

How old is too old?

How long should I continue my physical fitness workouts? One might say, "For as long as I want." That could be an answer, but is it the one acceptable to you?

I was 12 years old, my family owned a restaurant, and I thought pie a la mode was a huge slice of apple pie on a dinner plate surrounded by about seven dippers of ice cream. I also weighed 212 pounds. After carrying that weight a short time, I decided to diet, lost 30 pounds, and began a muscle building program that continued until I was 80 and suffered a stroke. One of my biggest health mistakes was failing to return to the gym after my stroke.

Doctors and physical therapists assure me that I have weathered several major health happenings because of my good physical shape, but these past few years have been a huge challenge getting back to what I want my body to do. Concurrent with some natu-



HELPING SENIORS OF BREVARD
JOE STECKLER

rally occurring physical changes, I added a knee replacement that did not augur well. This and other infirmities of 80 plus years hindered my return to good health through diet and rehab.

Looking back over the last eight years, there are many things I should have done differently. Weight control was not an issue. Finding the right type of rehabilitation program was my main challenge. Admitting that I wasted several years of therapeutic workouts over a span of several years was not easy to accept.

During this period I tried all kinds of

physical fitness regimens. Few worked. My problem was that I lost my ability to walk. My hamstrings became shortened because I did not exercise them by walking, as I sat too much. I had a knee operation that did not work as hoped, and the fact that I needed an operation on the other knee exacerbated my problems.

I finally decided to take more interest in my therapy. I asked questions when I talked to a new therapist. I tried several and evaluated what each was doing for me. I am now in a program three days a week and do exactly what I am told to do between sessions. I am pushed hard and, while I do not enjoy the training sessions, I look forward to each because I finally see improvement. I have excellent therapists and know that the results I want are dependent on doing the work they give me. And, that brings me to the title of today's article.

After my eight years of therapy, I notice

many seniors in their 60's, 70's, and 80's, walking bent over (like me), heads on chests, thin, with no muscle definition and other signs of weakness. The majority may have slowed down or even prevented their physical decline had they simply asked their doctor for a referral to a physical therapist.

If you are 65, Medicare will pay for these sessions, so why not see if a therapist can help you improve your ability to walk, safely transfer from a chair to a bed, use a walking device, or improve your balance? All these things can help you as you age. Please give some thought to how you might improve your physical condition to prevent a fall or combat some other age related problem. I have learned that help is there, but I have to find it and use it.

Contact Helping Seniors at 321-473-7770, at www.HelpingSeniorsofBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 32937.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Adoptable

PET OF THE WEEK

CHLOE
6 year old Female
Mixed Breed

Chloe is a happy go lucky girl that is happiest laying next to you getting belly rubs. She gets along well with calm dogs but is very good about letting hyper dogs know that she isn't in the mood. Chloe walks wonderful on the leash, knows her basic commands and is extremely gentle taking treats. She may take a moment to warm up to new people but once she does, you have a best friend for life! Chloe is spayed, microchipped and up to date on her vaccinations.

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Billy's

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incredible."

Starting a new venture during a pandemic has had its challenges. Between shutdown restrictions and the normal struggles of building up clientele, Mr. O'Steen focused on the one thing he's always kept as a throughline in his life: community. A father of two young girls, Mr. O'Steen has been able to not only use his business to raise money for families in need, but to bond with his own family. His oldest daughter, Elliot, loves being able to spend time with her dad while watching him succeed: "I'm proud of my dad because he did all of this on his own and I get to be a part of it. I get to help in the shop by folding towels and sweeping. Sometimes I get paid and clients tip me which is cool. I feel special because not every kid gets to work with their dad, but I do, and that's awesome."

Keeping family and community at the heart of his business has definitely paid off. During our interview together, Mr. O'Steen was in the middle of an appointment with one of his most regular and enthusiastic clients, Timothy Rhode, the city of West Melbourne's Assistant City Manager, who will be replacing the departing City Manager, Scott Morgan, at the end of his term in August. When asked what keeps him com-

ing back to Poor Billy's, Mr. Rhode highlighted the importance of supporting local small businesses: "Small businesses are the life[blood] of any community. I think people know the big businesses, those jump out to us, but it's really the small businesses who employ people and keep the economy going. Most of the small business owners live in the area, they keep their money local, so it's so important to spend that money locally on a small business because it's going to keep circulating around the area as opposed to a big chain. To me, that's the value of small business."

Mr. Rhode continued about the personal touch he experiences at Mr. O'Steen's shop: "Nobody can give you the real skinny on the community like a local barber. It's a great 25 minutes to understand what's going on, hear a different perspective than what I normally hear, and a lot of times he gives me pointers on where to go and what to do... There's no doubt that I have a pep in my step when I get done here. I definitely feel better about myself, and I think it's important for everybody to find their 'thing.' I tell him every time I come here that it's the best 25 minutes of my day."

As Poor Billy's Barbershop celebrates its second anniversary in June, be sure to follow them on Instagram for opportunities for giveaways and prizes throughout the month. Appointments for services can be booked at <https://www.poorbillysbarbershop.com/>.

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