



# 50+ GYM SOCIETY

Wellness Guide

*by Oak Wellness Hub*

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# ABOUT OAK WELLNESS HUB

Oak Wellness Hub was borne out of a pressing need to provide a holistic, result-oriented and evidence-based spinal health care service for customers.

It is thus situated in a serene environment that is also concerned with your mental and emotional wellness. We are a family-based practice and cater to you and your entire family.

At Oak Wellness Hub, you can expect quality care tailored to all your health needs to achieve total wellness.



BOOK AN APPOINTMENT at  
<https://oakwellnessgh.com/>



CALL OR WHATSAPP US AT 0555552116



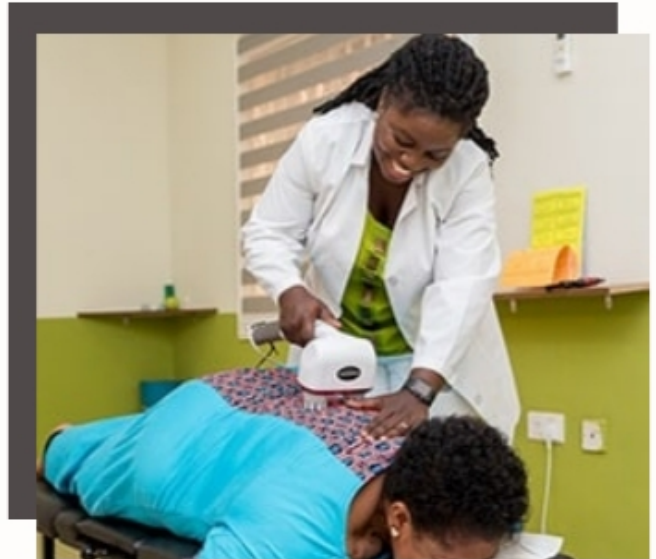
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# OUR SERVICES

## 50+ GYM SOCEITY



## CHIROPRACTIC CARE



## AQUATHERAPY



## MASSAGE

► Learn more: [oakwellnessgh.com](https://oakwellnessgh.com)

► ABOUT US



# MESSAGE FROM LEAD CLINICIAN

Hello,

My name is Dr Afua Adjei Kwayisi and I'm the Lead Clinician at Oak Wellness Hub. I am so glad that you downloaded this eBook.

Ageing comes with its challenges and it's my joy to provide you with helpful advice that encourages you to live a healthier and fuller life beyond your golden age.

I hope you enjoy and learn from this eBook and don't hesitate to reach me if you ever have any questions.

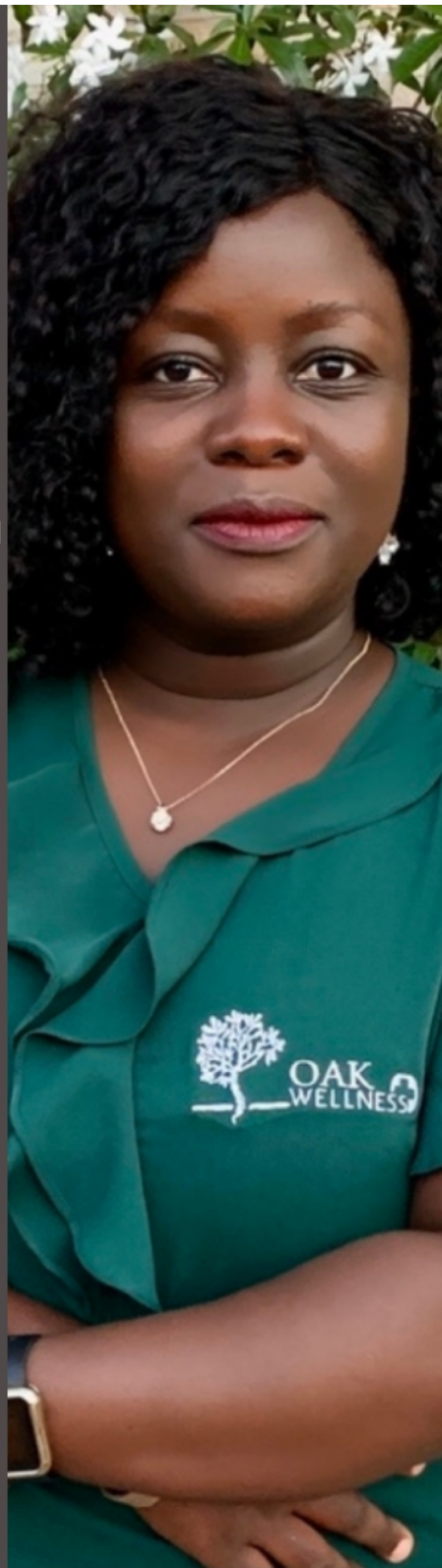
Best regards,

**Dr. Afua Kwayisi**

[info@oakwellnessgh.com](mailto:info@oakwellnessgh.com)

0555552116

► AUTHOR'S NOTE



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# ***Ready?***

Let's dig in!

