

# Healthy Lifestyles

September 13, 2023

## Supercharge Your Daily Health!

New Mushrooms & Supergreens Gummies at 'Your CBD Store' now!

The Sunmed/Your CBD Store franchise has leaped forward with the launch of their cutting-edge, non-hemp-derived products — the All-In-One Mushroom Gummies and the Supergreens Daily Gummies. As one of the nation's leading CBD and wellness companies with over 400 storefront locations nationwide, Sunmed's latest product additions are set to revolutionize modern wellness, providing CBD users with more natural products to optimize their daily routine.

To get started on your wellness journey with Sunmed, visit Your CBD Store in Wappingers Falls (1582 Rt. 9) or White Plains (365 Mamaroneck Ave.) for in-store education and product guidance, or visit [getsunmed.com](https://www.getsunmed.com) to learn more. Sunmed empowers modern wellness with products for every part of your day and every step of your journey.

### Unlocking the Power of Mushrooms

Functional mushrooms, long celebrated in traditional medicine, are quickly gaining traction as a powerful daily supplement in the wellness arena. Sunmed's new All-In-One Mushroom Gummies are designed to harness the comprehensive health benefits of mushrooms, making them easily accessible to consumers.

Each gummy contains a powerhouse blend of 10 functional mushrooms, 7 of them being considered adaptogenic mushrooms — a category of fungi known for their ability to help the body adapt to stress and maintain homeostasis in the body.

Adaptogens interact with the body's primary stress response system, the HPA axis. The HPA axis influences cortisol release while

regulating mood, cognition, digestion, and immune response. These adaptogenic mushrooms are also non-psychoactive, so no need to worry about any issues with perception or performance.

The ideal regimen is to pair one of Sunmed's premium hemp formulas with two mushroom gummies, balancing the HPA axis and the endocannabinoid system. This complete modern wellness routine is a sought-after pairing as more and more Americans are turning to naturopathic, non-invasive solutions for overcoming health obstacles.

Sunmed's All-In-One Mushroom Gummies come with an extensive list of benefits for both the mind and body, including stabilized mood, reduced brain fog and fatigue, increased energy and stamina, sharpened memory and focus, boosted immune function, digestive support, as well as healthy stress response. The gummies can benefit people from all walks of life, from those with cognitive deficits to those looking to enhance their daily performance.

The gummies' delicious wild raspberry flavor is just as exciting — allowing consumers to experience the benefits of functional mushrooms without the shroom taste. Sunmed wellness experts recommend that consumers take their mushrooms at the start of their day or as an afternoon pick-me-up.

### Achieving Whole-body Nourishment

A mushroom super-charge and a premium CBD routine only miss out on one piece — nutrition. Sunmed tackled this industry category with their new Supergreens Daily Gummies, packed with 30+ ingredients and eight nutritional



Sunmed's All-In-One Mushroom Gummies come with an extensive list of benefits for both the mind and body. *Courtesy photo*

blends in every serving. The brand hopes to redefine how consumers approach daily health, helping them easily achieve whole-body nourishment with this comprehensive formula.

On the nutrition facts, you can expect to see eight blends, including essential vitamins and minerals such as vitamin C, D2, B6, B12, zinc, and sodium. Potent antioxidants like pomegranate, goji berry, and tart cherry help the body fight free radicals. Greens and superfoods like chlorella, spinach, broccoli, spirulina, and brussel sprouts are concealed with a delicious natural raspberry flavor.

More incredible ingredients like turmeric root, elderberry, green tea leaf, cinnamon bark, and milk thistle are just a few call-outs from the immune, metabolism, and detox blends. The beauty blend brightens and hydrates the skin, while the digestive blend nourishes the gut with pre and probiotics.

To top it all off, a performance blend of lion's mane, ashwaganda, and resishi mushrooms keeps the mind sharp and focused — a stand-out feature that speaks to the formula's innovation. Sunmed's cutting-edge Supergreens Daily Gummies nourish the body from the inside out with head-to-toe benefits.

