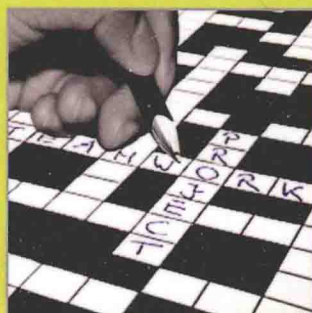
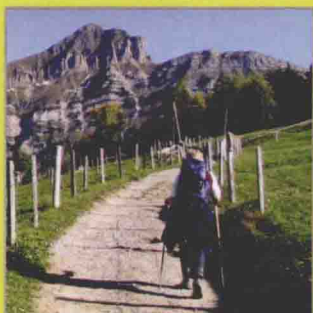


# LIVE HEALTHY at ANY AGE

The Wisdom of Almost Ninety Years!



JERROLD E. KEMP, Ed.D.

# Live Healthy At Any Age

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Jerrold E. Kemp, Ed. D.

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## **Dedication**

This book is dedicated to the memory of my deceased wife, Dorothy. In the forty-plus years of our marriage, she made me knowledgeable about good nutritional practices and the need for the pleasures of exercising. We ate healthily, enjoyed hiking, biking, playing tennis, and swimming together until her passing in 1995. For more information about my early experiences with Dorothy, please see in chapter 10 with the heading “Looking Back.”

Thanks *Do*.

## **Acknowledgments**

I wish to acknowledge the advice and assistance I received from my wife, professionals, colleagues, and friends during the preparation and finalization of the manuscript for this book.

My wife, Edith, suggested many changes to bring a smoother flow of the ideas and information and an easier reader-understanding of the content.

Anthony Roberts, doctor of chiropractic medicine in Mariposa, California, clarified the location of muscles and joints in the human body for reader-understanding with exercises in chapter 3.

Victoria Hibpshman created the illustrations for exercises described in chapter 3. They clarified the procedures and equipment used for many exercises.

Rich Camp modified the design and layout of the printed content of the book, including fonts, use of bullets to separate and highlight items, illustrations, and charts for clear appearance and easy understanding.

Other friends and acquaintances reviewed the initial draft and offered many useful suggestions. These include Ron Carraher in Seattle, Washington; Harold Green in San Jose, California; Don Descy in Greer, South Carolina; and Kathy Frick in Bloomington, Indiana. Kathy also suggested the wording for the book's catchy title.

Since a number of technologies relating to topics within the subjects of physical exercise and good nutrition receive attention, I checked with knowledgeable individuals about the accuracy and completeness of certain information. This included Ian Leff and Obie Leff, (new technologies in the twenty-first century used for questions at the start of chapter 2); Chuck Reese (iPhone use for nutritional facts measurements necessary for determining amount of food ingredients and calories in servings); Sue Sanderson (use of GPS for hiking directions and measuring mileage and calories consumed, and Ed Hibler who assisted with the topics on family genealogy and personal memoir-writing in chapter 7.

My thanks to all of them for their time and useful information.

Jerry Kemp  
Mariposa, California

# Contents

<b>Dedication .....</b>	<b>xv</b>
<b>Acknowledgments .....</b>	<b>xvii</b>
<b>Welcome! .....</b>	<b>1</b>
<b>Introduction .....</b>	<b>5</b>
▪ About the Author .....	7
▪ Why Write This Book? .....	8
▪ How Do You React to This Introduction? .....	12
<b>Chapter 1   How Healthy Are You? .....</b>	<b>15</b>
▪ Where Do You Place Yourself in Terms of Your Health? .....	15
▪ Calculate Your Body Mass Index (BMI).....	18
▪ Tracking Your Health .....	20
▪ Life Expectancy .....	21
<b>Chapter 2   Adjusting Your Mind-Set for Positive Changes               Leading to Healthy Living.....</b>	<b>23</b>
▪ How Easily Does Your Mind Accept New Things? .....	25
▪ Helping a New Mind-Set Lead to a New Habit.....	27
▪ Categories for Mind-Set Change .....	28
✓ Help a person with immediate need	
✓ Interest person with readiness to learn about good health practices	
✓ Find ways to interest “nonbelievers” in good health practices	
▪ Stages for Mind-Set Change.....	30
✓ Initial question	

✓ Three preliminary stages	
✓ Three operational stages	
✓ Four actions for reaching maturity level	
▪ A Mind-Set Change Scenario .....	34
▪ Summary: Mind-Set Change Statement .....	38
▪ Prepare to Move Ahead.....	38

## **Chapter 3    Physical Exercise .....40**

▪ Your Present Exercise Evaluation .....	40
▪ Mind-Set Change for Physical Exercise .....	43
▪ Why Should Exercise Be Important to You?.....	43
▪ Factors to Have in Mind When Exercising .....	46
✓ Stretching	
✓ Water at hand	
✓ Body endurance	
▪ Types of Exercise and Their Benefits to You.....	47
Endurance Exercises .....	48
✓ Moderate and vigorous types	
✓ Walking and hiking	
➤ Benefits	
➤ Procedures	
➤ Support	
➤ Use a pedometer	
➤ Use a GPS when hiking	
✓ Exercise in Water	
➤ Walking in water	
➤ Swimming	
Location of Body: Parts and Muscles.....	60
Strength and Resistance Exercises (Weight Training) .....	61
✓ Shoulder muscles (arms raised)	
✓ Upper-arm muscles (biceps curl)	
✓ Back of upper-arm muscles (triceps extension)	



