



Bay Area Residential Care Inc. 415600089
Serving Burlingame elderly community & local hospitals

Healthy Aging

10 Commandments for a Healthy Aging

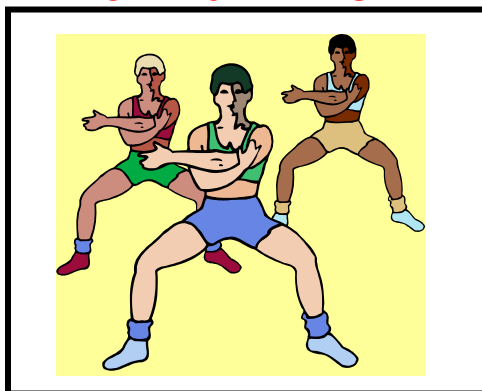
The following evidences, led us to look for ways to recapture the peoples health.

- Over 1/3 of men and 1/2 of women over 75 years old do not meet the minimal physical activity recommended for health promotion and maintenance.
- 60% of adults are obese or overweight.
- 40% of U.S. elderly community eat poorly. 2/3 of hip fractures are due to inadequate calcium intake.
- 75% of African American and 60% of white elder Americans consume inadequate vitamins and minerals in their daily diet.

In our study we found ten fundamental living practices/habits that would greatly impact our health, particularly the health of aged community. It is scientifically proven that following these ten edicts can recover most of human illnesses and also guaranty a healthy, joyful, and independent life for elderly people.

The ten edicts for a healthy aging may be simplified in just two simple Proceedings:

STAY ACTIVE & EAT WISELY

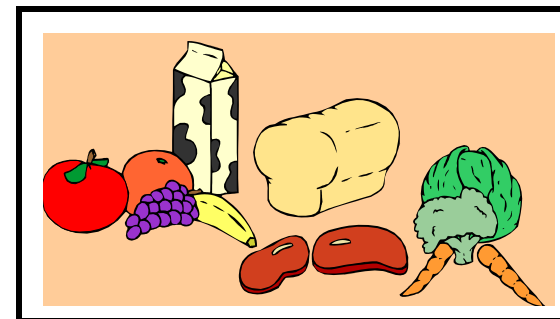


Step One: Stay Active:

- Edict No. 1 Move It or Loose It
- Edict No. 2 Walk at least 30 minutes each day
- Edict No. 3 Safeguard the health of muscles & joints.

Regular physical activities sustain the ability of older adults to live independently. Physical Activity is effective in treating heart disease, high blood pressure, high cholesterol, chronic long disease, diabetes, osteoporosis, obesity, overweight, and arthritis. The list can go on and on.

In short Physical activity can improve the mobility and functioning of frail and very old adults.



Step Two: Eat Wisely:

Eating Wise shall make life longer and more enjoyable:

- Edict No. 4 Consume plenty of High Fiber Foods.
- Edict No. 5 Consume lots of Vitamins & Minerals as part of your daily diet.
- Edict No. 6 Consume enough protein, as your body need.
- Edict No. 7 Minimize the usage of non-nutritious foods.
- Edict No. 8 Balance your daily nutrition consumption
- Edict No. 9 Manage the amount of your calorie usage.
- Edict No. 10 Take nutrition supplement as your body may need.