

NOVEMBER
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MORE YEARS, MORE LIFE



“TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER”



TAKE CARE OF OUR BODY

EXERCISES FOR SENIORS: FITTED LEGS AT 65

Before we talked about the importance of physical exercise, of maintaining agile arms, now we will see that the best exercise is to move your legs. This does not mean that we have to run since to move our legs we do not have to go faster than our strength allows us. The speed should be such that we can maintain a fluid conversation simultaneously without becoming breathless. We observe that, after retirement, older people become sedentary and due to that, they lose a lot of mobility without being aware of it.

The result of this is that they lose strength in their legs, which makes them drag their feet while walking, which increases the risk of falls. It is a spiral from which only exercise can get us out since, if we exercise our legs, we strengthen them and thus we will avoid accidental falls since we will be more agile and we will have more reflexes.

Walker there is not road ...

...we make the road while walking. But how? Ideally, take normal steps and above all lift your foot well, avoiding dragging it so as not to stumble. To do this, we will first support the heel and then the toe. To catch the thread, we can do it slowly, in slow motion and when we have the movement increase the speed until the normal pace. The trick is to raise the knee a little when starting the step and to always support the heel so as not to lose stability.

Dragging the feet is a common cause of falls since as soon as the tip of the foot catches a bump on the ground, no matter how small the entire body is, it becomes unbalanced.

The best thing to do is go for a walk every day. With this, we will not only move our legs, we will also socialize, we get sunbathe and fresh air and also, we can profit to go for shopping daily. However, walking can be complemented with simple exercises to strengthen the legs that can also be used to stretch and warm up, before and after our daily walking.



The exercises can be done sitting in a chair or lying on a comfortable surface and, as for the arms, we can start with sets of 10 the first month. The following month, we can expand to two series. Always at the rate that our physical form allows us, without forcing and consulting with our family doctor in advance to keep an adequate control of our health.

Easy leg workout routine

1. Knee extension exercises: Sitting on a chair, we raise our feet as far as we can and lower it gently. Ten repetitions with each leg.
2. Getting up and sitting down from the chair: With your back straight and leaning on the armrests if necessary.
3. Going up and down steps: Ideally, a staircase of no more than 3 or 4 steps with a handrail. We went up and down without rushing 10 times. It involves gently exercising your knees to strengthen them. For all the other stairs, our recommendation is, of course, a chair that saves stairs or an elevator.
4. Lying on a comfortable surface: We raise and lower the knee, dragging the foot across said surface. The movement is 10 times repeated with each leg.

We can do these exercises before getting out of bed to start the day with energy, taking advantage of the fact that we are on a comfortable surface. Those that are done sitting down on a chair can be done after breakfast and before going out for a walk.

The important thing is to keep moving and everyone has to move according to their possibilities. Exercise slows down aging and slows down the fatigue that age brings. Practicing a healthy sports routine and supplementing it with a proper diet provides our body with multiple benefits: we activate circulation, cardiovascular performance and metabolism.

Now, more than ever we have to take care of ourselves and enjoy the life.

https://www.youtube.com/watch?v=b06NNfX_1ns
10-MINUTE INDOOR WALKING WORKOUT FOR SENIORS, BEGINNER EXERCISERS
EXERCISES FOR OLDER ADULTS USING A WALKER : <https://www.youtube.com/watch?v=eygKJyMCKxY>

