



MEET Jenny Zhang

Jenny grew up in China and currently lives in Woodbridge, Ontario with her husband Frank and son Glenn. Having worked for over 6 years at Magna, Jenny is now IT Manager for Magna Exteriors at the Mytox Manufacturing division in Woodbridge.

Despite a very important job that demands 24/7 availability, Jenny is a very dedicated and accomplished hiker who makes sure to stay physically active through her favourite hobby.

How active is Jenny? Well, no matter the season, Jenny always makes time to hike. Every day. All year round.

Jenny has a remarkably impressive set of hiking badges under her belt with some of the most notable hard-to-conquer trails, such as the Grand Canyon: Rim to Rim in 2011, the Inca Trail in Machu Picchu, Peru in 2014 and the Mount Everest Base Camp, Nepal in 2016.

The Bruce Trail is Canada's oldest and largest marked footpath running along the famed Niagara Escarpment of Southern Ontario. From Niagara to Tobermory, the Bruce Trail itself spans over 890km of main trail and if her past accomplishments are not impressive enough, it took Jenny only 2 years, 3 months and 46 hikes to complete the Bruce Trail end-to-end. Just recently, Jenny also finished the Ganaraska Trail end-to-end (from Port Hope to Collingwood), which is 500km long.

It may seem that the final goal may be the same for most climbers/hikers—to reach the top of the mountain or the end of the trail, but every hiker has their own long-term vision. For some hikers, it may be about achieving health and exercise benefits. For others, it may be about the social interaction and spending more time with friends and family. While others will simply hike for the views.

“There are good days and bad days. No matter what it is, always set a goal and finish it regardless.”

Jenny knows the importance of setting goals for her health as there are many amazing benefits to reap from hiking. For example, it is a great form of physical activity with very little cost. Other benefits of hiking include improved circulation, reduced arthritis and joint pain, improved bone density, stronger muscles, and decreased feelings of depression and isolation. Lastly, hiking is beneficial for maintaining and improving your cardiovascular (heart) health. According to a study published by the Journal of the American Geriatric Society, “seniors who walk at least four hours every day greatly reduce their risk of hospitalization as a result of cardiovascular events (i.e. heart attack, stroke).” Jenny may not be a senior yet, but her dedication to hiking and aging successfully certainly puts her in a great position to maintain her good health.

If you are interested in Jenny's lifestyle and want to try hiking new trails, check out your local trails on Google or search for trails and parks through national resources. Then, all you need is a good pair of hiking shoes, some water, and a willingness to get out and enjoy the walk!

JENNY ZHANG
Magna Exteriors

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DID YOU know?

Are You Aging Healthy Quiz

Magna Wellness has a healthy aging quiz that you can take to see how healthy you are aging! Take the quiz on the Magna Wellness website. The “Are You Aging Healthy?” quiz can be found in ‘My Quizzes’ under the ‘Activities’ tab. You can also use the search tab and type in “Are You Aging Healthy?” to take the quiz!

MEMORY Use it or Lose it!

Exercising your brain can help you stay sharp and help prevent memory loss! Try an activity that challenges you and allows you to build new skills. Find out how sharp your mind is by taking the ‘How Sharp are your Mind and Memory’ quiz on the Magna Wellness website!



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THE AGING BODY

Inevitable Aging

It's no secret that we are not getting any younger! As we get older, our bodies age with us and there are some body system changes that occur normally. Many body functions do remain the same throughout the aging process, which can affect your overall body functioning and health. Changes affect everyone differently and can occur at different rates, which are dependent on an individual's genes, the environment they live in, and their lifestyle choices.

Here are some common changes you may experience during the aging process:

EYES AND EARS:

- Vision changes
- Eyelid muscles weaken, and skin becomes thinner
- Increased difficulty seeing in dim light and at night
- Decreased tear production causing dryness, or buildup of mucus
- Decreased sensitivity to sound (hearing high-pitched sound becomes more difficult)
- Words may become harder to understand (sound is mumbled)

HEART:

- Size increases as scar tissue may develop
- Fills with blood slower (effects may be apparent during exercise)
- Heart and blood vessels become stiffer (may increase blood pressure)

LUNGS:

- Less oxygen is absorbed
- Cough reflex becomes weaker
- Decreased ability to fight off and clear infection
- Increased difficulty breathing (especially during exercise)

MUSCLE AND BODY FAT:

- Muscle tissue reduces in size
- Loss of muscle mass and strength
- Increase in body fat

BONES AND JOINTS:

- Bone density becomes weaker (this is called osteopenia or osteoporosis)
- Increased risk of falls and bone fractures
- Decrease in height (due to changes in the discs between the spine's vertebrae)
- Decreased range of motion
- Increased joint stiffness

BRAIN:

- Decreased blood flow to the brain
- Change in the levels of chemicals in the brain
- May need increased time to complete tasks and learn new material
- Vocabulary and memory may weaken

