



# A New Year's Resolution

By Joe Steckler, President, Helping Seniors of Brevard County

The best exercise you could get would be to select a place near where you live, mark off a walking course a mile in length, and set a goal of walking that distance. Many will find this to be a huge challenge. They will say, "I can't do that today," or "I have this to do". You may think these are valid reasons for not doing the walk you had planned, but they simply are excuses for putting it off to another time, a time you will never find.

For more than three years, I have not been able to walk without the aid of a walker. Even with the walker, I am limited to 40 feet due to pain in both legs. However, I will not give up; while I may never walk a mile, I will walk without my walker. Meeting this challenge will enable me to accomplish a goal I set when I learned that my knee operation resulted in pain in both knees, a condition I am still trying to correct.


The reason I am discussing this topic with you is to tell you two things I am working on to deflect some of the debilitating effects of my condition. First is weight loss and second is building muscle strength. Had I been tremendously overweight and previously ignored my muscle strength, I would have had a more difficult time recovering or doing my rehabilitation.

I urge those who are overweight or lack muscle tone to take corrective action. It can and should be done. Believe me, for I have been in similar shoes. Being fat is unnecessary and embarrassing. Muscle strength is a little different because you must work for that greased beach effect. A few exercises along with a weight reduction program will let you walk the beach without shame. Many years ago, when I was 12, I was more comfortable at Jacksonville Beach when holding the oblong surfboard in front of me.

Weight control is one of the "hugest" challenges that most of us will contend with as we age. It affects us, whether we want to admit it. It is no fun to have a body that we can and should change. Moreover, it is a common cause of poor health. I constantly have to limit my dessert intake – and I could eat ice cream for breakfast. (I remember one time at the Naval Academy we were served ice cream with pancakes for breakfast.)

Walking the mile that I discussed at the start of my article is one way to help reduce your weight, along with a reduction in the amount and type of food you consume. I have talked to many doctors about weight control, and every one of them has assured me that it can be done. Exercise helps, but the main factor in any weight reduction program is Will Power – how much do you have? 💪

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## SENIOR SCENE MONTHLY TRAVEL TIPS

### Travel Tips (Part 2 of 2 Parts)

Senior Travel Agent Chris Morse has over 35 years travel agent experience.



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A trip requires careful planning. The first part of a two part series. Listed below are important steps you can take to prepare for a safe trip anywhere outside the United States. In addition, you can search for your destination to view more specific information about that country or area.

#### Your Health

##### ■ Do You Need Any New Vaccinations?

● Vaccinations Are Required for Entry to Some Countries. Some countries require foreign visitors to carry an International Certificate of Vaccination (aka Yellow Card) or other proof that they have had certain inoculations or medical tests before entering or transiting their country. Before you travel, check the Country Specific Information and contact the foreign embassy of the country to be visited or transited through for currently entry requirements. The U.S. Centers for Disease Control (CDC) and the World Health Organization (WHO) can provide you their

recommendations for vaccinations and other travel health precautions for your trip abroad.

##### ■ Do You Know How to Find Medical Help Abroad?

● Get Help With a Medical Emergency Abroad: You should purchase travel insurance from your Senior Travel expert. You will be covered for everything while you are on your trip.

##### ■ Does Your Health Insurance Cover You Outside the U.S.?

● Learn what medical services your health insurance provider will cover overseas. Although some health insurance companies will pay "customary and reasonable" hospital costs abroad, very few will pay for a medical evacuation back to the United States, which can easily cost up to \$100,000, or even more, depending on your condition and location. Regardless of whether your

*Travel Tips continued on page 40*

## Are you retiring or downsizing? Have you been thinking about buying or selling a home in 2023?

I am not only a Realtor, I am also a Certified Financial Planner and a Seniors Real Estate Specialist. I expertly help seniors to manage the financial, emotional and transitional issues that are associated with buying or selling their home.

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Contact me today for more information.



**Dr. Kimberly Turner CFP®**  
**SRES® Broker Associate**

One Sotheby's International Realty  
7025 N. Wickham Rd. #100  
Melbourne. FL 32940

Cell 321.451.4988  
info@doctorkimberlyturner.com  
doctorkimberlyturner.com



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**Contact:**  
**Helping Seniors of Brevard Travel Club**  
**Chris Morse 818-430-1480 Cell**



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