

# Why maintain your strength?

This is probably one of the most neglected topics in our discussions on aging. Strength has become very important to me over the last few years. Like many who visit the gym on a regular basis, I thought I would never have a problem with my physique. How wrong I was.

Throughout my life I was physically active. When young, I was an athlete. As an adult, I started a daily weight training regime. During my Navy career it was easy to train with weights on surface ships, though it became a little trickier on submarines. Still, I managed to maintain my training, even though I lifted less weight as the years went by. I believe this dedication to physical conditioning helped me overcome some serious medical problems



**HELPING SENIORS  
OF BREVARD**  
JOE STECKLER

as I aged.

Until my stroke at age 80, I was a regular in the Patrick Air Force gym 3-5 days a week. I was using smaller amounts of weight and changed some of my routines so that I did not have to use weights. Most importantly, I was keeping my body as well toned as possible. The stroke changed many things. I was one of the fortunate – I had no paralysis or other deformity. I think my

strength training was a major factor in how the stroke affected me and my recovery.

During this period, I thought I was still doing a pretty good job of maintaining my strength. Then I decided that my knees needed help. For the year leading up to the knee surgery, I let my workout program slip a little, and for this I would pay a price. In August 2020 I had my right knee, the one causing me the least pain, operated on and now, a year later, I am trying to get to point where I can safely walk with a walker.

I am convinced that my current slow recovery is due to my reduced training program. I have gone from 6 foot 2 inches to a height greatly below 6 feet. My legs will not stay straight and my arms will not hold up my 200 lbs to the 6 foot plus level. However, I have a physical therapist who is

convinced she will get me close to that height. The exercises are grueling, but effective. Part of that effort is the skill of the therapist, but an equal or greater part is my desire to correct a situation that is my own fault.

Today I am embarked on a strength building program. It is more difficult now than 20 years ago. Ten, 15, and 20 pound dumbbells seem heavy because I let it happen. The body will age. It is up to you to maintain it as well conditioned as possible. Pick a program that will keep you strong. You will not regret it.

Contact Helping Seniors at 321-473-7770, at [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org), or at P.O. Box 372936, Satellite Beach, FL 32937.

## Calendar

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This is a rain or shine event. No refunds. Must be 21 or older. Please Sip & Stroll responsibly.

For more information call Susan at - (321) 631-9075

**Friday July 30, Saturday July 31, and Sunday August 1**

**Next Giant Leap Block Party:** The Kennedy Space Center's 'Artemis: Next Giant Leap' month-long celebration wraps up with a

block party at NASA Central (outside Journey to Mars). From 1 - 5 PM on Friday July 30, Saturday July 21, and Sunday August 1. Find a DJ spinning some dance-worthy tunes and hosting some fun activities appropriate for the entire family. Keep an eye out for our wandering street performer who will move about the visitor complex performing science demonstrations and magic tricks.

Remember, you can still complete the Next Giant Leap Mission scavenger hunt and visit the short film festival in the Atlantis Pavilion this weekend. These and all Artemis events are included with daily admission. Purchase tickets here - <https://www.kennedyspacecenter.com/info/tickets> Learn more at - <https://bit.ly/3wlG3LS> The Kennedy Space

Center Visitor Complex is located on Space Commerce Way on Merritt Island.

**Through Saturday July 31**

**Sign Find Scavenger Hunt:** July is Parks & Recreation Month and to celebrate, the Palm Bay Department of Parks and Recreation has hidden 10 signs around 3 of our different parks: Fred Poppe Regional Park, 1951 Malabar Rd NW - Nungesser Park (formerly West Oaks), 1161 Lamplighter Dr NW - and Liberty Park, 895 Carlyle Ave SE. Why not head out and explore some of our parks. Find as many different signs as you can representing many of the opportunities that Parks & Recreation provides for you.

Please remember to be safe, pay attention to signs and your surroundings, and to respect others! Send pictures of you and your finds to [BigFoot@pbfl.org](mailto:BigFoot@pbfl.org) and we may share some of them on our Facebook page! For more information, email us at - [BigFoot@pbfl.org](mailto:BigFoot@pbfl.org) or call: (321) 952-3444.

**'Works in Progress':** The Fifth Avenue Art Gallery presents 'Works in Progress'. This exhibit will highlight the process of art! For many artists the process of making art can be as important and fulfilling as the finished piece. We hope you will enjoy learning more about the different ways artists use their creativity.

Learn more at - <https://fifthavenueartgallery.com/>

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### COVID 19 UPDATE:

To keep patients and staff safe, we continue to limit in office visits with Insurance Covered Telehealth and Medicare Covered Home Visits. Please contact our office with any questions.

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