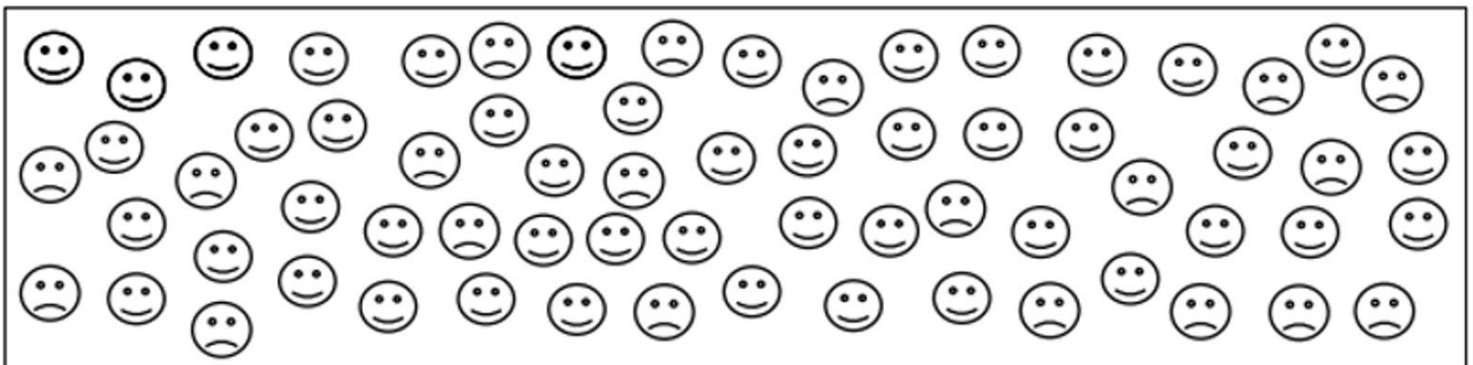
TAKE CARE OF OUR MINDS



Fill up the empty spaces with the numbers on the left, starting from those that are already placed in their correct position. (It is recommended to do it several times)

07, 12, 14, 19, 44, 48, 49, 67, 72, 76, 77, 79, 84, 005, 015 , 058, 079, 083, 379, 411, 568, 569, 636, 639, 656, 661, 915, 920, 0661, 2332, 4325, 5957, 6099, 6919, 8180, 02210, 25027, 62690, 89020, 97972, 786062 , 6558386.	7								
	8								
	6								
	0								
	6								
	2								
							0	1	5

How many faces are not smiling? _____



TAKE CARE OF THE ENVIROMENT

El humanismo cristiano según el Papa Francisco:



Enseña a vivir en la creación como una casa común.



Afirma radicalmente la dignidad de toda persona como hijo de Dios.



Establece entre cada ser humano una fundamental fraternidad.



Enseña a comprender el trabajo.



Proporciona razones para la alegría y el humor, también en medio de una vida dura.



We continue committing ourselves to caring for the planet, our common home. We are asked to protect the earth because its wonders and beauty belong to all of us. Let's love the world that God has created for us starting today.

<https://www.youtube.com/watch?v=uzn55JHtki0>

<https://www.youtube.com/watch?v=0Puv0Pss33M>

TAKE CARE OF THE SPIRIT

DO NOT CLOSE THE HEART

Perhaps by closing ourselves on ourselves and on our problems and sufferings, we invalidate ourselves to share the pain of others. Whoever closes himself in his own heart cannot understand what happens in the other's heart.

Many are afraid of knowing the pain of others because it would compromise them in their life; that is why they prefer to close and lock the heart. Without realizing that they are thus unable to understand human pain.

To one who asked: "Do you know the Gospel?" The other replied: "And do you know pain?" It is about having the experience of one's own pain and that of others, since those who have not suffered cannot understand the pain of others.

It is about changing the heart so that in our heartbeat every hour we feel and understand the heartbeat of others. Change the heart so that in our tears we savour the bitterness of each tear; so that in our abandonment we understand the desert that surrounds every heart.

The one who does this is walking the path of solidarity and love; he is walking the path of true humanization.

The person not committed to human pain is a kind of adornment of existence; she is just a runway model. These people are like stopped watches or boats docked for scrapping. On the contrary, I like people who bow down to the pain of others. That inclination that is the maternal gesture. That curve is the document of her identity, the unmistakable sign of the "motherhood" that descends and condescends.

Jesus "bowing" his head gave up his spirit. Inclination as a symbol of his abasement and his closeness to human pain. To remedy the pain, he gave his life.

As this is difficult, we should ask God, what the poet asked : "So that bitterness in my life will never be stronger than love,

put, Lord, a source of joy in the desert of my heart.

So that failures never drown my desire to always follow your voice

put, Lord, a source of hope in the desert of my heart ".

It is not enough to fan ideas about pain, but you have to be able to reach out and share it. Theorizing about pain over coffee is easy, but suffering from the pain of others is something different.

After all, pain is part of our life, it is the fragile side of our greatness, it is the night that allows the moon to shine.

But only commitment allows us to be the moon before the night of pain.

I question myself:

1. How did Jesus of Nazareth cope with pain?
2. How did María Ràfols relate to pain?
3. How do you live the pain in your life? How do you accompany others' pain?



Sisters of Charity of
Santa Ana

Your opinion is important to us:
If you want to give us ideas, if we can improve something ... tell us!
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