The ingredient deck speaks for itself, but what do these nutrients do for the body and mind? You can expect improvements in gut health, immunity, stress response, metabolism, detoxification, beauty,

cognition, and even skin elasticity. The list of 30+ ingredients may be just as impressive as the benefits.

Every bag of Supergreens Daily Gummies and All-in-One Mushroom Gummies comes with a 30-day supply. The suggested serving is two gummies a day — or four gummies total — if you are interested in experiencing both of these cutting-edge formulas.

### The Future of Wellness

While CBD will always be the core of Sunmed/Your CBD Store's product offerings, the release of the new All-in-One Mushroom Gummies and Supergreens Daily Gummies speaks to the brand's commitment to modern wellness — exploring more botanical compounds that support optimal health and vitality.

While the mushroom and supergreen market is an exploding segment of the wellness industry, consumers are looking for premium, trusted products that are safe to consume daily. Sunmed commits to third-party, batch-specific lab reports for every single batch of product produced — and this applies to the new mushroom and supergreens formulas as well. The commitment to premium quality, cutting-edge formulations, and community involvement makes this wellness brand a reliable one-stop shop for natural wellness products. Sunmed/Your CBD Store has 400+ storefronts nationwide, with wellness experts committed to their communities' wellbeing.



Every bag of Supergreens Daily Gummies and All-in-One Mushroom Gummies comes with a 30-day supply. *Courtesy photo*



# The Fall season is here! Let’s talk about fall prevention

By Laura Baldi OTR/L



Laura Baldi

Falls are the leading cause of accidents for people over the age of 65. One in five falls cause serious injuries and is a leading cause of hip and traumatic brain

injuries. Falls are usually a warning sign for underlying health issues. Fall prevention is important for everyone, but those at higher risk of falling include people with:

- Independent lifestyles
- Temporary or chronic illness
- Difficulty seeing
- Prescribed medications
- Cognitive health issues
- Foot issues (including improper footwear)

## BROOKMEADE SENIOR CONCEPTS

- Hazardous environments (including clutter in the home or walkways during increment weather)
- History of falling

There are simple ways to help reduce the risk of falling

Stay Active - Physical activity can help people improve health and physical abilities. Walking, aquatic workouts, tai chi and yoga are a few gentle activities that can improve strength, balance, flexibility, protective responses and coordination. Find a balance and exercise program that you enjoy. If you need help getting started, a physical therapist can create an exercise program suited to your

needs and ability.

Make your Environment Safer with Simple Adaptations: Install hand rails on both sides of stairs, add non-slip treads on wooden stairs, modify bathrooms to include grab bars, raised toilet seats with rails, shower chairs, non-slip mats in the bathtub or shower, and use a transfer bench or shower seat, make walkways clear and sturdy, move furniture away from high traffic areas, secure or remove loose carpets, and repair loose boards and hand rails, place frequently used items in reach reducing the need for using step stools to retrieve frequently used items and immediately clean up spills. Any combination of these

can help maintain your independence. For additional ideas to make your environment safer, a Physical or Occupational Therapist can help.

Keep Your Home Well Lit - Keep your home brightly lit to avoid stepping on or tripping over items that may be hard to see. Place nightlights in your hallways, bathrooms, and bedroom. There are illuminated light switches and motion activated nightlights that can help brighten up your walking space at night. LED’s are a great way to brighten up your home and save money on the electric bill.

Wear Proper Footwear - Consider wearing properly fitting shoes, sturdy, flat shoes with nonskid soles. High heels, loose slippers and shoes with smooth soles can make you slip and stumble increasing your risk of falls. Wearing properly fitting shoes can also help with joint pain and reduce body fatigue during the day.

