

Senior Lifestyles

YOUR GUIDE FOR ACTIVE SENIORS

VOL. 1 • NO. 4 • JUNE 2013



Ageless Living

VOL. 1 • NO. 4 • 1

4 common fitness myths d

Weight loss tips, bad diets and more - these days they're everywhere you look, and most are a little off-kilter. In fact, the average American spends an average of 10 minutes a day to be physically active, according to a new study conducted by Fitbit.

Research suggests growing Americans will be expected to live longer, healthier and more active lives. But there are some common misconceptions about fitness and the best way to get it done.

1 Myth: You have to get in a lot of exercise to get results

The average American believes they need to work out for 30 minutes five to six times per week. And while there's nothing wrong with that, it's not always realistic. In fact, a study published in the *Journal of the American Medical Association* found that 10 minutes of exercise will help improve heart health and reduce the risk of heart disease.

2 Myth: Working out in the sun is the best way to get results

Health officials advise you to avoid the sun between 10 a.m. and 4 p.m. because of the risk of skin cancer. Instead, opt for indoor workouts or workouts during the cooler parts of the day.

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Franklin VNA - Wellness tidbits to keep y

Ageing well - Franklin VNA's Health Matters Plus is here to help you stay healthy and active. We'll have resources about heart and diabetes, and we'll have resources about staying healthy and active in our homes. We'll have resources about staying healthy and active in our homes.

and happy thoughts healthy

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A guide for active New Hampshire Seniors Sept. 2013 • Free

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OUT & ABOUT Happenings in NH Pages 20-23



Inn at Cuckolds Lighthouse is 'Bucket List' must

The restored historic Cuckolds Light Station and Inn at Cuckolds Light Station is offering a new way to experience the state's history.

The inn is a historic building that has been restored to its original glory. It offers a unique experience for visitors, with a focus on history and local culture.

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By glowing windows - this is almost called in the bucket list, and a beautiful view of the ocean and the Cuckolds Lighthouse is a must-see.

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