



50+Living our best lives now and in the future!

Promoting Health & Wellness from a “Life-course Perspective”



As the Health Promotion Director at Fitness Over 50 in Corvallis, Oregon, Mike Waters lives each day with purpose. He also brings a wealth of experience and knowledge about health and aging to his position.

Waters spends his days supporting fitness and health, sharing his knowledge, and continually learning more about his field. When he is not working or volunteering, he is “reading books and articles in the field of health promotion. I am a lifelong learner. I tell people ‘I’m still trying to make the team (LOL).’”

A Wealth of Experience

Waters has worked in health and fitness for over forty years. Early in his career, he was a “trainer of trainers” for the national YMCA training staff. In 1980, when the Timberhill Athletic Club opened in Corvallis, he became the club’s first fitness director.

When he was growing up, he was involved in various sports activities. He played three sports in high school, including football. “Football was my favorite.” He was involved in track and played football for four years in college. “Originally, I wanted to be a football coach and teach exercise physiology at a small college.

Waters did end up coaching football at Willamette University and continues to coach part-time. He also does volunteer work for Oregon State University and the University of Oregon track meets, the Corvallis Half Marathon, and the Olympic Trials at U of O.

A Graduate Degree in Exercise Physiology & An Expanded Vision

Early in his graduate program at San Jose State University, Waters had an influential mentor. “He painted a picture to a small group of us that there was this new world of adult fitness.” Before that encounter, he planned to be a P.E. teacher. “I would have been horrible at that.”

Waters encourages adults to see health from a “life course perspective.” He “weaves in gerontology theories with biological health.” Older adults “want functional health and fitness.”

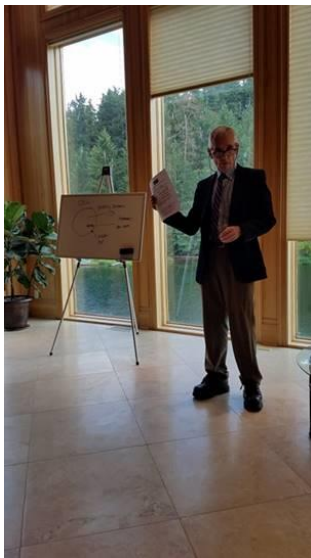


He describes functional fitness as maintaining our ability to “volunteer, travel, and play with grandkids—things that we take for granted but change as we get older. Our ‘performance’ fitness days are all behind us.”

He knows how important it is for mature adult exercisers to work with “trained staff that understands older adult physiology.” As we age, it can become “much tougher mentally and physically” to get started. One of his areas of expertise involves finding motivational strategies to help interested adults make positive changes by starting “small and easy.”

Educating Mature Adults about Holistic Health & Fitness

When offering workshops for adults 50+, Waters suggests that exercise and food are forms of medicine for our aging bodies. He addresses “health protectants” and emphasizes the holistic nature of health and fitness. He explains how “being social, doing art, and other factors contribute to our biological health.” He also talks about “brain health and connects the core concepts of health and how it connects with our neurobiology.”



One of the topics he covers in his workshops is managing stress—a health issue that is “increasing today across all generations.” Another health ‘protectant’ he discusses involves creating and managing our home environment. Concerning ‘aging in place,’ he explains that the longer we can stay in our homes, the “better life satisfaction and a better quality of life” we’ll likely experience. And, of course, he talks about the importance of purpose.

He asks, “What gets you up on a cold, rainy Oregon morning? Does having a deep sense of purpose motivate you to be healthier?”

How Waters Maintains Good Health and Fitness

“I run and use aerobic equipment—mainly because I come from the original running boom in this country. And aerobic exercise and heart disease prevention were big when I first got into the field. I need to do more weight training; sarcopenia [a loss of muscle mass due to natural aging] is a huge issue for older adults—especially those who’ve enjoyed the running life for many years. I also eat a lot of plants. However, being a runner, I still like my starch-based carbs.” Waters also has a strong sense of purpose that affects everything he does. “I always thought I lived (and still do) each day with purpose.”



A Vision for the Future

“I’d like to see more health promotion systems, including gyms and fitness centers that do more to motivate people to stay with fitness” and a healthy diet. Waters would also like to see more young people working in the field and engaging with “populations that are tougher to motivate. I learned a long time ago that it’s easy to work with motivated populations. They really don’t need us.”

Advice for Others

“Find purpose and meaning in your life if you haven’t already. This is why I coach football; it’s making a difference daily. When I talk to people about this, I connect being healthy with it. You can’t volunteer or mentor young people if you don’t have good functional health.”

