

# POWER OF PREHABILITATION

ONLINE SUMMIT

WORKBOOK

GROWING  
**BOLDER**



*Florida*  
*Blue* 

MEDICARE  
Your local Blue Cross Blue Shield

# Online Summit Workbook

## Introduction

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Now that you've watched our Growing Bolder online summit explaining the power of prehabilitation, you probably feel like an expert.

Most people have heard of rehabilitation, the process of restoring health through therapy or training after an illness or surgery. But maybe this was the first time hearing the word "PRE-habilitation." Getting in shape BEFORE a surgery or illness might be the key to healing better and faster — or sometimes may help prevent them in the first place.

At Growing Bolder, we understand how important it is in today's world to stay as healthy as possible, avoiding sickness or injury. Florida Blue Medicare also understands this which is why we teamed up with them to explain the power of prehabilitation in the online summit. Florida Blue Medicare is more than just health insurance. Of course, they want to help you live a healthy life but also a BETTER life, and that includes understanding the significance of prehabilitation.

If you haven't watched the summit, what are you waiting for? It features an in-depth interview with Florida Blue Medicare health care expert, Dr. Deborah Stewart, explaining why it's important to not wait for an injury to motivate you. We trust you'll feel inspired to start exercising now as an investment in your own health and wellness future.

Prehabilitation is exercise, movement, and what we at Growing Bolder call positive lifestyle modification. It's crucial to reducing future health-care costs and the impact of future health problems. We should ALL be prehabilitating to prepare for those inevitable setbacks, which happen as we age.



# Expert Consensus:

## Prehabilitation Matters

Dr. Deborah G. Stewart is the Senior Regional Medical Director of the Clinical Lead Care Program for Florida Blue. She told Growing Bolder prehabilitation is a “big part of what we can do to accelerate our recovery and maybe even minimize any complications of whatever surgery or procedure we’re about to have.” She went on to say that being as prepared as possible ahead of time is an advantage which can reduce your length of stay in the hospital and decrease potential complications. “Prehabilitation is a concept that is typically used in preparation for orthopedic surgery,” said Stewart, “but it can be used in other situations as well so you can get well as quickly as possible and minimize your other risks.”



**Dr. Deborah G. Stewart**  
Senior Regional Medical Director

### EXERCISE - IT'S NEVER TOO LATE TO START

#### Proven health benefits:

- ▶ Decreases likelihood or severity of diabetes, cardiovascular disease, and some cancers
- ▶ Decreases risk of obesity
- ▶ Decreases bone weakening (osteoporosis)
- ▶ Decreases some cognitive issues (memory loss, dementia)
- ▶ Increases endorphins which make us feel better

### EXERCISE - KEEP IT SIMPLE

#### Different types:

- ▶ Aerobic exercise – Get your heart rate up, increase your breathing, perspire
- ▶ Muscle strengthening – Lift weights, build muscle
- ▶ Flexibility – Move without stress or strain
- ▶ Balance – Less risk of falling

### EXERCISE - MAKE IT PART OF YOUR ROUTINE

- ▶ Find something you ENJOY so it doesn't feel like WORK.
- ▶ Find a partner for socialization and accountability.
- ▶ Stay positive and remember the benefits.



# At Home Exercise:

## Yoga to Release Shoulder Tension

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“Yoga can be done every day to help alleviate tension, because it’s easy on the joints and body,” says Beth Morris, group fitness instructor at the Peggy and Philip B. Crosby Wellness Center for Health & Wellbeing in Winter Park, Florida. “It can help create more flexibility and strength. I have had so many clients benefit from yoga over the years; and it’s something that no matter where you are on your fitness journey, you can do it.”

These five yoga poses will focus on your shoulders to restore the healthy posture to your upper back. Incorporating this routine regularly can help reduce the strain placed on your muscles and shoulders. Break out the yoga mat and give them a try!

