

Fit Or Fooling Yourself?

Boomer Basics: Six Steps To A Healthier Life

(NAPSA)—The good news: Baby boomers are living longer and leading more active lives.

The not-so-good news: There's still room for improvement when it comes to long-term health. According to a recent survey of baby boomers, the majority are feeling young, eating healthy and putting less focus on age-related health issues such as hearing loss, elevated blood pressure and declining eyesight. The findings are in stark contrast to those of the National Center for Health Statistics, which reports that half of Americans in the 55 to 64 age group have high blood pressure and two in five are obese.

So are boomers fooling themselves into a false sense of security when it comes to their overall health?

Quite possibly, says Dr. Stephen Sanders, diabetic expert and Internal Medicine specialist at St. John's Mercy Medical Center in St. Louis, Mo. "A recent Energizer *Keep Going. Live Healthy* survey uncovered the disconnect between health perceptions and health realities among this age group," says Dr. Sanders. "That's why it is so important for boomers to be proactive, to take charge of their health and to undergo routine screenings for all common age-related health issues."

Dr. Sanders also stresses the connection between these health screenings and maintaining a high quality of life. For example, untreated hearing loss could mean



Fitness guru Denise Austin, 50, says we should find ways to move our bodies every day to live healthier.

the difference between living independently and requiring assistance, says Dr. Sanders. "If you can't hear the phone, doorbell, fire alarm, etc., it's going to be extremely difficult to maintain your independence. If you have a hearing issue—and one-third of boomers think they do—get a hearing screening to determine if you need a hearing aid," he advises. "If not, you put yourself and others at risk."

For those ready to improve their lifestyle, Dr. Sanders has six tips:

1. Routine health screenings are extremely important preventive efforts and the key to healthy

living and disease management.

2. Diabetics must work to keep their blood sugar as near to normal as possible—one of the best ways to do so is the regular use of a glucose meter.

3. Be sure to maintain all your vital devices. People who use blood pressure monitors, glucose monitors and insulin pumps should have backup batteries available for all their medical devices.

4. Get up to speed on the latest technologies. From discreet hearing aids with wireless technology to hearing aid battery dispensers, such as the Energizer® EZ Change, it's easier than ever to remain active.

5. Make it a daily challenge to find ways to move your body. Climb stairs if given a choice—anything that moves your limbs is not only a fitness tool, it's a stress buster.

6. Utilizing devices such as pedometers, calorie counters and MP3 players can help make exercising fun and enjoyable.

Dr. Sanders urges everyone—and especially boomers—to make health a priority. By incorporating these six simple steps, people of all ages can achieve better health and meet their health and fitness goals.

For more tips from Dr. Sanders or to learn more about the Energizer *Keep Going. Live Healthy*® program and specialty batteries that power important health and medical devices, visit energizer.com/livehealthy.