



Turn Back Time . . . Through Exercise



Aging for many people is associated with a decline in strength, flexibility, cardiovascular fitness, bone density and mental function. Most of this decline stems from inactivity and is not really a consequence of aging. Recent research supports that it's never too late to start anti-aging exercises and that even small increases can have great benefits. Studies show exercise can add 2-6 years to your life and improve the quality of your life dramatically. Johns Hopkins Over 50 Newsletter called exercise the single most important anti-aging measure anyone can follow.

Combine all types of exercise for the maximum anti-aging effect.

Cardiovascular: At least 30 minutes on most days. A

study showed that in just 3 months, a 60 year old could regain the aerobic function of a 40 year old! If you already are doing 30 minutes daily, consider increasing the frequency or duration of your workout.

Strength Training: 2-3 times per week. Benefits start in about 3 weeks. Strength training not only makes you stronger, but maintains bone density, prevents falls and increases metabolism. So it helps control weight.

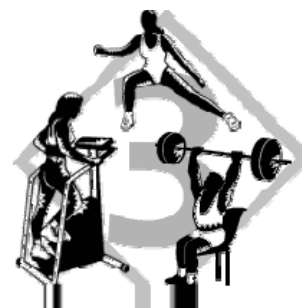
Flexibility: At least 4 times per week. If performed properly, stretching helps with movement, prevents injuries and helps minimize the aches and pains we associate with aging.

Mind/Body: Research shows that mind/body exercise such as yoga, Tai Chi, and Pilates is helpful for emotional and physi-

cal health. Also for the brain, spend some time with puzzles such as crosswords, Sudoku and Brain Age games.

Often new exercisers are initially highly motivated to change but after a few months they lose focus. Research shows if you can exercise regularly for 6 months, you have made a change which can last a lifetime.

Ask at the Fitness Desk about the Body Age Assessment that will determine the "real age" of your body.



September Medical & Fitness Seminars



Prostate Cancer Awareness

By Dr. Salvatore Lacagnina,
Lee Physician Group

Wednesday, September 23, at 8:00 am

2nd Floor Confr. Room

Effects of Exercise on Type 2 Diabetes

By Heather Sines, Exercise Specialist

Thursday, September 24 at
10:30 am & 6 pm, 2nd Floor Confr. Room

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

"Take Action Against Arthritis"

Watch for details on a new 4-week seminar series coming this Fall

- Self-Management Techniques
- Exercise & Nutrition
- Life Improvement Series certified by the Arthritis Foundation

On The Calendar:

- Sept 7—Closed for Labor Day
- Sept 16—Open House
- Sept 23—Medical Seminar
- Sept 24 — Fitness Seminar

A professional difference

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E-mail: wellness@leememorial.org
Website: www.LeeMemorial.org/wellness

Group Exercise Schedule Available Online at:
www.leememorial.org/wellness/groupexercise.asp



Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: we want you to want to workout, to love working out, to get hooked. Zumba "Fanatics" achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

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 zest into the mix and you've got Zumba.

Member Notices. . .

Children in the lobby and locker rooms: Children in the facility must be accompanied by an adult at all times. Please be sure to keep them from running and accidentally bumping into some of our older members who have balance issues. Under no circumstances is a child to be left in the lobby unattended by an adult.

Perfumes, Colognes & Personal Hygiene Products: Please be aware that perfumes and colognes often become stronger as people exercise, creating breathing issues for clients with asthma. Please refrain from using fragrances prior to working out.

HEN Wellness Tip

Nutrition News

Of the **saturated fats** that contribute to **heart disease**, coconut oil is the worst culprit, with 92 percent saturated fats. Canola oil, which is flavorless, has the lowest level of saturated fat. A good choice is olive oil, which adds flavor with less saturated fat.

Tips to Boost Your ENERGY

Just thinking about everyone who needs you can zap what little energy you may have. Maybe you feel you just can't possibly get it all done, but you know you have to. To meet the demands of today, you can't afford to have your energy depleted. Here are some ways to easily boost your energy.

- Take 10 minutes a day to do **deep breathing**, preferably out in the fresh outdoors. You will not believe how much better you feel.
- **Exercise is the energy creator.** Move your body, no matter how little. Stretch and elongate those tight muscles. Dance! Put on your favorite music and dance until those endorphins are producing energy.
- **Pump up your energy in your attitude.** Think of life as a school. When you quit learning, you begin aging in your mind; learn something new every day. Make it a game!
- **Clutter is the silent energy sucker.** Surrounded by clutter? It has a real physical effect on your energy levels. Set a timer and just take 15 minutes to de-clutter your space.
- **What goes in shows on the outside.** Keep your water intake high. Studies show that lack of water is the number one trigger of daytime fatigue.
- **Let it go.** There is a direct relationship between buried anger and your energy levels. Forgiving and letting go is a selfish act to make yourself feel better. Be a little selfish!
- **Money can't buy you happiness.** If you are doing things you find unpleasant just for a paycheck, you can be assured your energy will be depleted. By feeling less trapped, more hopeful, you will feel more energized!