1

### EAGLE ARMS

Stand with feet a shoulder-width apart. Bend your elbows and cross your arms left over right, placing your right hand fingers in the palm of your left hand. Hold for 10 seconds and repeat with the other side.



2

### WINDMILL

Stand with your feet spread apart, bend at the waist and place one hand on the ground keeping your arm straight. Take the other hand and hold it right above you, opening your chest to one side. Hold for a few seconds and switch to the other hand.



# At Home Exercise:

## Yoga to Release Shoulder Tension

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3

### CHEST AND SHOULDER OPENER

Stand tall with your feet together. Place your arms behind you while interlocking your hands. Bend your elbows and push out slightly. Angle your head slightly, looking up at the ceiling, opening your chest.



4

### HUMBLE WARRIOR

Place one foot behind you angled to the side with the other out in front. Place your arms behind you while interlocking your hands. Bend your elbows and push out slightly, similar to the chest opener. Hold for a few seconds and then bend at the waist to be parallel with the floor, holding the position for a few seconds before coming up and releasing.



5

### CAMEL POSE INTO CHILD'S POSE

You will really want the yoga mat for this one, because you will start on your knees. Look toward the sky and raise both hands at a slight angle. Hold for a few seconds before stretching your arms in front of you as you bend forward into the child's pose. Be sure to keep your back straight and stretch out your arms as far as you can.



# Prehabilitation Rock Stars



## Dottie Gray

It was remarkable that 94-year-old Dottie Gray competed in the 50 and 100 meter dashes at the 2019 National Senior Games, but when discovering she broke her hip less than a year before, it seemed nearly impossible. Dottie's daughter Mary said it was questionable if her mom would even make it through the surgery. "We didn't know if she would be in a wheelchair for the rest of her life or if she'd use a walker forever."

Mary and Dottie fought the group mindset that she was done exercising, or even walking. Doctors and physical therapists encouraged a surplus of safety around Dottie and didn't want her walking without help. Dottie was determined to ditch the walker. She overcame pain, fought through rehabilitation, and shattered people's expectations that no one over 90 could bounce back from hip surgery. When asked about her secret, Dottie explained, "I am determined to keep going as long as I can." From playing ping pong in the driveway to picking berries with her daughters, Dottie stays active and rarely just sits. "My mom has led a rich, exciting life," said Mary. "I want to see her continue to enjoy these years ahead."



## Barbara Higgins

At the age of 57 Barbara Higgins did something most people don't at her age - celebrated the birth of her baby boy. The teacher from New Hampshire has taught the world a few lessons: biological clocks are indeed capable of lying and someone in great physical shape can still give birth in their 50s. Higgins is an avid runner and believes her physical well-being was a positive factor in the decision to move forward with her pregnancy using invitro fertilization. She trained and lifted weights right up until she went into labor. Her positive lifestyle modifications and prehabilitation contributed to making the impossible possible.

In 2016, Barbara and her husband Jack's 13-year-old daughter Molly died suddenly from a brain tumor. Processing her death sent them on a journey of exploring having another child. They understood there would be eye-rolls from people who disapproved of their choice, but the Higgins weren't bothered by that. Barbara told the Today Show, "Why should Jack not get to be alive because I'm old?"

Jack Kearsley Banzhoff was born on March 20, 2021, at 5 pounds, 6 ounces. He joined big sister, Gracie, who is in her 30s.



## Roselio Muniz

Roselio Muniz lived a long life, filled with passion and purpose. He passed away in 2020 at the age of 106, but not before sharing his inspiration with Growing Bolder. "I am not afraid of death," he said. "I want to live as long as the Lord wants me to be here." Muniz credited diet and exercise as his keys to longevity. Not only did he start every day the same, with a nutritious fruit smoothie, but he rode his stationary bike 3-6 miles every day, and took brisk, regular walks. At the age of 60, Muniz became a vegetarian, and said, "Vegetarians live 7 to 10 years longer than the rest of the population."