# 1.



# SOCIAL LIFESTYLE: DEVELOP A VIBRANT ONE

## *It goes without saying...*

The famous African proverb says, “If you want to go fast, go alone. If you want to go far, go together.” You need people not just for sentimental reasons but for the sake of your health.



# DEVELOP A SOCIAL LIFE

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Studies show that having a social life decreases your chances of getting dementia, reduces the risk of depression and even lowers blood pressure. Here are a some ways you can develop your social life:



**Volunteer**  
your talents  
and skills and  
give back to  
your  
community



**Join a  
community**  
of people  
working and  
exercising  
out together



Don't miss  
out on  
**family  
gatherings**  
or events



# DEVELOP A SOCIAL LIFE CONT...



Discover and connect with like-minded people on **social media**



Find a **hobby** that opens doors to meeting new people



Join a **religious group** to meditate and pray together.

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***Let's  
continue...***

**2.**

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# CHANGE YOUR DIET

In your younger days, eating was about building muscles and strength to engage in numerous activities. However, as you age, you need to eat to stay functional.

Yes, this age-old advice is important as you pay attention to what you take in and keep diseases and ailments at bay.

Here are some great ways to achieve this goal:



Consume foods rich in **calcium** like milk or spinach to strengthen your bones. Also, get a lot of sunlight as **Vit. D** is needed for absorption of calcium.



Add good sources of **fibre** like oatmeal, beans, nuts, apples and corn to your diet for a great gut health.

*"Let food be thy medicine, thy  
medicine shall be thy food."*

~ HIPPOCRATES



## PROTEINS

Stop muscle loss by eating high-quality protein like fish, eggs, poultry, and lean meat



## FRUITS & VEGS

Toss in more fruits and vegetables to your daily meals



## DRINK WATER

Cut down sugary drinks and treats and drink at least 2L of water daily



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***You are doing  
great.***

**3.**

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# SCHEDULE ANNUAL PHYSICALS

Once you hit 50, you become more and more vulnerable to diseases and degenerative conditions. As worrisome as that sounds, a lot of diseases can be managed or cured if they are caught early enough.

Therefore, take time to be more intentional about getting check-ups and making sure you stay healthy for yourself and for your family.



Keep a keen eye on your BP and other heart risk factors



Start checking your Blood sugar for signs of Diabetes Mellitus



Check for Vision- robbing diseases like Glaucoma and Cataract



Control your Weight and check your Cholesterol profile and coronary risk

# SCHEDULE ANNUAL PHYSICALS

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There are very specific tests you need to run based on your gender e.g. a prostate exam for men and Pelvic exam for women. Be vigilant and take these tests to ensure that you remain healthy.



Get colon cancer screening



For women:  
Pelvic exam,  
Pap smear and  
a Mammogram  
are tests you  
should consider  
taking



For men:  
Prostate cancer  
screening is  
essential



Keep Sciatica, and  
other nerve and  
musculoskeletal  
issues away with  
a Spine check

