

HEALTH MATTERS

Men's Health

The Walk of a Lifetime

Coming Back from a Heart Attack
The Male Trauma Connection
Learn the Signs of a Stroke
Group Works Out for Good
& Much, Much More...



A PUBLICATION OF THE
**MONTEREY
HERALD**

Contents

HEALTH

June 2023, Volume 8, No. 109



10

Fitness, Fellowship, Faith

Local men's workout group gains more than muscle

FEATURED STORY

8

Step By Step

80-year-old attorney's daily walk ensures his longevity



12

A Lucky Break

AT&T ProAm caddy looks to a healthier future



16

Risky Business

Why more men need care at trauma center



18

Muscling In

Protein is important, but so are other components of men's diet



20

Act F.A.S.T.

Time is of the essence when diagnosing and treating stroke



22

Robot Recruits

High-tech assistants added to Community Hospital



28

Doctor's Notes

Medical news from around Monterey County

IMPORTANT STATISTIC

Did you know?

- Approximately 36 million Americans have hearing loss. Men are twice as likely to have hearing loss than women, among adults ages 20-69. It's thought that this difference arises because men often work in noisier environments, such as construction.

Reference: National Institute on Deafness and other Communication Disorders (<https://www.nidcd.nih.gov/>)

Men's Health

ISSUE

Larry Siegel, a Monterey Peninsula attorney, has committed to walking every day and has done so for more than 1,000 consecutive days.

Photo by Randy Tunnel



A man with a mustache, wearing a brown beanie with a headlamp and a black puffy jacket, is smiling and looking off to the side. He is outdoors, with a blurred background of trees and a body of water.

Photos by Randy Turnell

IN IT FOR THE LONG HAUL

80-year-old attorney takes steps to ensure his longevity

BY LISA CRAWFORD WATSON

Larry Biegel

When Larry Biegel looks back on his long and productive life, it is not to lament what has come and gone but to appreciate where he's been and where he's headed now. In many ways, his life is better than ever.

When Biegel was diagnosed with shallow lung function at age 70, he wasn't willing to take the news lying down. He gathered nearly a dozen contemporaries, grabbed four bottles of champagne, and organized a hike up the Sobranes Canyon Trail. He jokes that he had everyone sign a health waiver before heading out.

"Nobody gave up, and nobody fell," he says, "and we all enjoyed the champagne. I loved the idea of doing something physical like that to prove I wasn't old. Seventy is old, but 80 is older. Facing the onset of 80, I decided to make an even bigger investment in my health."

Three years ago, Biegel made a lasting commitment. In May 2020, anticipating his 80th birthday in 2023, the long-time local attorney launched a project on behalf of his health and well-being. His intention was to build his lung capacity to ensure his strength and longevity.

Biegel began by walking four or five miles a day, up hills and down scenic stretches, typically before the rest of his Carmel community came to life each morning. He and local running legend Hugo Ferlito, a member of the Monterey Bay Half Marathon Governance Board, would walk together on the weekend, which got Biegel thinking about signing up to walk-run the Monterey Bay Half Marathon.

Participants in the half marathon must be able to maintain under a 16-minute-per-mile pace. Biegel's pace was 18 at the time, so he pushed himself to get faster. He also set a goal to get out on the road every day for 1,000 days straight.

When he reached his goal, family and friends hosted a celebration. By the end of last month, he had logged in 1,095 walks without missing a day—even while traveling.

Part of his training for the 2022 Monterey Bay Half Marathon included legendary Olympic runner Jeff Galloway's Run-Walk-Run technique, which involves introducing a regular walk interval throughout the running distance. This proven practice helps avoid injury and fatigue.

"Exactly one month after my 80th birthday," says Biegel, "the elite runners lined up under letter A at the start line. I stood under letter M. Accompanied by former client and ultramarathoner John Gibson, my finish time was three hours, 25 minutes, just under the pace limit."

Biegel also has completed the Big Sur Marathon 11-miler four times, in 2018, 2019, 2022 and 2023. And whether or not he decides to continue entering races, his morning constitutional remains a commitment.

"Last September, we flew to New York and looked forward to going to Balthazar Café on Spring Street after we landed. But by the time I did my walk in Central Park," says Biegel, "I knew it would be too late for dinner. So I got motivated to get up at 3 a.m. in Carmel, I pulled on my beanie with its headlight, and I got in my walk before we left for the airport. I'm all in on this."

The Biegels arrived in New York at the end of Hurricane Ida, the last plane allowed to land in Newark, amid sheeting rain. "If I hadn't gotten up at 3 a.m.," he says, "I would have missed my walk."

Last February, Biegel took his family to Hawaii. Travel delays left them stuck in the San Francisco Airport, and he knew, once again, he was going to land too late to get in the walk he'd anticipated on the island. Instead, he strolled the length of the airport, back and forth, until he'd logged in five miles.

"There was no way I was going to endanger my walking streak," he says. "May 28 marked three years I've been doing this. I know it's going to stop someday, but I have no desire to see that happen. This has done so much for my health."

VITALITY IS A LIFESTYLE

Biegel believes his relentless exercise routine has made him fairly immune to getting sick. It insulates him, he says, by making his constitution strong. Today, he can walk up from the beach to the top of Ocean Avenue without becoming winded.

"I feel pretty safe in my skin," he says, "if not invincible. My health numbers have improved, my pace and stamina are stronger. My doctor loves it as much as I do."

Biegel also plays tennis with his wife, fellow attorney Tina Biegel, who is a force on the courts. In addition, he trains with their son Brandon Kirsch, a surfer and professional fitness trainer at Carmel Valley Athletic Club.

"This is the coolest thing Larry has done is prove to himself that he can be this fit and healthy every day," says Kirsch. "He's exercised over the years, but he was never this consistent with a fitness routine. To quote English author George Eliot, 'It's never too late to be what you might have been.' Larry has inspired so many people through this, and I am so proud of him."

During the week, Biegel leaves home at 8 a.m. to get to court or his office, which means he must be up and out by 5:30 a.m. to make sure he gets in his morning mileage.

"Plenty of days I don't want to walk," he says, "but there is never a choice. As soon as I hit the road, I feel great."

"I see all these younger attorneys retiring, but that's not me. Turning 80 makes me older but not old."

Lisa Crawford Watson lives with her family on the Monterey Peninsula. She specializes in writing about art and architecture, health and lifestyle, and food and wine.

'PLENTRY
OF DAYS
WHEN
I DON'T
WANT TO
WALK, BUT
THERE IS
NEVER A
CHOICE'