Talk to your Healthcare Provider - Review any medications you take (prescriptions and non-prescriptions) with your healthcare provider to discuss possible side effects. Be sure to share any changes in focus, balance, or mobility. Sedatives, antihistamines and antidepressants may make an individual tired or reduce stability. Have you had falls in the past? This may increase your risk of future falls. If you have fallen, write down specifics like where, when, and how it occurred. Include times when you had a close call but were able to catch yourself. These things may help your health care provider develop a fall prevention strategy just for you. Eye and ear disorders can affect balance and perception. Take note of how or what you feel when walking including dizziness, pain, numbness, or shortness of breath.

Get your ZZZs - Sleep is the most important fall prevention activity. Getting enough sleep helps your body heal, recharge and focus. Lack of sleep can slow the body’s response time during activity.

National Fall Prevention Week is coming up September 22nd. Brookmeade and its Therapy Team are here to help. Stop by to speak to a therapist to:

- provide insight into injury prevention
- analyze balance, posture and strength
- develop programs to improve health and wellness
- educate yourself on ways to adapt to your environment
- assess and modify your environment to improve your safety and independence

Laura Baldi is the Director of Rehabilitation at Meadows at Brookmeade Community which provides long-term care, sub-acute rehabilitation, palliative care and Out-Patient Rehabilitation.



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# How to build a strong heart by improving cardiovascular endurance

By M. Zubair Jafar, MD



Dr. M. Zubair Jafar

You want to run a 5K but don't think you have the stamina for it, so you quit before you even get started. This is common, however, there is a solution – building your cardiovascular endurance.

Improving one's cardiovascular endurance takes effort, but it is not impossible. Start with 10 to 15 minutes of brisk walking a day, for example, and increase your time and distance slowly. Small steps will go a long way toward maintaining a healthy heart and strong cardiovascular system, the building blocks for overall well-being and longevity.

### What is Cardiovascular Endurance?

Cardiovascular endurance refers to the ability of the heart, lungs and circulatory system to supply oxygen and nutrients to the muscles during prolonged periods of exercise. Regular

## PATIENT FIRST

cardiovascular training strengthens the heart, increases lung capacity, improves blood circulation and enhances the body's ability to utilize oxygen efficiently.

Cardiovascular endurance is often measured by the maximum amount of oxygen the body can utilize during exercise, known as VO2 max. The higher the VO2 max, the more efficiently the body can transport oxygen to the muscles, allowing individuals to sustain physical activity for extended periods of time.

### Strategies to Improve Cardiovascular Endurance

**Aerobic Exercise:** Engaging in aerobic activities such as jogging, swimming, cycling or dancing for at least 150 minutes per week can significantly improve cardiovascular endurance. Start gradually and increase intensity and duration over time. Remember to consult with a physician before starting any exercise regimen.

**Interval Training:** Incorporating high-intensity interval training (HIIT), short bursts of intense exercise, into your routine can enhance cardiovascular fitness. Alternating between these short bursts and recovery periods challenges the heart and trains it to pump blood efficiently.

**Cross-training:** Including a variety of activities in your exercise regimen helps engage different muscle groups and prevents injuries. Mixing cardio exercises, strength training and flexibility workouts creates a well-rounded fitness routine.

**Consistency and Progression:** Consistency is key to improving cardiovascular endurance. Gradually increase exercise duration, intensity or frequency to challenge your cardiovascular system and continue making progress.

**Proper Nutrition and Hydration:** Fueling your body with a balanced diet rich in lean proteins, whole grains, fruits and

vegetables provides the necessary nutrients for optimal cardiovascular health. Hydration is also essential for maintaining blood volume and circulation.

**Listen to Your Body:** Pay attention to signs of fatigue, discomfort or pain during exercise. Strike a balance between pushing your limits and avoiding overexertion or injury. Consult a healthcare professional if you have any concerns or pre-existing medical conditions.