✓ Shoulder muscles (shoulder flexion)	
Strength Exercises without Weights	
✓ Abdominal and thigh (chair stand)	
✓ Ankle and calf (plantar flexion)	
✓ Back of thighs (knee flexion)	
✓ Thigh and hip (hip flexion)	
✓ Front of thigh and shin (knee extension)	
✓ Bullocks and lower back (hip extension)	
✓ Side of hips and thighs (side leg raise)	
Balance Exercises .....	70
Flexibility and Stretching Exercises with Balance Improvement .....	72
✓ Back of thighs (hamstrings)	
✓ Back of thighs (alternative hamstrings)	
✓ Lower leg muscles (calves)	
✓ Front of ankles (ankles)	
✓ Back of upper arms (triceps stretch)	
✓ Muscles in wrist (wrist stretch)	
Floor Exercises for Muscles .....	76
✓ Front of thighs (quadriceps)	
✓ Outer muscles of hips and thighs (double hip rotation)	
✓ Pelvis and inner thighs (single hip rotation)	
✓ Shoulder muscles (shoulder rotation)	
✓ Neck of muscles (neck rotation))	
Equipment for Exercising .....	80
✓ Stationary bicycles	
✓ Elliptical trainer	
✓ Rebound exercise unit (Trampoline)	
✓ Rowing machine	
✓ Treadmill (Cardio-workout machine)	
✓ Weight-lifting machine	
Checking Your Pulse .....	87
■ Additional Exercise Topics .....	89
✓ Simple exercises	
➤ Push-ups	

➤ Sit-ups	
➤ Pull-ups	
➤ Jump rope	
✓ Nonconventional exercises	
➤ Dancing	
➤ Yoga	
➤ Pilates	
➤ Tai chi	
Video Games for Exercising	
Exercises in Daily Activities	
Exercise on Vacation	
▪ New Physical Activities Guidelines.....	96
✓ To maintain weight	
✓ To lose weight or prevent weight gain	
✓ How intensively are you exercising?	
✓ A recommendation separate from guidelines	
✓ What if your exercise plan slows down?	
▪ Daily Record of Exercise Activities and Progress .....	100
▪ Now It's Your turn .....	101
▪ An Important Relationship .....	104

## **Chapter 4    Where Good Nutrition Starts.....108**

▪ Introduction .....	109
▪ What Are Your Present Food Preferences and Habits? .....	110
▪ Food Ingredients That Benefit or Harm the Body .....	112
✓ Carbohydrates	
➤ Simple carbohydrates (natural sugars)	
➤ Complex carbohydrates (starches and fibers)	
o Refined carbohydrates	
o Unrefined complex carbohydrates	
✓ Fiber	
➤ Soluble fibers	
➤ Insoluble fibers	

- ✓ Proteins
- ✓ Fats and oils
  - Saturated fats
  - Trans fats
    - Hydrogenated oils
  - Unsaturated fats
    - Monounsaturated fats
    - Polyunsaturated fats
- ✓ Vitamins and Minerals
  - Vitamins
  - Minerals
  - Multivitamins and minerals
- ✓ Water
- ✓ Additional thoughts
- The Food Pyramid ..... 132
- The New MyPyramid ..... 135
- Calories and Foods..... 137
  - ✓ Definitions—calories and metabolism
  - ✓ Body mass index (BMI)—see also page 18
  - ✓ Waist to Hip Ratio (WHR)
  - ✓ Body's Calorie Needs
  - ✓ Calories and Nutrients in Foods
- Serving Sizes and Portions ..... 141
  - ✓ What counts as a serving size?
- Serving Sizes to Calories..... 143
  - ✓ iPhone and other technologies for food and exercise databases

## **Chapter 5 Making Good Nutrition Work.....146**

- Nutrition Facts Labels..... 146
  - ✓ Calorie guide for meals
  - ✓ Numbers in nutrition facts label
- Food Package Labels ..... 157
  - ✓ Help for understanding food package labels

▪ Foods for Good Nutrition .....	162
✓ Grain-based foods	
➤ Whole grains	
➤ Breads	
➤ Crackers	
➤ Cereals	
➤ Rice	
➤ Pasta and noodles	
✓ Vegetables	
✓ Fruits	
✓ Vegetable and fruit safety	
✓ Dairy products	
➤ Milk products	
➤ Cheese products	
➤ Yogurt	
➤ Eggs	
✓ Meats	
➤ Beef	
➤ Lamb	
➤ Pork	
✓ Poultry	
➤ Chicken	
➤ Turkey	
➤ Duck	
✓ Seafood	
➤ Fish	
➤ Shellfish	
✓ Cooking animal protein	
✓ Beans	
✓ Nuts	
✓ Seeds	
✓ Herbs and spices	
▪ Prepared Food .....	198
✓ Salads	