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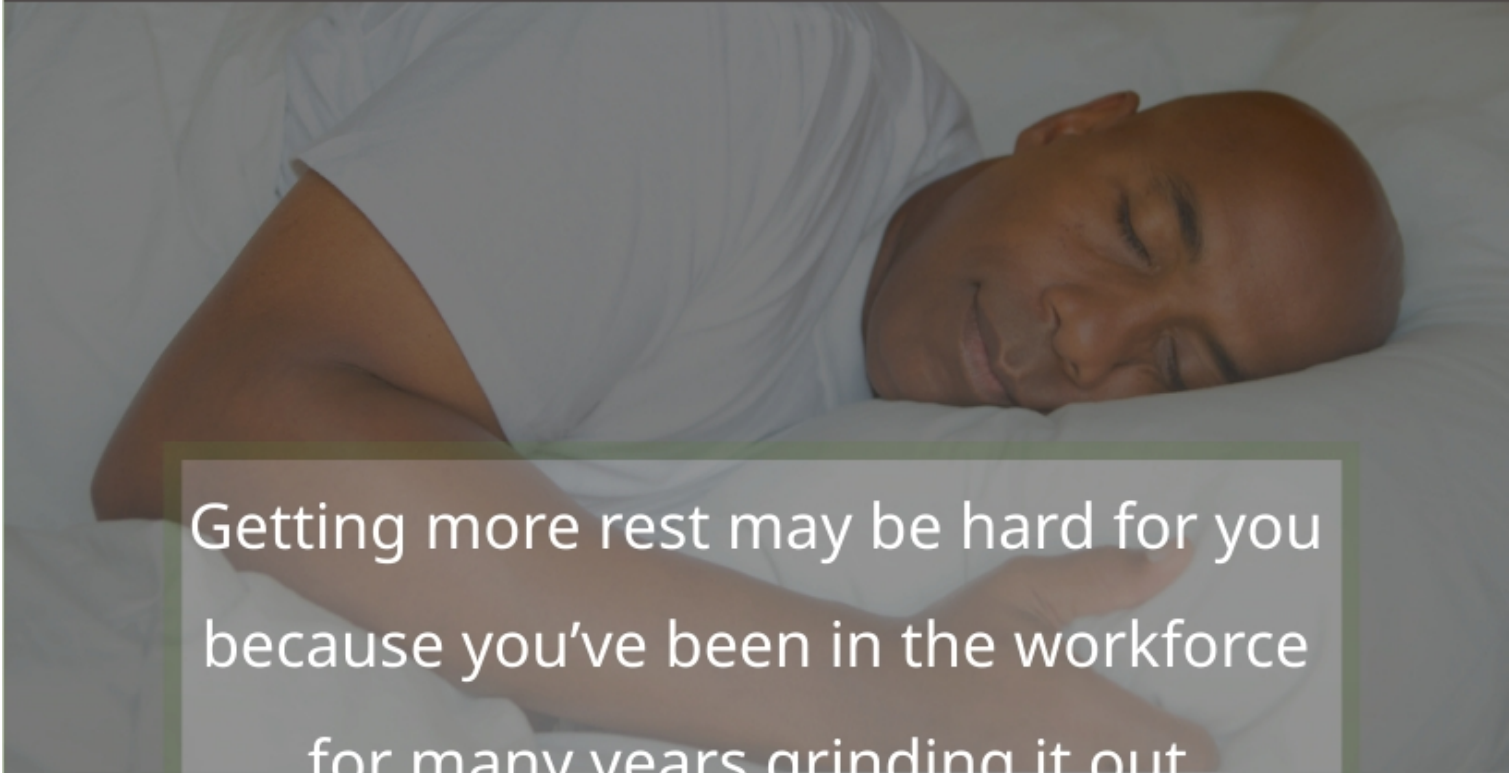
***Next tip...***

**4.**



# GET MORE SLEEP

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A photograph of a man with a shaved head, wearing a white t-shirt, sleeping peacefully in a bed with white linens. His eyes are closed, and he has a slight smile. The photo is partially obscured by a text box.

Getting more rest may be hard for you because you've been in the workforce for many years grinding it out.

Good rest, however, helps you stay mentally sharp, improves your emotional well-being and helps your body to continually heal itself.

# GET MORE SLEEP

Some ways to get a good night's rest include:



Avoid drinking water fluids close to bedtime



Aim to get 6 to 8 hours of sleep



Turn off electronic devices; phones, TV at least an hour before bedtime



Reduce caffeine intake and other such stimulants during the day.



Avoid spicy food and large meals close to bedtime

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# Finale...

# 5.

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# STAY ACTIVE

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Exercising is important. What you may not know is that it has enormous benefits even beyond the age of 50. Exercise greatly improves your flexibility and joint movement, improves mental health and reduces inflammation that can lead to chronic diseases.



**Walking might be simple but builds stamina and helps fight bone disease**

*Here are a few safe activities you can engage in to stay healthy:*

**Build your strength by lifting light weights, using resistance bands or using exercise equipment at a gym**



# STAY ACTIVE

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Dancing is fun and helps your endurance and strengthens the heart and your muscles



Swimming burns calories and works your heart as if you are jogging

Stretch regularly to stay nimble and flexible





# AWESOME!

You got to the end of this eBook. Certainly, You will begin to experience noticeable changes in your health and wellbeing when you follow the information you just read.

My biggest advice: Start a day at a time.

If you ever have any questions about your spinal health or find need to join the **50+ GYM Society**, our doors are open to you. Contact us. From the Oak Wellness Team, we wish you all the best as you continue your wellness journey.

Best regards.

*Dr. Afua*