To reach Mike Waters: Contact him by phone (541)-207-4368 or by email – watersm808@gmail.com

“Keep It Moving”

Twyla Tharp, a celebrated choreographer who authored [*Keep It Moving: Lessons for the Rest of Your Life \(2019\)*](#) at 78 wrote, “Ironically, the older we get, the more we should commit to physical activity—to slowing down the diminishment of our strength and agility, our bone density, our muscle mass, our elasticity, our recovery time.”

Lessons from Chinese Culture about Staying Engaged as We Age

David Reeck, who lived for ten years in China, forwarded a May 29, 2021, Quora [post](#) by Peter



Breton about aspects of Chinese culture that could benefit all of us as we age.

“When Chinese people get old, they hang out in the park. They form musical bands, dancing troupes, and gaming rings. They practice tai chi for exercise, and some even swing swords around. Many practice calligraphy on the pavement with a brush and a jug of water.”

The message in Breton’s post is primarily visual and is worth viewing. [Check it out!](#)

Lifestyle Changes & Fewer Drugs

In a supplement to the 2022 January/February *Journal of Family Practice*, doctors advocate for more lifestyle changes rather than just prescription medications for improved health. Download the complete supplement [here](#).

Better Eating Habits, Healthier, Longer Lives

Research findings reported in a February 8, 2022, *PLOS MEDICINE* [article](#) suggest “sustained dietary changes” led to healthier, longer lives.

“An increase in the intake of legumes, whole grains, and nuts, and a reduction in the intake of red meat and processed meats, contributed most to these gains.



Fruits and vegetables also have a positive health impact, but for these food groups, the intake in a typical Western diet is closer to the optimal intake than for the other food groups. The [Food4HealthyLife](#) calculator could be a useful tool for both clinicians, policymakers, and laypeople to understand the impact of various food choices.”

The World Health Organization Describes Healthy Aging

The 2020 World Health Organization “[Decade of Healthy Ageing Baseline Report](#),” describes healthy aging as “the process of developing and maintaining



the functional ability that enables well-being in older age.” The report describes functional ability as a “person’s physical and mental capacities, the environments he or she inhabits, and the ways in which people interact with their environment.”

If you are interested in living a healthy life now and in the future, the 220-page report is worth your time. It also offers recommendations for policymakers and others interested in health and well-being.

**Congratulations, Best-Selling Author
Dr. Connie Zweig**

Dr. Zweig’s latest book, *The Inner Work of Age: Shifting from Role to Soul* was released in September, 2021. It is already another best-seller for the author and currently has 138 five-star ratings on Amazon. This insightful book is “a guide to working through the inner obstacles of late life and embracing the spiritual gifts of aging.”

New to Medicare?

By Cindy Eastman
Licensed HealthMarkets Insurance Agent

With information available at the ‘click of a mouse,’ I often meet people who have worked diligently when trying to set up their own Medicare plan at 65. However, this approach doesn’t always go as well as intended.



Do-It-Yourself Medicare Enrollment Challenges

When trying to sign-up for Medicare, many applicants discover an overwhelming number of choices available and many essential details that cannot be ignored. Some people never complete the basics to even get started.

Others may not understand the importance of enrolling in Part B and a prescription drug plan as part of their application. When an enrollee later realizes they needed this coverage, they could face a permanent penalty. Who has the time and energy to earn a Ph.D. in Medicare’ before making a decision?

Free Enrollment Help Available

Using the professional services of an insurance agent is completely free to any client. It’s true that the insurance company will pay the agent for the enrollment, but the agent can sort through large volumes of information and help a client new to

Medicare find the best plan that fits their needs. That means that a client needs to trust that their agent is truly working on their behalf.

I know that I spend time getting to know my clients, completing a fact-finder, and researching plans before I make a recommendation. And, I believe nearly every agent does the same. If there is a question of trust after that, then you should move on and find someone else.

Tip: it’s good to work with a broker because a broker has access to many different plans, so there is no bias over one insurance company compared to another. HealthMarkets agents are all brokers, and we are all required to pass separate tests for each company that we represent.

Free Zoom Medicare Workshop

I will be offering a Medicare 101 workshop via Zoom toward the end of March. This is strictly an educational event for people new to Medicare and will not have any plans or prices presented. The dates and times are not certain yet but call or email if you want to receive a Zoom invitation. The event is open to anyone new to Medicare who resides in Oregon, Washington, Nevada, or Texas, where I am licensed.

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