

The Preston Health Center

CONVENIENTLY LOCATED IN HILTON HEAD PLANTATION
ON THE CYPRESS CAMPUS

SKILLED NURSING SERVICES

- 55 bed skilled nursing facility which is Medicare-certified & includes a private area for residents with Alzheimer's Disease
- 24-hour licensed nursing professionals
- Excellent staff-to-resident ratios & low staff turnover (less than 4%)

REHABILITATION SERVICES

- Inpatient & Outpatient Physical, Occupational, Speech & Aqua therapy
- Expanded rehabilitation center featuring elder-friendly equipment designed by Nautilus Co.



Please call our Social Services Director for information
about the admissions process or to arrange a tour.

843.689.7077

87 Bird Song Way • Hilton Head Island, SC 29926
www.thecypress.com
managed by Lifecare Services, LLC



Nifty at Fifty

easier than you think.” They suggest avoiding foods high in sugar and fat, and choosing vegetables, fruits, whole grains such as brown rice and whole-wheat products, and beans.

The American Dietetic Association recommends fruits and vegetables with deep colors, such as oranges, blueberries, cranberries, kiwi, carrots, sweet potatoes, spinach, collards and kale. They are rich in phytochemicals that help fight disease, and may help preserve memory and prevent vision problems, with the added benefit of providing extra water and fiber for your digestive tract.

Exercise: Moderate exercise, such as brisk walking, brings changes in the immune system, sending white blood cells around the body to find and kill intruders. According to the American Council on Exercise, it's best to exercise regularly, as the immune system returns to normal after a few hours. Studies show that those who exercise four or five times a week are less likely to get colds and other viruses.

According to the Mayo Clinic, two-thirds of American adults are overweight. “Overeating and lack of physical activity are the main causes of obesity, especially in combination.” Eating smaller portions and moving around more can help us lose weight, gain muscle, and feel better.

All you have to do is watch a young child to discover one of the secrets of their good health – movement. As we age we tend to find ways not to move as much. “About 34 percent of us over age 50 get no physical activity,” according to the AARP. “A minimum of 30 minutes of moderate physical activity at least five days a week is a good way to begin, especially if you're just starting out or haven't been active in a while. You can do two 15-minute or even three 10-minute sessions of physical activity if 30 minutes is too much at first. Stair-climbing, brisk walking, and swimming are moderate physical activities.”

Try looking at how much you stretch and move throughout the day. Physical work like gardening and yard work can enhance the look of your home as well as boost your health.

Mental & Emotional Health

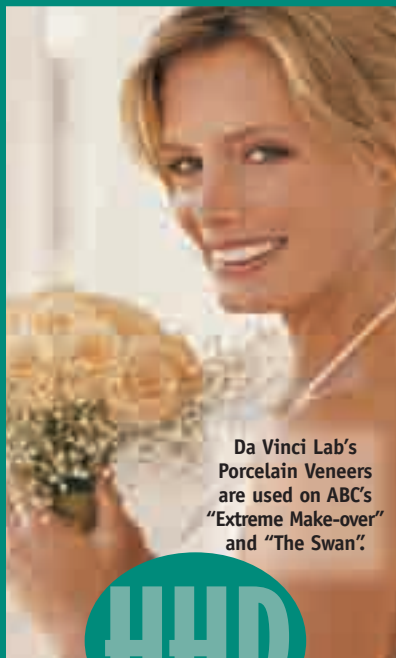
Though keeping our bodies healthy can help with our well-being as we age, Zorba Paster, M.D., author of *The Longevity Code: Your Personal*

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HHD Hilton Head Dental

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Dr. Frank C. Sparacino, D.D.S., M.H.S., P.C., Periodontist
Dr. Dale Probst, D.M.D.

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