### Benefits of Cardiovascular Endurance

**Improved Heart Health:** Engaging in activities that boost cardiovascular endurance strengthens the heart muscle, enhances its efficiency and lowers the resting heart rate, reducing the risk of heart disease, high blood pressure and stroke.

**Enhanced Stamina and Energy Levels:** Regular aerobic exercise, such as running, swimming or cycling, improves endurance capacity, allowing individuals to perform daily tasks with less fatigue and increased energy levels.

*continued on page 6*



# all new!

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# Let’s get moving - and prevent chronic conditions

**By Christian Campilli PT, DPT**



Most Americans don’t move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control and overall quality of life. The second edition of the “Physical Activity Guidelines for Americans,” reports that approximately 80 percent of U.S. adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, diabetes, obesity, and depression.

The good news is that regular physical activity can prevent and improve many chronic conditions. America, it’s time to get moving!

## BODY KNOWLEDGE

- According to the guidelines, the following is recommended:
- Preschool-aged children (ages 3 through 5 years) should be physically active at least for three hours, if not more. Adult caregivers should encourage active play that includes a variety of activity types and limits sitting-around time, such as screen time.
  - Children and adolescents (ages 6 through 17 years) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.
  - Adults should do at least 150 minutes of moderate-intensity aerobic activity a week, and at least two days for muscle-strengthening activities. Adding more time provides further benefits.
  - Older adults (ages 65 and older) should do at least 150 minutes of aerobic activity a week and include muscle-strengthening activities 2 days a week. You should also add components, such as balance training as well. If you have limitations due to preexisting conditions, consult with a health care provider and be as physically active as your abilities allow.
  - Pregnant and postpartum women who were physically active before pregnancy can continue these activities during pregnancy and in the postpartum period, but they should consult their health care provider about any necessary adjustments.

• Adults with chronic health conditions and disabilities, who are able, should do at least 150 minutes of moderate-intensity activity a week. You should consult with a healthcare provider about the types and amounts that are appropriate for you.

Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.

You can contact a physical therapist directly for an evaluation. You do not need a physician referral.

*\*Adapted from APTA and U.S. Department of Health and Human Services*

*For more information, visit [centerforphysicaltherapy.com](http://centerforphysicaltherapy.com) or call 845-297-4789.*

# September is the month of the candle!

September is here – with the nights beginning to get a little longer. For me, this is my favorite season for nothing is more comforting than lighting a fall-scented candle and then curling

## LIFE IS BETTER WITH CANDLES

With Sonya, the Candle Lady



up with a warm blanket and a good book.

Before electricity, candles were used as a source of light, but now candles provide comfort in times of sadness, are the perfect complement in celebrations, scent your space and enable you to relax.

Here are some things to do with candles during the month of September:

- I know you have some in your home. Take those candles out of your kitchen cabinets, dust them off and actually light them.
- Try making your own candles either by attending a candle-making class in your city or town or purchasing the materials needed to make your own. You will take pride in knowing that no one else has the same candle.
- Support your local candle store by taking a trip there to explore all the different types of candles. You may just find the one you were looking for.
- Candles are an ideal gift for any occasion. Give one to a friend or a family member and express how much you appreciate them.

candles, never leave them unattended and keep away from children and pets. Never burn a candle for more than 4 hours, trim the wick to ¼ inch each time it is re-lit.

*Sonya, the Candle Lady has established herself as a trusted source for soy and beeswax candles including wedding ceremony and reception candles when she opened Ye Olde Candle & Gift Shoppe in 2015. She was featured in The Hudson Valley Magazine’s Face of Soy & Beeswax Candles for 2022 and was selected as an artist to participate in Dutchess Homemade for Arts Mid-Hudson. Sonya offers weekly candle making classes including wax melts. You may e-mail her at [sonya@yeoldecandlehousegiftshoppe.com](mailto:sonya@yeoldecandlehousegiftshoppe.com)*

Another reason why you should light candles not just on September but throughout the year is because they reduce anxiety and stress levels. So if you want to de-stress, take some “me” time and light a candle.