Muniz was in such great physical shape, he was able to have a total knee replacement at the age of 92. Most doctors wouldn't do such an invasive surgery on a nonagenarian, but orthopedic surgeon Dr. Hugh Morris was so impressed with Muniz's overall fitness level and great attitude, he agreed Muniz was an "excellent candidate" for the surgery. Three months after the replacement, Muniz took a vacation to Hawaii where he climbed a volcano's lava flow. Muniz believed his prehabilitation activities and choices helped him recover quickly from surgery, and also live a fulfilling life for more than 10 decades.

# Taking Care of Yourself

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## EPIGENETICS

Epigenetics is the study of how behavior and environment can cause changes that affect the way the body's genes work. Growing Bolder founder and CEO Marc Middleton explained it this way: "We can be genetically predisposed to certain conditions, but whether those conditions express themselves is determined by the food we eat, the air we breathe, the thoughts we think, and the activities in which we engage." Dr. Stewart agreed. "Genetics are a very important component to what we're predisposed to, but you do have some control over your lifestyle, like whether you smoke, how much you exercise, your diet and attitude. These all play a role in how a particular condition will manifest itself within you."



## BEHAVIORAL AND MENTAL HEALTH

Stress, anxiety, and depression are more common than many people think. According to Dr. Deborah Stewart, approximately 20% of us will suffer from clinical depression in our lifetime. Since our brain is connected to the rest of our body, mental health can impact overall physical health. "The connection between the mind and body is extremely important," said Stewart. "When we suffer mental anxiety, it affects our physical health, and during the pandemic, more people are reaching out via telemedicine or telehealth to counselors, psychiatrists, and licensed clinical social workers for help."

### **National Institute of Mental Health**

866-615-6464

[nimh.nih.gov](https://www.nimh.nih.gov)

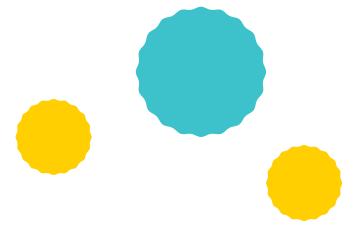
### **National Suicide Prevention Lifeline**

800-273-8255

[suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)



# 5 Tips to Boost Your Immune System



A healthy immune system is our secret weapon against the threat of sickness, Covid-19 and other illnesses that can happen as we age. Jonathan Taylor is the lead fitness educator and performance specialist at Spectrum Sports Performance in Orlando, FL. He offers these 5 simple steps to build a strong and resilient immune system.

## 1

### GET ENOUGH SLEEP.

Doctors recommend adults get 7-9 hours of sleep each night. But did you know research shows that getting deep and consistent sleep improves immune function? Adequate sleep specifically improves your immune cells, also known as T cells. In addition, Human Growth Hormone (HGH) is released during the body's deep sleep cycles which helps repair and rebuild tissue. Can't go to sleep? Try turning off electronic devices at least one hour before getting some shut-eye. Exposure to the blue light from electronics suppresses the release of melatonin, a sleep-inducing hormone, making it more difficult to fall asleep. Build a stronger immune system in your sleep, literally!

## 2

### DRINK LOTS OF WATER.

The average human body is made up of about 60% water. Water is used for every process and function, including maintenance and survival. The body can survive up to 40 days without food, but only seven days without water. The body uses as much water during sleep as it does while awake. That means we need a lot of it! Drinking water helps your body naturally flush and eliminate toxins and bacteria that cause illness. Use a reusable water bottle and track how many times you finish and refill it throughout the day. There's a bonus to this sustainable practice, too: fewer glasses to wash and no plastic water bottle waste.

