

JUST THE FACTS - 2026.9.19

for Baby Boomers

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*If you know someone who might like our BABY BOOMER newsletter, please
give them my email address: opaskipper@yahoo.com*

JUST THE FACTS for Baby Boomers

by Skip Parker

*a free weekly newsletter for Baby Boomers featuring news, health,
personal finance, nostalgia, music memories, and uplifting stories*

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USA

The USA has no official federal language, consumes about 3 billion pizzas a year, created the 50-star flag as a high-school project, and is home to Yellowstone—the world's first national park.

Geography & Landmarks

Yellowstone National Park (est. 1872) is the world's first national park.

- **The Grand Canyon stretches 277 miles and is over a mile deep.**
- **Alaska is the largest state and spans both the Eastern and Western hemispheres due to the Aleutian Islands crossing the 180th meridian.**
 - **Death Valley is the hottest place in the U.S., reaching 134°F.**

The Great Lakes hold about 84% of North America's fresh surface water.



INTERNATIONAL

Mexico, officially the United Mexican States, is a country between the U.S. and Central America. It has a total area of 1,964,375 square km. Mexico City is its capital and largest city. Spanish is one of its recognized regional languages. Its official currency is Peso (MXN). Mexico is bordered by the United State, Guatemala and Belize. It also shares maritime borders with Cuba and Honduras. With these interesting facts about Mexico, let's learn more about its culture, history, people, economy, food and cuisine, and lots more.

The word "**Mexico**" is a derivative of Mexica (pronounced "Me-shee-ka").

What today is Mexico City was the Aztec capital of Tenochtitlan. Mexico was a site of several advanced Amerindian civilizations – including the Olmec, Toltec, Teotihuacan, Zapotec, Maya, and Aztec.

The Mayans and Aztecs (nomadic people indigenous to Mexico: existed between 12th and 15th century) resided in Mexico some 13,000 years ago.



HEALTH / WELLNESS

*Curious about comparing exercising in your 70s, your 80s, and you 90s? **Jump down to the bottom of this newsletter for an interesting read!** And always! work with your doctor for a workout regimen that best suits you!*

FINANCES



I don't know about you but I'm just not comfortable yet with crypto currency. But something in the back of my head is telling me I need to know more about it. [Cryptocurrency » BabyBoomer.org](#)



MUSIC

I was in Vienna a couple years ago taking a German language course. The teacher provided a field trip to the Vienna Central Cemetery on the outskirts of the city where so many famous musicians are buried. One gravesite was that of Beethoven. Here is a link to what may be one of his most memorable piano pieces, Für Elise. [Beethoven - Für Elise \(Piano Version\)](#)



BACK THEN . . .

Spam was not a constant staple at our home when our kids were young but it got served fairly often. One day our son told us, "mom, I'm really tired of steak. Can we have some other kind of meat? [17 Beloved Foods From the '60s That Everyone Couldn't Get Enough Of - Craft Your Happy Place](#)

PEARLS OF WISDOM



Everyone I meet knows more about something than I do.
The largest room in the world is the room for improvement.

THINK ABOUT IT



CORNY JOKES



Why can't your nose be 12 inches long?

Because then it would be a foot.

Why do ducks have feathers?

To cover their butt quacks.

MEMES



Me: I could never eat an entire 8 oz block of cheese.

Mexican restaurants: Okay, but what if we melt it and give you unlimited baskets of tortilla chips to scoop it up with?

Me:

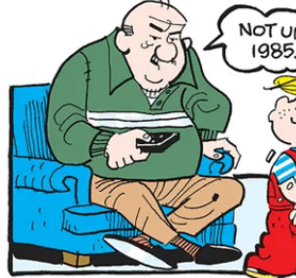
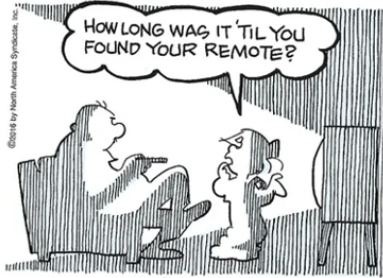
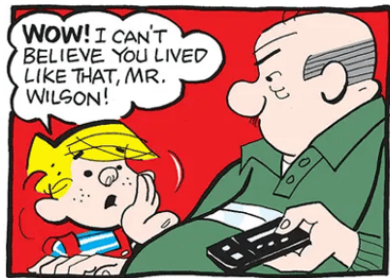
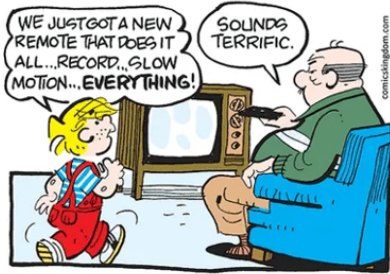
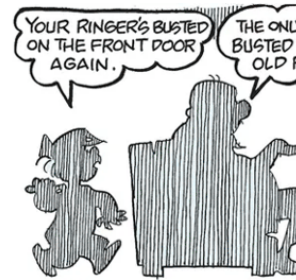


COMICS

If you're reading from your phone or iPad, try turning it 90 degrees to landscape view for a larger print or expand with your fingers!



