



## QUOTE OF THE MONTH

"Life is like a bicycle. In order to keep your balance, you must always keep moving."  
~Unknown



## HEALTH HUMOR



by: Maria Mendoza

## Best Exercises for Balances & Stability

### 1 Foot Taps

Stand tall with your feet hip-width apart in front of a step (the bottom step of a staircase will work) or low piece of furniture. If needed, hold onto the wall or a sturdy piece of furniture for balance. (As you get stronger, perform the move without holding onto anything.) From here, slowly raise one foot to tap the step-in front of you, and then slowly return it to the floor. Perform 15 to 20 taps, then repeat on the opposite leg.

### 2 Head Rotations

Stand tall with your feet hip-width apart. If needed, hold onto the wall or a sturdy piece of furniture for balance. (As you get stronger, perform the move without holding onto anything.) From here, slowly move your head from side to side then up and down while keep your body as still as possible. Do this for 30 seconds, and repeat. If you get dizzy, pause and move your head more slowly. If you're still dizzy, stop.

### 3 Standing Marches

Stand tall with your feet hip-width apart. If needed, hold onto the wall or a sturdy piece of furniture for balance. (As you get stronger, perform the move without holding onto anything.) From here, lift one knee until your thigh is parallel to the floor (or as close to parallel as you can go) while keep your torso straight and avoiding any leaning. Pause, then slowly return your foot to the floor. Perform 20 marches, alternating between legs with each march.

### 4 Sit-to-Stands

Stand tall with your back facing a sturdy chair and your feet hip-width apart. If needed, hold onto the wall or a sturdy piece of furniture for balance. (As you get stronger, perform the move without holding onto anything.) From here, sit back and slowly lower your hips onto the chair as gently as possible. Pause, and without swinging your torso, push through your heels to stand up. Perform 10 repetitions.

### 5 Single-Leg Stands

Stand tall with your feet hip-width apart. If needed, hold onto the wall or a sturdy piece of furniture for balance. (As you get stronger, perform the move without holding onto anything.) From here, lift one foot an inch off the floor while keeping your torso straight and without leaning toward your planted foot. Hold for 10 to 15 seconds, then slowly return your foot to the floor. Repeat on the opposite leg. Perform five stands on each leg.

### 6 Over-the-Shoulder Walks

Stand tall with your feet hip-width apart at one end of a hallway or room. If needed, hold onto the wall for balance. (As you get stronger, perform the move without holding onto anything.) From here, look behind you over one shoulder. Maintaining this gaze, take four to five steps forward. Then, look over your other shoulder, and take four to five more steps forward. Perform five repetitions on each side.



Freedom Home Health Care

# Newsletter

July 2018

## ON THIS DAY IN HISTORY



The first Wall Street journal was published.



The Apollo 11 astronauts made history when the first man is landed on the moon by the United States and Neil Armstrong and Edwin 'Buzz' Aldrin became the first humans to set foot on the Moon leaving the first human footprints in its dusty soil.

## FUN FACTS

- 41 million people will be expected to travel the 4<sup>th</sup> of July weekend.
- Almost 65% of Americans plan to have a BBQ or picnic on July 4<sup>th</sup>.
- 150 million hot dogs are consumed on July 4<sup>th</sup>.
- 190 million pounds of beef are bought in preparation to celebrate
- A total of an estimated 6.77 billion dollars will be spent on food during the July 4<sup>th</sup> weekend.

## MONTHLY OBSERVANCES

- Social Wellness Month
- Self-Care Month
- Eye Injury Prevention Month
- National HIV Awareness Month

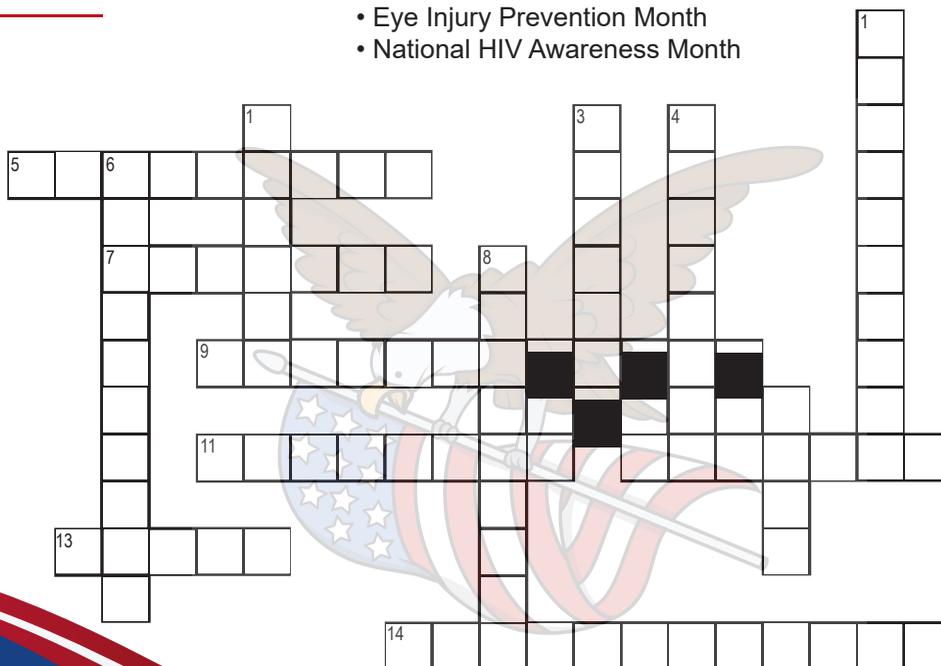
## "A BRAINY" CROSSWORD

### ACROSS

- Bursts in the air
- A big win
- Freedom of choice
- Loyal to their country
- Part of Great Britain
- Valley Fort
- "We the People" document

### DOWN

- Colonial army leader
- Tea Harbor
- Bands march in
- Citizen of USA
- British colonial war
- 60 second fighters
- Betsy Ross made one



Stuck?  
Check next month's issue  
for the answers!

For more information:

Ames: 515.292.9489  
Ankeny: 515.207.1501

2701 SE Convenience Blvd. Ste. 10  
Ankeny, IA 50021

### June CROSSWORD ANSWERS:

Across: 1.Memory 3.Spine 5.Social 8.Healthy 10.Exercise 11.Wellness 12.Yoga 15.Broccoli 18.Brain 20.Sleep 21.Volunteer Down: 2.Research 4.Nutrition 6.Neuroscience 7.Blueberries 9.Salmon 13.Activity 14.Puzzles 16.Walnut 17.Prevention 19.Cerebrum