## 3

### MINIMIZE STRESS.

The average human body is made up of about 60% water. Water is used for every process and function, including maintenance and survival. The body can survive up to 40 days without food, but only seven days without water. The body uses as much water during sleep as it does while awake. That means we need a lot of it! Drinking water helps your body naturally flush and eliminate toxins and bacteria that cause illness. Use a reusable water bottle and track how many times you finish and refill it throughout the day. There's a bonus to this sustainable practice, too: fewer glasses to wash and no plastic water bottle waste.

## 4

### AVOID SUGAR AND HIGHLY PROCESSED FOODS.

Sugar suppresses the body's immune response for up to five hours after ingesting it and reduces the ability of white blood cells to kill pathogens (germs), which lowers the immune defense. Because of this, we need good, clean fuel for our bodies to work at optimal levels. So instead of baking cookies for a late-night snack, how about a green smoothie instead?

## 5

### MOVE OFTEN.

Movement is medicinal. Lower to moderate intensity movement can decrease stress levels, release dopamine (the feel-good hormone), oxygenate the body, and sweat out toxins. You don't have to overdo it. You can start small with a walk or bike ride and see how you feel. You won't regret taking some me-time to boost your mood with exercise.



# 5 Tips to Boost Your Immune System

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Taking care of our health as a preventative measure is always important. However, the global pandemic of COVID-19 has made it more urgent than ever. While the scientific community is still learning about the disease, strengthening our immune system is a way to help our bodies fight any kind of illness.

Changing simple behaviors and habits, even when we know they will improve our overall health, can still be challenging. Take a few minutes to reflect on your habits, lifestyle and health. How well are you already caring for your immune system? What are you willing to change to make improvements if needed?

**1. What is your bedtime routine? How many hours of sleep do you usually get? Do you wake up in the middle of the night? If you think you need more hours of sleep each night, or improved sleep quality, make this a priority. Reducing nighttime TV viewing and starting your bedtime routine earlier is one way to make more time for sleep.**

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**3. Does your emotional balance tip more often to feelings of stress or of peace? Did you know that feelings of constant stress, even low-level anxiety, can suppress your immune system? What relaxation techniques work best for you when you are feeling stressed? How can you remind yourself to do these things more often to maintain a state of greater calm?**

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**2. Did you know that water helps our bodies flush out toxins and bacteria that can cause illness? How much water do you usually drink each day? Could using a refillable water bottle throughout the day help remind you to drink more water?**

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**4. Foods that are processed, packaged and/or high in sugar often taste good. But sugar suppresses the body's immune system for up to five hours after it is consumed. How often do you indulge in sugary treats? Do you use snack foods and desserts to cope with stress? If so, what are other foods or activities that would be a healthier alternative for stress relief?**

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**5. Movement releases feel-good hormones like dopamine. How often do you exercise? How much do you move in the course of a typical day? What are some simple ways you can move more while still maintaining social distancing?**

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# Drink to Your Health

## Recipe: Wild Blueberry Smoothie

THIS COOL,  
REFRESHING TREAT  
IS PACKED WITH FLAVOR—  
AND PLENTY OF HEALTH  
BENEFITS!



Did you know some foods are not only better for weight management, they may even improve your overall health?

One excellent superfood is the tiny but mighty blueberry. Blueberries are the kings of antioxidant foods that protect your body from free radicals. Free radicals are unstable molecules that can damage your cells and can contribute to premature aging and diseases. The main antioxidant compound in blueberries belongs to a family of polyphenol antioxidants called flavonoids. Among the many benefits attributed to flavonoids are reduced risks of cancer, heart disease, asthma and stroke.

This Wild Blueberry Smoothie is packed full of ingredients designed to keep you healthy and strong, including a fun garnish: local bee pollen. Like blueberries, bee pollen contains a powerful antioxidant punch. It's also been shown to lower bad cholesterol and boost liver function. It contains powerful anti-inflammatory properties. These days, you can pick up some bee pollen at most health food stores or from a local beekeeper.