Enjoy the season of the candle!  
Practice safety when burning

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**[www.CenterForPhysicalTherapy.com](http://www.CenterForPhysicalTherapy.com)**



# Promoting Prostate Health: Lifestyle habits that make a difference

**By Premier Health Group**  
September is Prostate Cancer Awareness Month. Prostate health is a vital aspect of men's overall well-being, and adopting a proactive approach through healthy lifestyle habits can make a substantial difference. By nourishing your body with nutrient-rich foods, staying active, managing stress, and prioritizing regular check-ups, you're taking essential steps toward promoting a healthy prostate.

**Maintaining a Healthy Lifestyle Improves Prostate Health** - Most of the activities and lifestyle choices you make regularly impact your overall health. When you make active decisions to improve your overall health, you ultimately are ensuring the health of each part of your body, including the prostate.

The prostate gland's primary function is to produce seminal fluid, which nourishes and transports sperm. While not an essential organ for life, the prostate is vital in reproduction. According to the American Cancer Society, an estimated 288,300 new cases of prostate cancer will be diagnosed in the United States in 2023. Prostate cancer is more likely to develop in men over 40 and is most common in men who are 65 or older.

**Diet and Exercise Can Lower Your Risk for Prostate Cancer** - Regular exercise and proper nutrition are key for maintaining a healthy weight, which significantly impacts prostate health. Excess weight, especially around the abdomen, can influence hormonal imbalances and contribute to inflammation. While being overweight or obese does not directly cause prostate cancer, obesity does put you at higher



risk for benign prostate hyperplasia (BPH) and prostate cancer. It has been shown that the risk for developing more aggressive forms of prostate cancer are more likely in individuals who are overweight or obese. By losing weight, you lower the risk of developing prostate cancer as well as more serious issues if you are diagnosed.

Foods that may contribute to inflammation and negatively impact hormone levels, such as sugar, red meat, and saturated fats, have been associated with an increased risk of prostate issues. The Prostate Cancer Foundation recommends these five best foods for maintaining a healthy prostate:

- **Cruciferous Vegetables:** broccoli, cauliflower, bok choy, cabbage, and Brussel sprouts
- **Berries:** strawberries, blackberries, blueberries, and raspberries
- **Fish:** salmon, sardines, trout
- **Cooked Tomatoes**
- **Coffee & Tea** (without sugar)

**Exercise Can Promote Prostate Health and Lower Your Risk for Cancer** - Studies suggest that men who exercise regularly are less likely to develop prostate cancer or die from the disease. Men who exercise the equivalent of one to three hours of walking each week have an 86% lower risk of

aggressive prostate cancer. Another study found that men who completed three or more hours per week of vigorous physical activity had a 61% lower risk of prostate cancer death.

If you've been diagnosed with prostate cancer, being active is safe and possible but it is always recommended to consult with your doctor to ensure you're not overdoing it. If you're feeling up to exercising, doing so is safe during and after treatment for prostate cancer.

**The Relationship Between Stress and Prostate Health** - Stress has been found to cause prostate inflammation and enlargement (BPH). When your body is stressed, more of the cortisol hormone is released. In men, increased levels of cortisol can suppress other key hormones such as testosterone.

Extreme levels of stress can affect your body's physiology, allowing prostate cancer to develop and grow. It is crucial to manage stress and practice techniques that help promote your mental health and wellbeing in order to improve your overall health and reduce the risk of developing health problems like prostate cancer.

**Screenings for Prostate Cancer** - The American Urologic Association recommends prostate cancer screening starting at age 55 for men who are at average risk. The goal of screening for prostate cancer, or

any kind of cancer you may be at risk for, is to find it and diagnose it early as it may spread if not treated.

