



STAYING HEALTHY TOGETHER

Celebrate National Family Health & Fitness Day

Celebrated the second Saturday in June each year, **Family Health & Fitness Day** promotes the importance of parks and recreation in keeping communities healthy and active.

As locally available resources for community members, parks and recreation agencies provide individuals of all ages with resources that promote physical activity.

[Learn more and access resources >>](#)



Physical Activity, Exercise & Healthy Aging

Exercising with Chronic Conditions

Physical activity, especially as one ages, is essential to supporting your health and a better quality of life. Exercise and other physical activities can be modified to ensure the best results for all individuals, even those with chronic health conditions such as heart disease, arthritis, chronic pain, high blood pressure or diabetes.

The National Institute on Aging (NIA) shares that brisk walking, bike riding, swimming, weightlifting and gardening are safe exercises for most older adults. Before starting any activity, however, individuals should speak with their physician to better understand how their health condition may affect their ability to be active. Learn more about how exercise supports individuals with certain chronic conditions.

- **Alzheimer's** – for individuals at risk of developing Alzheimer's disease (AD) or currently diagnosed with AD, exercise can help them feel better by maintaining a healthy weight, creating better sleep habits and even maintaining some aspects of cognitive function.
- **Arthritis** – adults who exercise may experience reduced joint pain and stiffness. They may also maintain a healthy weight, which can help reduce stress on the joints.
- **COPD** – individuals may receive a comprehensive rehabilitation plan that includes respiratory therapy and exercises to regain muscle strength.
- **Type 2 Diabetes** – adults can improve glucose levels through daily exercise and maintain a healthy weight.
- **Heart Disease** – adults who incorporate physical activity into their daily routine increase the chances of keeping a healthier heart.
- **Osteoporosis** – exercise can help individuals build muscle and strengthen their bones.

Exercise is also a great way to improve mental health and support positive care outcomes. Whether alone, with family and friends, or with a clinical team, physical activity is an excellent step to healthy aging.

[Learn how our ATS experts can support patients and their goals for healthy aging >>](#)

Tips for Staying Motivated to Exercise

Making exercise a priority can be challenging at first. However, there are several steps individuals can take to start incorporating physical activity into their everyday routines:

- **Find simple ways to make exercise fun and enjoyable** – look for exciting and enjoyable activities that target endurance, strength, balance and flexibility.
- **Find ways to fit exercise into your day** – from exercising first thing in the morning to performing tasks like chores and walking the dog; look for activities that will help you get moving.
- **Make exercise a social activity** – having an accountability partner to exercise with can help you be more active.
- **Keep track of your exercise progress** – make a plan for your upcoming activities and celebrate your wins. Possibly, use a fitness app to guide your process. [Click here](#) to learn about some of the most popular apps and [here](#) for the best step tracking tools for older adults.



Informative Articles & Resources

[How Older Adults Can Get Started with Exercise – NIA](#)

[Physical Activity in Older People – National Academy of Medicine](#)

[Exercise Promotes Healthy Aging of Skeletal Muscle – Cell Metabolism](#)

[Staying Motivated to Exercise: Tips for Older Adults – NIA](#)

[Exercise Publications – NIA](#)

[Exercising with Chronic Conditions – NIA](#)

[Best Fitness Apps of 2022 – Forbes](#)

[The Best Step Trackers for Seniors in 2022 – Seniors Matter](#)

SERVICES SPOTLIGHT: PHYSICAL THERAPY

Physical Therapy Services at ATS

At ATS, we offer a variety of therapy services to a variety of patients. Our main focus areas are Skilled Nursing Facilities, Outpatient Clinics, Assisted and Independent Living Facilities, and Home Health Care. With our therapy experts, your patients are going to be able to complete essential daily activities, interact with their loved ones, and ultimately live their lives to the fullest.

For our Physical Therapy services, ATS Professionals design individualized plans for our patients. This type of care aims to maximize physical comfort and physical functionality for the patient. The physical therapy services we offer include, but are not limited to:

- Exercise programs that increase muscle function, coordination and endurance
- Joint and soft tissue mobilization that increases range-of-motion
- Positioning and pressure relief measures for the treatment of wounds
- Pain management

For more information about our services, [contact us](#).



CLINICAL NOTES: EXHALE PROGRAM



Reducing Re-hospitalizations, Increasing Quality of Life

The comprehensive respiratory therapy services provided at Advanced Therapy Solutions, through our Exhale program, have showcased incredible benefits to our patients. From a reduction in re-hospitalizations to improved pulmonary and cardiovascular function and more, the potential for patients to reach clinical stability and a higher quality of life has tremendously increased.

Recently, we connected with Mary Smith, Director of Clinical Operations for the Exhale program to learn about a recent client success story. Keep reading to learn more.

Q: Can you share about the patient and the program goals?

A: The patient was assessed in the hospital for respiratory issues. Once under our care, our team provided respiratory support and equipment to ensure his safe return home. Using our V+PRO, the patient was titrated on oxygen from 60 lpm to 8 lpm.

Q: How did the Exhale program help the patient achieve his recovery goals?

A: Thanks to a focused plan of care, the patient is at home with respiratory support, able to walk further and breathe better while using our V+PRO. His lungs are getting better volume and function.

Q: Please share the patient outcome.

A: I am happy to share that the patient is improving daily and is very comfortable wearing the V+PRO at night. He feels tremendous improvement in his lungs, and his family has seen a remarkable change in his respiratory status.

Leadership Recommendations

- Care teams need to understand each patient's needs and particular situations to provide the best care and support.
- The Interdisciplinary Team (IDT) should work closely to develop an ongoing plan of care that addresses the short-term and long-term needs of patients.
- IDT should receive the resources, tools and training needed to foster a collaborative environment and staff competency.
- Continue to provide structured activities in creative and safe ways to support the patient's independence.
- Empathy and patience are essential to providing the best care for each patient.
- Encourage patients to participate in their plan of care.

ATS UPDATES

June is Alzheimer's and Brain Awareness Month

Every June, [Alzheimer's Disease \(AD\) and Brain Awareness Month](#) is observed to shed light on the impact of AD and other dementias. When supporting patients, research has shown how physical, occupational and speech therapies are critical components of evidence-based care for patients with Alzheimer's Disease (AD) or dementia.

At ATS, we are honored to provide therapy services that help our patients perform essential daily activities, interact with their loved ones, and ultimately live their lives to the fullest.

Helpful Resource:

Check out the guide [Dementia Care Practice Recommendations](#) from the Alzheimer's Association, and access the latest recommendations for quality care practices based on a comprehensive review of current evidence, best practices and expert opinions.



Alzheimer's & Brain Awareness



Thank you, CNAs!

Join us in celebrating the incredible work of Nursing Assistants (CNAs) during [CNA Week](#), June 16-22. CNAs perform everyday living tasks for the elderly, chronically ill or rehabilitation patients who cannot care for themselves. Whether at a hospital, nursing home or another specialized facility, they make a tremendous difference in patient care. Thank you for all you do!

Happy CNA Week!



“While I've always known that PT's play an important role in patients' lives, what I have come to realize is that our place in their hearts and lives is bigger than that. I am lucky enough to get to be a part of this every day with ATS!!”

Advanced Therapy Solutions exists to inspire, encourage, and motivate patients to excellence in therapy. Every patient is unique to us. Therefore, each one is treated with care, support, and dignity as they strive to achieve their daily therapy goals. We pride ourselves on treating others as they want to be treated, for this is our ultimate measure of the quality of care in every respect.

[Learn more about our services](#) | info@ats-therapy.com

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