MOUTH AND NOSE:

- Increased sensitivity to hot and cold temperatures
- Decreased production of saliva (causes dry mouth)
- Decreased taste bud sensitivity (sweet and salty food taste more bitter and sour)
- Gums recede slightly, and enamel wears away (can contribute to tooth decay, cavities and gingivitis)

KIDNEYS/LIVER:

- Urinate more often
- Weakened bladder muscles (decreased ability to empty bladder and possible leakage)
- Liver's ability to remove medication decreases (effects may last longer)

DIGESTIVE SYSTEM:

- Slower metabolism (may cause constipation)
- Decreased ability to absorb vitamins and other nutrients

SKIN:

- Decreased thickness and elasticity
- Increased dryness
- Wrinkles may appear
- Reduced blood flow (causes less heat to leave the body, making it harder to cool down)
- Changes in pigmentation (less protection from the sun and 'age spots' may develop)

IMMUNE SYSTEM:

- Slower immune response (may contribute to increased risk of infections)
- Autoimmune disorders (e.g. allergies) are less common with fewer symptoms

Helpful Tips

Just because you are getting older, does not mean the above changes are certain. The good news is that there are steps you can take to prevent these changes from occurring.



1 Exercise!

Exercise benefits nearly all parts of the body including the heart and lungs and has been shown to slow (and sometimes even reverse) the aging process. Exercise may also prevent mental health decline and help regulate skin metabolism to slow wrinkles from forming! Weight bearing exercise, such as walking or lifting weights, can help prevent muscle and bone loss and maintain strength and balance. This is one of the most important steps you can take to age gracefully.

2 Stop smoking!

Smoking causes stiffness of the blood vessels and can contribute to diseases of the heart and lungs. Smoking also effects skin and increases wrinkles!

3 Stay protected from the sun!

The sun's UV rays cause the skin to wrinkle and can contribute to the development of skin cancer and age spots.

4 Eat healthy!

A healthy diet, including balanced meals, can help to regulate metabolism and prevent excess weight gain. This can also help to boost the immune system to help prevent infections!



5 Be mindful of your environment!

Be aware of your environment and the potential issues it may cause. For example, ensure there are no hazards for tripping to prevent fractures as well as ensure there is proper lighting to see adequately.

ACTIVE AGING

Think you're too old to exercise? *Think again!*

Exercise is important for all ages, especially individuals in the aging population. Research has shown that continuing to exercise as you age not only slows the aging process but also helps to maintain good health.

According to the Canadian Physical Activity Guidelines, adults over the age of 65 should incorporate a minimum of 150 minutes of moderate intensity, aerobic activity into their week. Guidelines also suggest strength training at least 2 days per week to maintain muscle mass, bone strength, and balance.

On top of meeting the Canadian Physical Activity Guidelines, a well-rounded exercise program should target all of the components of fitness.

HERE ARE SOME EXAMPLES OF EXERCISE THAT DO JUST THAT:



EXERCISES FOR Endurance

Cardiovascular (aerobic) exercise increases blood flow throughout the body and improves the function of your heart and lungs!

- **SPORTS:** tennis, golf, wheelchair basketball
- **INDOOR ACTIVITIES:** treadmill, elliptical, swimming, water aerobics, dancing, bowling, housecleaning
- **OUTDOOR ACTIVITIES:** biking, sailing, hiking, gardening, raking



EXERCISES FOR Flexibility

Flexibility exercises help to relieve joint stiffness, improve posture and help to reduce the risk of injuries.

- **CHEST OPENER:** Place your feet shoulder-width apart (either sitting or standing) and bring your arms behind you at about hip height. Lock your fingers together and squeeze your shoulder blades together while pushing your chest out. Hold the position for 10–30 seconds; repeat 5 times.
- **BACK:** Place your feet shoulder-width apart (either standing or sitting) and hold your arms in front of you at shoulder height with palms facing outward, and fingers locked together. Relax shoulders and reach forward while rounding your back; hold for 10–30 seconds. Repeat 5 times.
- **THIGH STRETCH:** Stand behind a chair and hold onto the back with your right hand. Bend your left knee and grab your foot with your left arm. Hold this position for 10–30 seconds. Repeat 5 times; then repeat with your right leg. If standing to perform this stretch is too difficult, try it laying down on your side.
- **ANKLE MOBILIZATION:** Sit in a chair with your legs stretched out in front of you. Move your ankles and point your toes up toward you; hold for 10–30 seconds. Move ankles and point toes away from you. You can also move your ankle in circular motions. Rotate both clockwise and counterclockwise. Repeat 5 times.



EXERCISES FOR Strength

Maintaining muscle strength as you age can help to prevent falls and support your joints.