The two most common tests performed in prostate cancer screenings are a blood test called a prostate specific antigen (PSA) test and a digital rectal examination. The blood test may show elevated levels of PSA if you have prostate cancer, or other issues such as enlarged prostate or prostate infection. A rectal examination allows your doctor to feel for any abnormalities in your prostate such as cancer.

**Ask About Prostate Cancer Screening at Your Next Checkup** - By conscientiously choosing nourishing foods, engaging in regular physical activity, managing stress effectively, and prioritizing routine check-ups, you can take significant strides toward promoting not just prostate health, but your overall well-being. The statistics remind us of the importance of being proactive – with prostate cancer diagnoses projected to affect numerous lives in the coming year.

Let this month's awareness serve as a catalyst for lasting lifestyle changes that not only benefit us but reverberate through generations, elevating the standard of men's health and enhancing lives. Contact Premier Medical Group today to schedule your annual check-up and ask if it's time for your prostate cancer screening.

*Premier Medical Group is a multi-specialty medical practice with locations in Poughkeepsie, Fishkill, New Windsor, Newburgh, and Kingston. To learn more about our specialties and providers please visit: [premiermedicalhv.com](http://premiermedicalhv.com) or call #1-888-632-6099.*

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THE NEW SCHOOL YEAR IS HERE

Students thrive on the excitement of learning

Already we are in the first month of the new school year. Where did the summer go? I hope that you are prepared to make this year a productive and successful one. Supporting our children and working together with their teachers will make this happen. All of us must be on the same team to help our children learn and develop the skills and qualities that will sustain them through life.

Many children begin the new school year with anticipation and excitement. They are happy to see their friends and share all the experiences this new school year will bring. We must help them keep this positive attitude and thrive on the excitement of learning. This is a great motivation.

When children are prepared for the school day they have a head start for achievement. So here are some reminders of three important components to start the day: Sufficient sleep, a healthy breakfast and preparation each

MAKING EDUCATION WORK  
with Diane Fulves

night for the next day.

When children, and teenagers, too, get enough sleep they are ready to spend five of six hours listening, concentrating, completing assignments, and interacting with others. They need to be focused and attentive to be able to complete all tasks and participate fully in all activities.

A healthy breakfast helps children start the day with energy. Find foods that your children like, but are also nutritious. Oatmeal, eggs, a grilled cheese or peanut butter and jelly sandwich provide protein and fill the tummy. Sugary cereals do not fit the bill. If your children are not early morning eaters, pack the breakfast and send it to school with them. I have often told parents that their

children could eat breakfast before classes began. Contact administration or the classroom teacher to make arrangements to allow time to eat breakfast either in the cafeteria or in class. This should not be a problem.

Lunch is another consideration. If your children do not like the lunches the school provides, pack a healthy lunch for them. To ease the morning rush, prepare sandwiches, snacks, etc. the night before. This takes time, but we must be sure that our children have healthy food to eat. Some schools have a late morning lunch period for certain classes. Then children spend the next three to four hours in class. They need nutritious foods to sustain them for the rest of the school day.

Preparation for the following day should be done the night before so that children can begin the day stress free. Prepare clothing, lunches, all materials in the book bag, homework, signed assignments, permission slips, pencils, pens, rulers, computer tablets, notebooks and everything that must get to class the next day. This applies to your teenagers, as well. Take 10 minutes at night to gather everything and your mornings will be much calmer.

Some children would benefit from a communication folder or notebook. Place important information in the folder, e. g., notes, homework, and anything else that must be returned to school each day. This helps children to be organized, which is especially important for children who have attention or memory issues. Let the teacher know

where to look for information. If children forget, it's in the folder!

Vigilance is another essential component for a successful school year. Pay attention to your children when they return home each day. Are they happy and confident about school? Do they have friends? Take time to talk with them about their day. It is extremely important that they know their parents are interested in their work, their classmates and their teacher. Sharing the day's experience with parents gives children a sense of comfort and security.

