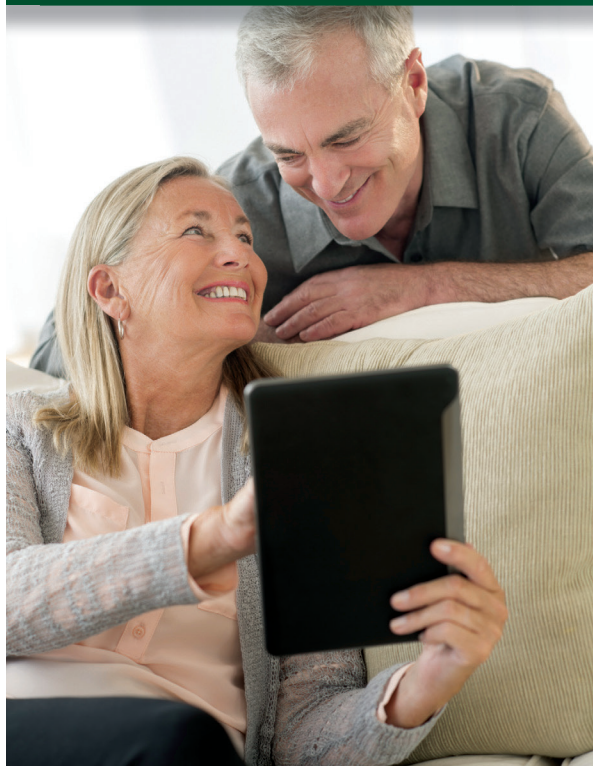
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af-ford-a-ble

Adjective

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Synonyms: bargain, budget, inexpensive, popular



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