- **SIT TO STAND:** Sit on a sturdy chair with feet flat on the floor. Breathe out and stand slowly while extending your arms forward until they are parallel with the floor. Breathe in and slowly sit back down; repeat 10–15 times.
- **LEG EXTENSIONS:** Sit in a sturdy chair with your feet flat on the floor. Breathe out and slowly extend one leg in front of you (do not lock your knee). Breathe in slowly and lower the leg back down. Repeat 10–15 times and then repeat with the other leg.
- **WALL PUSHUP:** Face a wall, standing slightly more than arm's length away, with feet shoulder-width apart. Place your palms flat against the wall and slowly breathe in as you bend your elbows and lean your upper body toward the wall; hold for 1 second. Breathe out and push yourself back until your arms are straight. Repeat 10–15 times.
- **ARM CURL:** Stand with feet shoulder-width apart and hold weights or resistance band at your sides with palms facing upward. Breathe out as you slowly bend your elbow and lift the weight or resistance band toward your chest while keeping elbows at your sides; hold for 1 second and then slowly lower arms back down. Repeat 10–15 times.



EXERCISES FOR Balance

Maintaining adequate balance is important to help prevent falls.

- **CHAIR EXERCISE:** Hold onto the back of a chair while standing on one foot; hold position for 10 seconds and repeat 10–15 times. Repeat using the other leg.
- **HEEL-TO-TOE-WALK:** Pretend you are walking on a narrow beam. Position the heel of one foot in front of the toes of the other foot; take a step and put your heel in front of the other foot. Repeat up to 20 times.
- **BALANCE WALK:** Walk in a straight line with your arms raised to your side; as you walk swing your back leg in the air and then in front of you and pause for 1 second before stepping forward. Alternate legs and repeat 20 times.

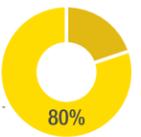
THE JOY of aging

Although aging is inevitable and there is nothing that can be done to stop our bodies from maturing, there can be great joy in growing old.

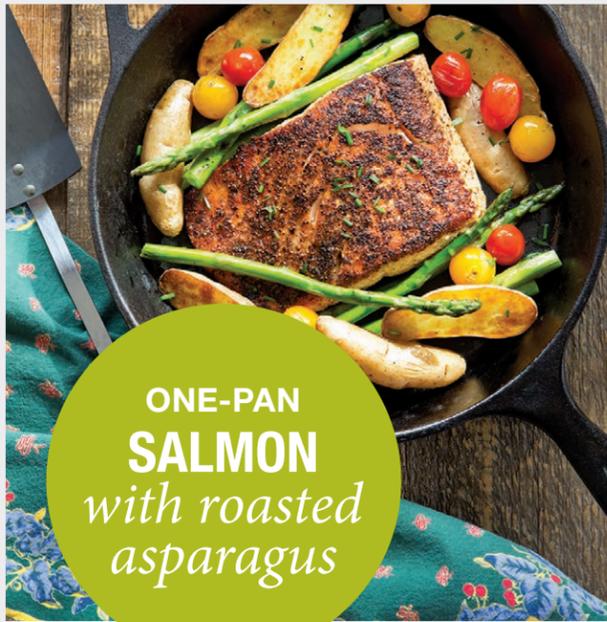
Many older individuals have reported that they are more content and have better emotional wellbeing compared to when they were in their 30s and 40s, as they have more experience and perspective. Research suggests that many individuals who continue to be involved in their community feel as though they still have a purpose and a sense of belonging. This has been shown through Blue Zones. Blue Zones are areas/communities that have a longer lifespan compared to the rest of the population, which has been attributed to their lifestyle. Members in each Blue Zone have a lifestyle that includes 9 factors that contribute to their health, happiness and longevity.

THESE 9 FACTORS INCLUDE:

- Moving naturally
- Having a sense of purpose
- Having downtime every day
- Eating until they are 80% full
- Eating more plants (and less meat)
- Enjoying 1–2 glasses of wine per day
- Putting their loved ones first
- Belonging to a faith-based community
- Belonging to a community that has favourable health behaviours



Even though you may not live in a Blue Zone, there are still ways to adopt pieces of their lifestyle and find health and happiness in every day life, particularly as you age. There are various ways to get involved within your community or a local organization; volunteering is an amazing example of this and helps to build a sense of belonging. Spending more time with friends and family also builds purpose, as does joining a social group and finding a new hobby such as music or traveling. Staying active, moving more and eating well are also important factors in staying healthy and maintaining a good quality of life as you age. Developing a positive outlook about aging also has a huge impact on the experience of growing old. Studies have shown that people who do not believe the negative stereotypes about aging, but instead have a positive view on growing older, live healthier and happier lives. Aging can be a wonderful experience and there is plenty to look forward to; the best may be yet to come!



ONE-PAN SALMON
with roasted asparagus

This simple dish is packed with nutrient dense food containing many vitamins and minerals that are essential for good health!