If your children return home and appear frustrated and upset, listen to their complaints with patience and understanding. You do not want them to feel isolated and alone. You need to know the reason for their frustration so that you can find solutions. If they are upset, they are not learning. If you see that problems persist, make an appointment with the teacher. Do not wait for weeks to correct the problem.

If issues are addressed early in the year, your children will have the opportunity to succeed. When we listen to the needs of our children, and correct the small problems, we can continue to build a foundation for success.

Remember that SUCCESS IS THE ONLY OPTION!

*Diane Fulves, M.A., M.S. Ed., is a learning specialist and advocate for children and parents who is located in Millbrook. She is director of "Empowering Our Parents," which offers information and support to parents. She is the director of Nurture the Spirit and Shakespeare Odyssey, programs that enrich children with the magic of the arts. For more information, please contact her at dee076@verizon.net .*

Cardiovascular endurance

continued from page 3

**Weight Management:** Cardiovascular exercises are effective in burning calories, losing weight and maintaining a healthy body composition.


**Mental Well-being:** Cardiovascular exercise releases endorphins. This results in reduced stress, anxiety and depression while promoting better sleep and overall mental well-being.

At Nuvance Health, we have a sports cardiology program designed to help both seasoned competitors and weekend warriors reach their athletic goals. Participants are given a thorough physical, as well as a cardiovascular assessment to determine their target heart rate

for optimal training and competition. While this option may not be for everyone, incorporating cardiovascular endurance into your fitness regimen should be.

Consistent physical activity coupled with a balanced diet and lifestyle, can benefit heart health, boost energy levels and improve overall well-being. A strong heart can uncover new levels of endurance you never knew you had and will have lasting benefits.

*Dr. Jafar is a cardiologist with Nuvance Health and the director of the sports cardiology program at The Heart Center, a division of Hudson Valley Cardiovascular Practice, P.C., which is part of Nuvance Health Medical Practice.*



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# All Sport Health and Fitness: Best Fitness Club in the Hudson Valley!

**By the All Sport Staff**

All Sport Health and Fitness is thrilled to announce its recent victories in the prestigious Best of the Hudson Valley awards.

With an unwavering commitment to excellence, All Sport has been recognized as the Best Fitness Club in the Hudson Valley and Best Body Sculpting Class! This achievement would not have been possible without the overwhelming support and dedication of our incredible community. We extend our deepest gratitude to everyone who voted for us and helped us secure these remarkable accolades.

For over four decades, All Sport has been a pillar of health and wellness in the Hudson Valley.

Our success is founded upon the dedication and hard work of our passionate members, as well as our exceptional staff. Together, we have built a vibrant and supportive community that strives for strength and well-being.

The Best Fitness Club award is a testament to our ongoing commitment to providing an exceptional fitness experience. At All Sport, we understand that staying active and leading a healthy lifestyle are vital components of overall well-being.

With state-of-the-art facilities, cutting-edge equipment, and a wide range of fitness programs, we strive to offer our members an unmatched fitness journey. Whether you're a beginner or a

seasoned athlete, our dedicated team is here to support and guide you every step of the way.

In addition to the Best Fitness Club recognition, we are thrilled to have won the Best Body Sculpting Class award. Our transformative classes have helped countless individuals achieve their fitness goals, sculpt their bodies, and build confidence. From high-intensity workouts to specialized training sessions, we tailor our programs to meet the diverse needs and aspirations of our members. With the guidance of our experienced instructors, you can embark on a transformative fitness journey that will empower you to reach new heights.

As we celebrate these

momentous milestones, we invite you to join us at All Sport Health and Fitness to discover firsthand why we have been honored as the Best in the Hudson Valley. Experience our state-of-the-art facilities, engage in our dynamic classes, and become part of a community that prioritizes health, wellness, and personal growth.

Join us on Saturday, October 21 for our Fall Fest! Fall Fest is a family-friendly event from 11am – 2pm that features the popular food truck, Cousin's Maine Lobster, fall activities for kids, and a fun-filled day to create memories with your loved ones. See you there!