- ✓ Sandwiches
- ✓ Soups
- ✓ Main courses
- ✓ Sweeteners for foods
- ✓ Salt in foods
- ✓ Food dyes
- ✓ Desserts
- ✓ Drinks, beverages, and more
  - Water—see also page 127
  - Pure juices
  - Beverages
  - Sports and Energy Drinks
  - Milk-based and related drinks
  - Coffee
  - Tea
  - Alcohol
- ✓ Processed foods
  - Frozen foods
  - Canned foods
  - Boxed foods
- ✓ Dates on packaged and processed foods
- Foods You Prepare.....223
  - ✓ Summary of recommended nutritional amounts
  - ✓ Sample recipes
- Other Food Topics.....227
  - ✓ Junk snacks versus nutritional treats
  - ✓ Organic foods
  - ✓ Vegetarian and vegan diets
  - ✓ Slow food programs
  - ✓ Mother's diet during pregnancy
  - ✓ Growing your own foods
  - ✓ Farmers' markets and local service
  - ✓ Dietary supplements
  - ✓ Eating out

- Suggestions when eating out
- Restaurants from other countries
  - o Asian restaurants
  - o Mexican restaurants
  - o Italian restaurants
  - o Indian restaurants
- What restaurant chefs know
- A remarkable buffet restaurant
- Eating on an airplane
- ✓ Special diets and weight loss
  - What you should know
  - Your body's needs and diet
  - Weight loss diets
    - o TLC—therapeutic lifestyle changes
    - o DASH—dietary approaches to stop hypertension
    - o Atkins plan—low carbohydrate, high protein
    - o Dean Ornish diet
    - o South Beach diet
    - o Weight Watchers
    - o The ZONE
    - o Mediterranean diet
    - o Practical suggestions for losing weight
    - o Mindful eating
    - o Also exercise for losing weight
- Saving Money When Buying and Preparing Foods.....262
  - ✓ Before going to the store
  - ✓ At the market
  - ✓ Online food shopping
  - ✓ Preparing food and cooking at home
  - ✓ Food differences within a family

## **Chapter 6    Children and Good Health .....277**

- Importance of Exercise for Children .....278

▪ Practical Suggestions for a Child's Exercise.....	279
▪ Consider an Exercise Program for Your Child.....	281
▪ Good Nutrition for Children .....	282
✓ Suggestions and Practices for Children	
▪ A Plan for Your Child to Eat Properly .....	287
▪ Lunching at School .....	288

## **Chapter 7 Maintaining a Healthy, Active Brain .....293**

▪ Physical Exercising.....	293
▪ Good Nutrition.....	294
▪ Benefits of Good Sleep .....	296
▪ Keeping Your Brain Active .....	296
✓ Mental stimulations	
✓ Mental exercises	
✓ Computer uses and other technologies	
✓ Hobbies	
✓ Music listening	
✓ Music playing	
✓ Family genealogy	
✓ Family tree	
✓ Family history	
✓ Personal memoir	
✓ Benefits of a pet	
✓ Laughter benefits	
✓ Being socially active	
✓ Reducing stress in life	

## **Chapter 8 A Review for Seniors.....311**

▪ Physical Exercise .....	312
✓ Weight control	
▪ Good Nutrition.....	314
✓ Foods for Good Nutrition	
✓ Food labels	

▪ Maintaining a Healthy, Active Brain.....	317
<b>Chapter 9 My Ending . . . Your Beginning .....</b>	<b>318</b>
▪ Personal Situation Number 1: Does He Really Want to Change?.....	319
▪ Personal Situation Number 2: Health Care Before Disease Care .....	321
▪ Healthy Lifestyle Support In Commercial Companies.....	325
<b>Chapter 10 Has Your Mind-Set Changed Toward a Healthier Lifestyle?.....</b>	<b>327</b>
▪ Practical Questions for the Reader .....	328
▪ Looking Back .....	332
▪ Be Alert! .....	334
▪ Useful References for Today.....	334
<b>General Terms for Healthy Living.....</b>	<b>336</b>
<b>Index.....</b>	<b>339</b>



## Welcome!

Thank you for opening this book. Before we get started, here are some facts and observations to get your attention and then to encourage fresh thinking. The following are selected from a *TIME* magazine article, June 1, 2008, pages 41-42.

67% of Americans are overweight or obese.  
40% of Americans get no exercise.  
27% of Americans have blood pressure that is too high.  
96% of Americans cannot recall the last time they had eaten a salad.  
Over 200,000 Americans rarely eat enough vegetables.  
Over a majority of Americans pass their health habits to their children. This can mean that the present generation of American children may be the first ever to have a shorter life span.  
Our healthcare system effectively responds to illness rather than prevents it. More attention needs to be given to personal prevention and wellness programs.  
People clearly need to understand what actions are necessary for healthy living and to be receptive to making necessary changes or extensions in their habits and practices.

According to recent estimates from the Center for Disease Control and Prevention, 80% of cases of heart disease or stroke, 80% of cases of diabetes, and about 40% of cancer cases *could be prevented if Americans*

- stop smoking;
- exercise regularly;