Hank Ketcham's
DENNIS
The
MENACE
NO CONTROL



Hello 😊 hope I made you smile
😊



NEWSLETTER FOR BABY BOOMERS

This is for Baby Boomers (and anyone else who wants to join us!).

"Baby Boomers" normally refer to folks born 1946 to 1964.

The intent of this newsletter is to be connotatively neutral, fact informative, with some attempt at humor.

Personal notes and responses are welcome: opaskipper@yahoo.com

WHY I DO THIS NEWSLETTER

I miss Walter Cronkite, Huntley & Brinkley, and those years of plain and simple news reporting. This is for the approximate 70 million Baby Boomers in the USA. Just the facts and fun things . . . the best we can muster!



**From the desk of
Skip Parker**

Giving me something to do in retirement!

Wellness article from above . . .

Comparing Exercise Recommendations for Ages 70s, 80s, and 90

Across the 70s, 80s, and 90s, the core guidelines remain the same – at least 150 minutes/week of moderate aerobic activity, muscle-strengthening on 2+ days, and balance training – but intensity, duration, and type may need adjustment as age increases

Core Guidelines for All Three Decades

According to the CDC and national guidelines, adults **65+** should:

- **Aerobic activity:** ≥ 150 min/week moderate-intensity (e.g., brisk walking) or ≥ 75 min/week vigorous-intensity (e.g., jogging), or a mix
- **Muscle-strengthening:** 2+ days/week (e.g., resistance bands, weights)
- **Balance training:** Regularly, to reduce fall risk

- **Frequency:** Spread over most days; can be broken into shorter bouts

These apply to the 70s, 80s, and 90s — the main differences are in **how** and **how much** to do, not the fundamental types.

Age-Related Changes and Adjustments

70s

- Strength, balance, and endurance begin to decline more noticeably than in youth, but regular exercise can slow this
- Focus on **moderate-intensity** activities, progressive resistance training, and balance work.
- Monitor for joint comfort and cardiovascular health; adjust intensity as needed.

80s

- Declines in muscle mass (sarcopenia), flexibility, and aerobic capacity are more pronounced
- May need **lower-intensity, longer-duration** sessions; emphasize safety, joint protection, and balance.
- Consider aquatic exercise or seated resistance work if mobility is limited.

90s

- Physiological changes (slower recovery, reduced muscle repair) are greater
- Exercise should be **gentle, frequent, and adaptable** — e.g., short bouts of walking, gentle resistance, tai chi, or chair-based exercises.
- Safety and medical clearance are especially important; avoid high-impact or high-intensity work.

Practical Comparison Table

Feature	70s	80s	90s
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Aerobic	150 min/week moderate	150 min/week moderate (split into shorter bouts)	150 min/week moderate or less; focus on safety
Strength	2+ days/week resistance	2+ days/week lighter resistance	2+ days/week gentle resistance or band work
Balance	Regular	Regular	Regular (often integrated into other activities)
Intensity	Moderate	Moderate–light	Light
Duration	30+ min/day or split	20–30 min/day or split	10–20 min/day or split

Key Takeaways

- **Start early:** Physical decline begins in the 50s; exercise in the 70s helps preserve function
- **Stay consistent:** Even small, regular bouts count — walking, gardening, or chair exercises
- **Adapt as you age:** Reduce intensity, adjust duration, and prioritize safety, but keep all three pillars — aerobic, strength, balance — throughout the 70s, 80s, and 90s

Bottom line: The *what* stays the same; the *how* changes with age. In the 70s, aim for moderate, structured exercise; in the 80s, adapt for reduced intensity and joint protection; in the 90s, focus on gentle, frequent, safe movement — but keep moving.



THE STOIC
MIND MASTERY

**The World Owes You Nothing.
Nature provides opportunities,
not guarantees. Entitlement is
the death of growth. Take what
comes and make it better.**

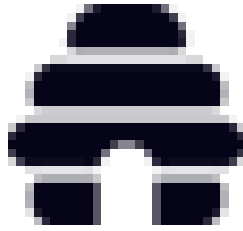
VINTAGE PRUDENCE | STOIC WISDOM

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