For more information about All Sport's offerings, please visit [www.allsporthealthandfitness.com](http://www.allsporthealthandfitness.com) or call 845-896-5678.

## Tips for older adults on protecting their health

(StatePoint) With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks.

"During the holidays, our lives get very busy with family and friends," said Dr. J.B. Sobel, chief medical officer for Cigna Healthcare's Medicare business. "Before then, please take time to ensure you get the preventive care you need to stay healthy."

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender and health status, but the following are some of the most common for seniors, according to Sobel.

**Vaccinations**

There are a number of vaccines older adults need to consider to protect themselves. Flu and pneumonia, for example, are among some of the most common causes of senior deaths. There is no "one-size-fits-all" approach to vaccination. Timing and frequency vary, depending on your health history. Ask your health care provider which vaccines are appropriate for you.

- Flu. This vaccine is administered annually, generally before the end of October, and is designed to match the latest circulating flu strains.
- Pneumonia. Administration varies based on health history. If you're 65 or older and you've never had the vaccine before, then you'll likely need two shots, which are administered a year apart.
- Shingles. The Centers for Disease Control and Prevention (CDC) recommends two doses of the shingles vaccine for healthy adults aged 50 and older, spaced two to six months apart, to prevent shingles and related complications.
- COVID-19. Ask your doctors about current recommendations for prevention of COVID-19 infections.

- RSV. Earlier this year, the Federal Drug Administration approved two separate vaccines to address respiratory syncytial virus (RSV) in older adults. RSV, a common respiratory infection, usually causes mild, cold-like symptoms, but can be more severe in older adults and children. Talk to your doctor about whether you should get an RSV vaccine.

**Health Screenings**

- The following health screenings are commonly recommended for older adults.
- Mammogram. Breast cancer is the second leading cause of cancer death in women in the United States, according to the CDC. Every woman is at risk, and risk increases with age.
- Fortunately, breast cancer can often be treated successfully when found early. The U.S. Preventive Services Task Force (USPSTF) recommends women 50 to 74-years-old at average risk get a mammogram every two years.

- Colorectal screening. Colorectal cancer risk increases with age. Screenings can find precancerous polyps early, so they can be removed before they turn into cancer. The USPSTF recommends colorectal cancer screening for adults age 45 to 75. Though colonoscopy is the most comprehensive test, there are other options you may consider with the help of your provider.
- Bone density scan. USPSTF recommends women aged 65 and older, and women 60 and older at increased risk, be routinely screened for osteoporosis, a disease in which bones become weak and brittle. Screening may facilitate treatment that helps prevent fractures.
- Eye exam. Routine eye exams can identify early signs of eye disease that are more likely as people age. People with diabetes in particular are prone to retinopathy, which leads to vision loss. It's recommended that people with diabetes have annual retinal

- screenings.
- Mental health checkup. Many people experience seasonal depression during fall. Mental health is strongly linked to physical health. Talk to your health care provider about both, including your personal and family history. They can connect you with additional mental health resources.
- To prevent unpleasant surprises, Sobel suggests talking with your health care provider, pharmacist or insurer about preventive care costs. Fortunately, costs are often covered fully by Medicare or Medicare Advantage, he said.
- The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.*



# VOTED BEST FITNESS CLUB







# There's more than one vaccine - it's time you got your flu shot

## Partner with Premier's Primary Care team

Flu vaccines have been widely available since 1945 and they save thousands of lives and prevent tens of thousands of hospitalizations each year. The Primary Care team at Premier Medical Group strongly recommends that you get yours for lots of important reasons. If you get the flu vaccine, your risk of having to see us for the flu is reduced by 40 to 60%. If you have a heart or lung disorder or a chronic illness like diabetes, it's essential you avoid catching the flu. Protect yourself and those around you from the risk of flu, partner with Premier Medical Group.



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