



Spring Into Fitness . . .

In an era when we are hearing so much about the cost of health care the questions arises: ***How can we lower health care costs for individuals, businesses, for the community and the USA in general?***

The answer to me is simple: ***don't get sick in the first place!*** Statistics show that people who take care of their health spend less money on health care.

So if this is true, how do we develop a lifestyle that allows us to do all the things we need and want to do in life while maintaining good health? The answer involves discipline, dedication, hard work and a ***commitment to your health.***

Realize that nothing is more important than good health. If your health fails, all else in life goes by the wayside: your job suffers, your home life suffers and you suffer. In order to live a long, healthy and happy life you need to have a plan to stay healthy and you must follow this plan daily. Areas to focus on should include the following:

- Strength
- Endurance
- Mobility
- Agility
- Balance
- Nutrition
- Sleep
- Stress Management
- Sexual Health
- Financial Health
- Mental Health

As we age we tend not to be as physically active. In

addition to our hearts getting weaker (remember the heart is a muscle too), the skeletal muscles also get weaker. In time they atrophy (shrink) and get weak.

One of the end results is weakness in the legs leading to problems with balance. When this occurs the risk of falling is significantly increased. In combination with weak bone, weak muscles lead to falling and fracturing these weak bones. Another sobering statistic is that over 50% of the individuals that fall and break a hip never get back to their normal level of functioning. Therefore, a strength training program must be a part of your daily routine.

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April Medical & Fitness Seminars

A Doctor's Advice on Supplements

By Dr. Salvatore Lacagnina
Lee Physician Group

Wed., April 22 at 4 pm
2nd Fl Conf. Rm.



Benefits of Mangosteen

By Patricia Banks, Vemma
Representative

Wednesday, April 15
11:00 am— noon
2nd Fl Conf. Rm.

To register for these classes, please stop by Front Desk or call 573-4800.



On The Go Activities for April

April 2 at 11 am: Monthly Planning Meeting in Wellness Confr. Room followed by luncheon at Wine and Roses

April 9 noon: Pot Luck Lunch at the home of Ed and Carolyn Walker (574-7228).

On The Calendar:

- April 2—On The Go Planning Meeting 11 am followed by lunch at Wine and Roses
- April 12—Closed Easter Sunday
- April 15 - Mangosteen Seminar
- April 22 —Medical Seminar

A professional difference

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The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®.

Come join Zumba 101 sessions on Monday at 9 am in Yoga Studio, Tuesday & Thursdays at 11:30 am and Wednesdays at 6:30 pm in the Group Exercise Studio. New Group Exercise schedules are posted on the website and copies can be picked up from the information wall at the center.

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In addition your exercise program should include aerobics such as brisk walking, biking, swimming or other fun exercises that will keep the heart healthy. To reduce your risk of falling, part of your routine to stay healthy should include working on your mobility, agility and reaction time. The better you are able to move around, the quicker your reflexes are so you can respond if you trip and start to fall. Improved reaction time and reflexes will decrease the likelihood of actually hitting the ground!

Getting proper amounts of good sleep and dealing effectively with the stress in life also contributes to good health. Try to develop healthy sleep patterns by going to bed at the same time each night and getting up in the morning at the same time.

Managing your finances well allows you to be more financially secure in your retirement years and able to take advantage of exercise opportunities.

Sex is a normal part of life and can continue until late in life if one works to stay healthy. Medications like Viagra have added years of pleasure to the lives of many. But before you take this medication talk with your physician to be sure there are no contraindications to you using this type of medication.

Working on keeping your brain healthy as you age must be part of your plan to stay fit. It is known that people who learn a new skill (i.e., dancing, new language) keep their brains healthier. As part of your fitness plan, add in new things to learn so your brain stays active and sharp!

Remember, nothing is more valuable than good health, so develop your plan to stay healthy and enjoy every day of your life!

Ask Your Trainer . . . What should I eat or avoid before/after exercise?

The main goal for eating something before a workout is to get energy for the workout. You will want something that is low to moderate in glycemic index. **Here are examples of pre-workout snacks:**

Most fresh fruit (apple, orange, pear, nectarine, plum, grapes or banana).

Nuts, trail mix of nuts and dried fruit.

Oatmeal, cereal with 3 grams fiber.

Veggies and hummus, tomato or vegetable juice

Hard boiled egg, whole grain crackers and

cheese or peanut butter

Nutrition bars (5 gm protein/15 gm carb)

Also, **hydrate well with water** before, during and after exercise. Aim to replace all the fluid lost during exercise.

Foods to avoid before exercise: any foods with a lot of fat can be very difficult and slow to digest and remain in the stomach a long time. Foods like meats, milk, yogurt, doughnuts, fries, potato chips and candy bars can cause cramping and discomfort during exercise.

Member Notices . . .

***Easter Sunday, April 12,
The Wellness Center will
be closed.***