## Wild Blueberry Smoothie

Makes one 12-ounce smoothie

### INGREDIENTS

**6 ounces of unsweetened almond milk**  
**1 cup of organic wild blueberries, frozen**  
**1 banana**  
**1 tablespoon of coconut oil**  
**1 teaspoon of hemp seeds**  
**1 tablespoon of chia seeds**  
**Sprinkle of cinnamon**  
**2 ounces of ice**  
**Garnish with local bee pollen**

### DIRECTIONS

**Place all the ingredients in a blender and blend until you achieve the desired consistency. Garnish with the local bee pollen.**

*Calories 392, fat 22.6g, sodium 101mg, carbs 44.2g, fiber 7.7g, protein 7.6g*

RECIPE COURTESY CHEF COLLETTE HAW

# 5 Health Trends

## 1 AT-HOME FITNESS

Anyone who has ever had a gym membership knows how quickly the excuses for not going can pile up. Tight schedules, long workdays, car trouble—you name it. However, with the rise in at-home fitness options, it may become more convenient than ever to get into that daily workout routine. Current popular workout trends ranging from Crossfit to Peloton group spin classes are offering innovative ways to keep you active without ever having to leave your home.

Visit [GrowingBolder.com](https://growingbolder.com) for a list of some of the most popular online fitness classes.



## 2 THE KETOGENIC DIET

The ketogenic diet has recently taken the world of nutrition by storm. This rising trend focuses on eliminating carbs and replacing them with dietary fats and moderate amounts of protein—all for the ultimate goal of switching the main form of energy the body uses from carbohydrates to fat. While this approach may seem extreme, it has proven to be effective in fat loss, increased energy, mental clarity and overall satiety.

For a more in-depth look into all things keto, check out Mark Sisson's *Definitive Guide to Keto*



## 3 MINDFULNESS

Mindfulness is creating a mind-body connection that allows us to remain in the present moment without judgment. Practicing mindfulness on a regular basis has recently gained significant momentum as it touts benefits such as stress reduction, reduced rumination, greater focus and an overall healthier perspective. Numerous companies have emerged to help people interested in starting this daily practice, and large corporations are working toward incorporating mindfulness training on a large scale with employees.

For a more in-depth look on how to start your own mindfulness practice, visit [www.mindful.org](http://www.mindful.org)



# 5 Health Trends

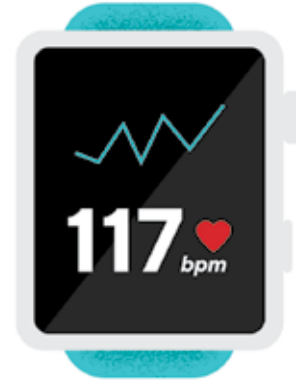
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4

## WEARABLES

The rise of wearable technology, such as watches and heart monitors, has made it more convenient than ever to monitor our health status and track our goals. By simply wearing a smart watch, we can now monitor our daily activity, heart rates, sleep cycles and more. But the possibilities don't end there. This industry is on the rise, with plenty of new companies popping up with innovative technology to help us be our healthiest.

Visit [GrowingBolder.com](http://GrowingBolder.com) for a list of resources to learn more about each of these health trends.



5

## MINIMALISM

In our culture, we're often made to believe the more things we have, the happier we'll be. However, the rise of minimalism as a way of living is spreading the complete opposite message—it's the ultimate in the "less is more" mentality. The driving thought is the less physical items we own, the more time and attention we can pay to the more meaningful non-physical aspects of our lives, such as family, relationships and spirituality.

Want to start shedding your extra stuff, too?  
Visit [theminimalists.com](http://theminimalists.com) to learn more.



WORKSHEET:

# 5 Health Trends

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1. Why is at-home fitness becoming increasingly popular?  
Have you ever tried working out at home?

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3. How does minimalism create more time and attention for non-physical parts of our lives?

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2. Which diet is designed to switch the body's main fuel source from carbohydrates to fat?

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4. Which health indicators do you track with wearable technology, if any?

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