

Soundbite Script – Living your best life at 50

Dr. Travis Swink, family medicine provider, OSF HealthCare

"The problem is that when we get into our 50s, we get kind of complacent. We stop exercising, we stop taking care of ourselves, and we're getting into the limelight part of our career. So, we tend to slow down. We need to find out where their activity level is at at that point." (:15)

Dr. Travis Swink, family medicine provider, OSF HealthCare

"What I tell people is, when we get into our 50s, it's not about running, it's not about cross training, pickleball even, it is about walking. And if we can do 15 minutes twice a day, that's your best activity." (:14)

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"I don't want them to do any machines with heavy weights. I find that doesn't do very well for certain joints, because as we age, we lose some of our flexibility and range of motion, and a free weight allows you to manipulate that. And so do bands. Bands really limit how much you're going to lift, and they're very good to use." (:19)

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"The problem is that we have become a very carb generated society, and so most of the time I have people actually write a diet diary, even if they're not overweight, and we sit down and we look at it, because most of them will have a 70 to 80% carb ratio, and that, in itself, is going to be very poor for their health. So that's where I approach it, first." (:22)

Dr. Travis Swink, family medicine provider, OSF HealthCare

"I'd rather have 6 a.m. to 6 p.m. and eating three meals a day and not eating past six o'clock. Then doing your exercise after your last meal, where then you're taking and breaking down any extra storage before you go to bed." (:15)