

## FREE BENEFITS

- Evaluation of posture, balance, diet and exercise habits
- Nutrition education – How to combat aging with nutrition
- Regular monitoring of your strength and motor function
- Discuss opportunities for community service to increase sense of purpose

## BENEFITS WITH A DOCTOR'S PRESCRIPTION

- Design an individualized home (or gym) exercise program
- Fall Prevention Program
- Other Physical Therapy services



For information on this program, call Sequoia Physical Therapy at (714) 523-3822 or visit the website at: <http://www.SequoiaPT.com>

## SUCCESS STORIES

“Terrific! After 4-1/2 years in the wheelchair from rheumatoid arthritis, my legs have straightened and I’m beginning to walk. Sequoia Physical Therapy has helped me to see that my body can do more mobility exercise than I ever thought possible and my mobility has definitely increased.”

- Grace C., Brea, CA

“The staff and therapists are wonderful, caring people who most definitely put their patients first. I have seen so much improvement with the injury I had, and I would have to say it was much more helpful than the other physical therapy I attended.”

- Krystal C., Cerritos, CA

## Sequoia Physical Therapy

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## What is Successful Aging?



Announcing an  
Exciting Free Program  
to Help Seniors  
Age Successfully



## SENIOR ACCOMPLISHMENTS

Some people maintain their strength, energy, vitality and creativity their entire lives. Here are some examples:

At 77, Grandma Moses began to paint.

At 82, tightrope walker William Ivy Baldwin crossed the South Boulder Canyon in CO on a 320-foot wire.

At 82, Winston Churchill wrote “A History of the English-Speaking Peoples.”

At 89, Arthur Rubinstein’s recital at Carnegie Hall was one of his best.

At 91, Hulda Crooks climbed Mt. Whitney.

At 95, Nola Ochs became the oldest person to receive a college diploma.

At 96, Harry Bernstein published his first book, *The Invisible Wall*. He started writing it at 93 as a way to deal with the loss of his wife.

At 99, Teiichi Igarashi climbed Mt. Fuji.

So how did they do it? What are the key elements of successful aging?

## KEY ELEMENTS

Among the key elements of successful aging are:

- Physical health and energy
- Mental vitality
- Coping well with an optimistic outlook
- Sense of purpose and meaning

Research has shown that proper exercise and nutrition enhances the health and energy, builds brain power and improves one’s outlook on life. These results are well-established and have been for a long time. More recent research has demonstrated the opposite to be true also, i.e. low or declining strength and motor function leads to frailty and earlier death.

The keys to successful aging are: exercise, good nutrition, an active lifestyle, and being involved in and serving the community.



## SUCCESSFUL AGING PROGRAM

Sequoia has developed a free screening and education program to help people stay healthy in each of the four key areas of successful aging.

When you enroll in this program, you will receive an assessment to establish a baseline for your strength and motor function, your posture and fall risk. Your therapist will also discuss your current diet and exercise habits.

As follow up, a reevaluation of strength and motor function, posture and fall risk will occur every six months or one year.

A sense of purpose comes from serving others. Therapists will also talk to you about staying connected to your community and will inform you of opportunities to serve in the community for increased purpose and meaning in life.

When necessary, with a doctor’s prescription, you will come into the clinic to exercise with a therapist or enroll in other programs like Fall Prevention or Pain Free Knees.