

Resort Amenities Without Resort Prices!

*A New Concept in Retirement
Living On the Way*

Bartlett Reserve is a new senior resort community opening soon in Durham, NC. The concept is quite unique in the marketplace for today's independent resort style senior living communities, as Bartlett Reserve will offer concierge level services and first-class property amenities without the commitment or complications of a long term lease or a large up-front financial outlay. Bartlett Reserve believes that choice is the key to truly independent living and their concept centers around an exceptional guest experience 24 hours a day, 7 days a week.

Unique features that set Bartlett Reserve apart are their freestyle dining concept that focuses on healthy and delicious food selections prepared any time of the day and their rent caps which are built in to their agreements ensuring guest's rent will never go above a certain amount. Additional features of Bartlett Reserve senior resort community are an outdoor heated pool, theatre, library, fitness center, bistro, salon, spa, sauna, hot tub, massage suite, on-site physical, occupational and speech therapy center and so much more. The rates are all-inclusive which means all guests utilities (water, electricity, local and long distance phone, premium cable, high speed wireless internet), weekly linen and terry service, weekly house-keeping service, transportation service, two meals per day, etc., are all included in the monthly fee. Bartlett Reserve offers one or two bedroom suites with full kitchens, stainless steel appliances, granite countertops and peace of mind with 24-hour emergency buttons and on-site security.

Enjoy freedom, choice and quality at Bartlett Reserve with an all inclusive lifestyle package and the flexibility of month-to-month occupancy. Why not inquire about Bartlett Reserve today? For a personal community tour contact Laura Martin at 919)361.1234, email her at lmartin@bartlettreserve.com or visit www.bartlettreserve.com.

Ask the Orthopaedist by Dr. Matthew Boes

Q. *As an active, aging baby boomer, how do I keep up a solid exercise regimen and stay injury free?*

A. As we age, changes occur in the structure of our muscles, tendons and joints. Consider these key tips to help you reap the benefits of exercise, while avoiding the risks of injury:



- **STRETCH:** Muscles and tendons lose flexibility over time, making them more prone to injury. Develop a regular stretching routine that focuses on the back, hips, knees and calf muscles. Stretch to where you feel a slight pull in the particular muscles and hold for 30 seconds.

- **LOW-IMPACT EXERCISE:** Joint cartilage loses its ability to withstand repetitive impact as we age. Activities such as biking, treadmill walking, using the elliptical machine and swimming are examples of lower impact activities that provide great cardiovascular exercise.

- **CROSS-TRAIN:** Vary your exercise routines. Frequently mixing up your exercise regimen helps avoid placing too much stress on certain body parts. It also helps to keep exercise interesting.

Matthew Boes, MD, is a board-certified, fellowship-trained orthopaedic surgeon specializing in sports medicine and shoulder and knee replacement. A member of Raleigh Orthopaedic Clinic, he serves as Team Physician for North Carolina State University's football and baseball teams. For more information visit www.matthewboesmd.com.

**Do you have an orthopaedic question for Dr. Boes?
Send your inquires to
barbara@boomnc.com**

Starting a New Fitness Regimen

LIFELONG LEARNING PART FOUR BY JEFF DAVIDSON



You've wanted to get back into shape for years, and you know that regular exercise helps with many other aspects of your life—mental acuity, digestion, elimination, and sleep to name a few. How do you get back if you've been off the trail for months or even years?

Fortunately, you have many resources. Comprehensive fitness and exercise-related websites can guide in increasing muscle mass, losing weight, shrinking your waist line, and becoming a lean and mean fighting machine.

You could join a health club and pay big bucks for membership, not to mention trainers. First, visit www.iTrain.com, a decent alternative to joining a gym and driving there. Alternatively, *Muscle and Strength*, at www.muscleandstrength.com, has a submenu on physical workouts and a library of dietary and fitness resources to aid in your quest.

Another online source is www.fitness.com, a portal of fitness and health-related information. It's designed to provide you with a comprehensive portal to all of the tools you might require.

While most of the information on the three sites mentioned above is free, there's also the option to register for a fee-based service if you so choose. Here are a variety of other tips to help you get started on the road to a new fitness regimen:

- Use your existing resources. If you merely run in place in your den while watching a half-hour television show, after a few such sessions the benefits will become readily apparent.
- If you live near a park with well-worn trails, or a beach, you could skip buying expensive running shoes in favor of everyday sneakers or even going barefoot. Get into motion; don't delude yourself into thinking you need to first buy expensive outfits or equipment.
- Change your consumption habits. Make sugary drinks and snacks a thing of the past. The more often you consume greens, beans, and berries, the more quickly you'll realize that these are the kinds of foods that your body really desires.
- Top athletes know that ample amounts of water and electrolytes, such as natural fruit juices and sports drinks with top ingredients, help to replenish cells most effectively.
- When some of the initial aches and pains of regular exercise begin to dissipate, slowly get into higher gear, but don't overdo it. Being overconfident in one's abilities is one of the primary ways in which top athletes injure themselves, a phenomenon from which we can all learn.
- Turn to your smart phone. Scads of mobile apps can support your fitness quest. Many are free, some require a token fee, and some are expensive. Feel free to experiment—if you only plunk down a few dollars for an app, whether or not it works for you, it shouldn't dissuade you from trying another one.
- Use your mobile device to create a musical playlist. Add songs that prompt you to want to work out. On some level, each of us responds to music that we find inspiring. Recall those stirring *Rocky* movie themes and you'll know what I mean.
- Commit to regular workouts, regardless of the weather. In the winter, it's easy to talk yourself out of jogging or doing what you normally do outside, "because it's too cold." Anticipate the change of seasons and adapt accordingly. If you're committed to maintaining a fitness regimen, then you have no excuses.

Look for opportunities to burn calories. You can stretch almost anywhere. You can park further away from a store to take extra steps. You can use the stairs instead of an elevator when descending a couple floors within a building, and when ascending a floor or two.

*Jeff Davidson (www.BreathingSpace.com) holds the registered trademark as "The Work-Life Balance Expert®." His 56th book, *Simpler Living* was selected by four books clubs and is scheduled for Chinese translation. Jeff has developed 24 "Work Life Guides" apps available at www.itunes.com/apps/BreathingSpaceInstitute.*