TOTAL TIME	SERVES	CALORIES
50 mins	2	483

INGREDIENTS

- 2 CUPS Potatoes halved if large (consider substituting for sweet potato, or quinoa)
- 2 TBSP Olive oil
- 8 Asparagus spears, trimmed and halved
- 2 HANDFULS Cherry tomatoes
- 1 TBSP Balsamic vinegar
- 2 Salmon fillets
- 1 HANDFUL Basil leaves

DIRECTIONS

1. Preheat oven to 400°F. Put the potatoes and 1 tablespoon olive oil into an oven-safe dish, then roast for 20 minutes until the potatoes are starting to brown.
2. Trim and half the asparagus and place them in with the potatoes and bake for another 15 minutes.
3. Add the cherry tomatoes, balsamic vinegar and salmon to the dish. Drizzle the remaining olive oil and return to the oven for 10–15 more minutes until the salmon is cooked.
4. Garnish with basil leaves and serve!

bbcgoodfood.com

Are you getting enough?

NUTRIENT DEFICIENCY

The body requires vitamins and minerals to perform fundamental bodily functions and prevent disease. Most North Americans, in the absence of disease, should be able to get all the nutrients they need by eating a balanced diet. This includes a variety of foods from all food groups. If you are concerned you may have a vitamin or mineral deficiency, it is important to speak with your doctor.

Nutrient deficiency, also known as malnutrition, occurs when the body does not get enough nutrients from food to function properly. Malnutrition can occur in any individual, at any age, however those 65 and over are at greater risk. The increased risk in older adulthood is due to several factors, but mainly attributed to a decreased food intake, a decreased nutrient absorption rate in the stomach and intestines, and potential medication interactions with food.

B VITAMINS (B6 & B12):



Higher levels of B6 & B12 are required once an individual is over 50 years of age. These vitamins are vital to our health as they **support red blood cell formation and brain functioning**. Good sources of vitamin B6 include chicken, lentils and brown rice. Vitamin B12 is unique in that it is only found in animal products like eggs, milk, cheese, fish, poultry, and meat products. Therefore, vegetarians and vegans must choose meat alternatives that have been fortified with B12 (check the label). Deficiency in B vitamins can cause headaches, confusion, numbness in hands/feet, and anemia, a condition marked by low amounts of red blood cells.

FOLATE



Folate is also a B vitamin. It helps to **make and repair DNA, as well as build red blood cells**. Folate is particularly important in the healthy development of the fetus during pregnancy. Good sources of folate include dark green vegetables like broccoli and spinach, legumes, beans and lentils. Deficiencies in folate can cause anemia and may increase your risk of cardiovascular disease. It is also important to note that an excess consumption of folate can hide the symptoms of a vitamin B12 deficiency. It is recommended that most adults get a total of 400 mcg of folate a day.

VITAMINS C & E



Vitamins C and E are important **antioxidants that are essential for good health**. Good sources of vitamin C include strawberries, raw red pepper and broccoli, whereas vitamin E is best found in nuts, seeds and vegetable oil. Vitamin C has many functions within the body including helping the body absorb iron and helping to replenish levels of vitamin E in the body. Therefore, if an individual is deficient in vitamin C they are likely to also be deficient in vitamin E and iron. Deficiency in these vitamins can cause symptoms of muscle weakness, mental impairment and impaired vision.

CALCIUM & VITAMIN D



Increased requirements of these nutrients are needed over 50 years of age to **maintain bone strength and help prevent osteoporosis**. Good sources of vitamin D include salmon, eggs, and products fortified with vitamin D, such as milk or orange juice. Good sources of calcium include dairy products, such as yogurt and milk, as well as tofu, spinach and almonds. Vitamin D helps our bodies absorb and use calcium, so it is important to get enough of both.

IRON



Iron is a vital mineral that **helps red blood cells to carry oxygen throughout the body**. Iron also helps to build new red blood cells and **prevent anemia**, as mentioned above, a condition characterized by a low number of red blood cells.

There are two types of iron found in foods we eat, heme iron which comes from animal products and is easily absorbed by the body, and non-heme iron which comes from plant foods and is harder to absorb. Good sources of heme-iron include animal products such as meat, fish and poultry, and good sources of non-heme iron include plant products such as lentils, spinach, and oatmeal. To increase absorption, it is important to pair iron rich foods with foods high in vitamin C, and avoid having caffeine when eating iron rich foods as it can limit the absorption.

ZINC



Zinc **supports growth, strengthens the immune system, and helps heal wounds**. A daily intake of zinc is required as the body is unable to store it. Good sources of zinc include oysters, beef, beans and yogurt.

FOR MORE articles, employee stories, quizzes, and recipes, please visit magnawellness.ca

WE WOULD LOVE TO HEAR FROM YOU!

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