

The Key To Successful Fall Prevention-Do More Squats

By Molly S. Judge DPM, MollyJudge.com



Senior Living, living beyond your 60's and having pretty darn good health to enjoy it, is a blessing. Given the grace of advanced age is a gift from God that not everyone gets to enjoy.

So how can we ensure that we make the most out of Senior Living? Life and longevity often boils down to one simple premise... DON'T FALL!

Fall prevention is the cornerstone of a healthy and vibrant lifestyle. A single fall can be life changing. Some never recover. Others find themselves on a long road beginning with surgery and ending with strengthening and rehabilitation that may take months or years.

Improved balance and coordination starts with your core, thighs and legs. A strong core is vital for a healthy and well balanced ability to walk, jog and run. If we keep our lower extremities healthy, our core strength will follow.

We can do that by performing squat exercises with good posture. Squats build thigh and calf muscles. The health and stability of your feet and ankles improve as well.

If you begin with good posture you will exercise efficiently; reducing risk of injury. Study the perfect form for a squat exercise and remember it whenever you squat.

Activities of Daily Living (ADLs), burn more calories than you know. Take this challenge: make a log of your activities in a single day. Note the date and time and record the activities you performed that day.

For example:

1. Laundry: squatted twice transferring the laundry from washer to dryer.
2. Cleaning Windows: squatted 20 times (4 per window x 5 windows)
3. Gardening: squatted 40 times (3-4 times per plant planting annuals)
4. Playing pickle ball: your estimate of squats can vary. If you're playing pickle ball you are at the high end of lower extremity fitness.

Now calculate how many calories you burned. To do this, consider several variables,



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such as body weight, the number of minutes exercised and the intensity of your activities.

The intensity of an exercise is also known as the metabolic equivalent (MET) value. Just sitting quietly has a MET value of 1. Calories burned per minute = $.0175 \times \text{MET} \times \text{weight}$ (in kilograms).

You can also estimate the intensity of your activity this way:

- If you can carry on a conversation = light to moderate effort. (MET value of 3.5.)
- If you are out of breath = vigorous effort. (MET value as high as 8.0.)

A single squat with light to moderate effort burns 4.17 calories. So, convert your squats into that snack you want to have. One hundred calories in an apple? Just do 25 squats and it's like you never ate it. A single slice of a 14" cheese pizza is 285 calories, that's 70 squats. Now you decide if it's worth it.

In 2023 there are plenty of fun opportunities

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Musical Arts Series

2022-23 Season

Saturday, May 13, 2023

7:30pm

JAMES D'LEÓN, PIANO

Piano with powerful emotion and dazzling artistry

Firelands Presbyterian Church, Port Clinton



CHANGE OF DATE

**- New Date -
Sunday, June 18, 2023**

3:30pm

**MAX RABINOVITSJ, VIOLIN
AND THE TRIO DA VINCI
Venerable, violin virtuoso**

Firelands Presbyterian Church, Port Clinton

Wearing of masks and social distancing are encouraged for attendance at all concerts.

Tickets \$20 at the door; students and children admitted free.

For information or season tickets go to

WWW.MUSICALARTSPORTCLINTON.COM, or find us on Facebook (The Musical Arts Series/Port Clinton).

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Successful Fall Prevention

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to work those legs. You can kick around at the 42nd Annual Walleye Festival May 25-29 in Port Clinton. Visit the St. Boniface School Festival June 4th in Oak Harbor.

Walk the luxurious golf course at Highland Meadows at the LPGA Dana Open July 10-16. And don't forget the Oak Harbor Apple Festival October 14 & 15.

For further information to improve the health of your legs, ankles and feet contact Dr. Molly Judge for a formal consultation at Mollyjudge.com or call 419-732-2618. Your best is yet to come!

Dr. Judge treats chronic pain and complex foot and ankle deformity. A focus on conservative treatment is always first. When surgery is needed this is her specialty.

**HOLD FOR
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