



Principles of Exercise

Many new residents have joined the Wellness Program and have not had the educational opportunities that were provided to residents who lived here when the program was new. It is for this reason that the following principles of exercise are presented. It bears repeating for those who have been here from the start.

You are encouraged to take group exercise classes 2-3 times per week. You should take one day of rest in between classes. Strength training breaks down muscle tissue and 24 hours are necessary for repair. Muscles are stronger once repaired. If you must attend class two days in a row, use lighter weights the second day.

Cardiovascular (CV) exercise can be done daily and strengthens the heart. Muscle breakdown does not occur with this type of training. CV exercise can be performed on your day off from group class or in addition to it if you are feeling particularly energetic.

Stretching can also be done daily and should be performed when you are finished exercising. If you stretch on your own, warm up first by walking or moving around for 5 minutes.

The warm-up increases your body temperature making muscles and connective tissues more flexible.

In order to increase strength and other fitness components it is important to work at a level that challenges your body. If you can perform 12 repetitions of an exercise easily, you should use a heavier weight (one pound heavier to start). If you find 12 repetitions fatiguing or challenging then you are using an appropriate weight. If you feel you are not working at a high enough intensity during class, increase the pace at which you move or increase your range of motion (i.e. lift knees higher when marching). Another way to challenge yourself is to move up to the next level class. You are encouraged to do so but please speak with Barb or Kim first.

If you have not exercised for more than a week it is a good idea to use lighter weights for a class or two before returning to your original weight. Unfortunately, when you stop exercising your body becomes deconditioned right away. The good news is that you will get back into shape quicker than when you first began!

Have a question you would like answered? Let us know and we will be happy to address it in a future newsletter or one-on-one with you.

DANCING Offers excellent health benefits in many ways.

- **Tones the body.** Dancing burns between 200 and 400 calories per hour. It is multi-directional which improves joint mobility and balance.
- **Stimulates the mind.** Learning and memorizing dance steps and combinations is challenging for both mind and body. Studies have shown seniors who danced four times per week were 76% less likely to develop dementia than non-dancers.
- **Lifts the spirit.** Dancing eases stress, encourages creative expression and is a confidence builder.

The Wellness Department at Elim Park offers two aerobic dance classes per week. Fit Steps 1 is a 45-minute standing class that meets on Tuesday morning. Fit Steps 2 is a 30-minute seated class that meets on Thursday morning. Both classes begin at 10:00am. Anyone currently enrolled in the Wellness Program is invited to join in. Feel free to observe a class first.

LET'S GET WINTERIZED!!

As the excitement of the holidays begins to wind down and we look ahead at the New Year, there are a few simple steps that we can take to help to prepare us for what winter has to bring.

- Keep your energy levels high by sticking with your exercise routine. If you are an outside walker, make sure you give yourself a longer warm up. Blood vessels constrict when temperatures drop thus making the heart and lungs work harder. Covering your mouth with a scarf will cut down on constriction as well.
- If you are not currently exercising, consider enrolling in one of the many classes offered here at Elim Park. They are fun and have shown great results in our resident's strength, balance and flexibility.
- Remember to protect your skin in the winter. Sunscreen is still very necessary if you are spending time outdoors. Skin has a tendency to become dry in the winter. Daily

moisturizing is helpful for dry, itchy skin. Drinking plenty of fluids helps too.

- Pay special attention to diet and nutrition. It is a great time to enjoy those hearty winter soups full of fresh vegetables. If your activity level slows during the winter months, you may want to adjust your daily caloric intake appropriately. Vitamin supplements are an excellent way to keep from missing some important nutrients. Ask your doctor what he/she recommends.
- Keep up your defense against colds and flu by washing hands often and be careful to avoid touching your eyes, nose and mouth where germs can enter the body. Make sure you've received your annual flu shot.
- SAD, or seasonal affective disorder, is a condition that causes winter depression. If you are not able to get out into the sun, consider using a light box to take the place of the natural sunlight lost during the winter months

We know you want the scoop on the new Wellness Center; therefore the Wellness Department will host a presentation in February. The presentation will include details about the new building and the programs that will be offered. We will answer your questions and address your concerns but it will be helpful if we know what is on your mind ahead of time. Let us know what information you would like presented and we will be sure to include it with what we are planning. All questions and concerns are important. Please complete the form below and drop it off in one of the Wellness Department envelopes located on the old Wellness office door or adjacent to the current office door in Mallard Mill. Or you may bring it to exercise class and hand it to one of us. Feel free to remain anonymous! Look for the date on your February calendar.
- Barb and Kim



I would like the following question(s) or concern(s) addressed. Please print clearly.

If you are enrolled in the Healthability Wellness Incentive Program, please turn in your Fall Personal Tracking sheets the first week of January. We will meet later in January to discuss how to use your earned points. Thank you for your participation. This program will not continue in 2008.

SAVE THE DATE

Fitness Assessments

Wednesday & Thursday,
January 23rd & 24th
Sign-ups in the exercise room

NO EXERCISE CLASSES

Wednesday & Thursday
January 23rd & 24th
Due to assessments

When understood properly, physical fitness is something you will deeply desire to achieve, and regular exercise is an activity you'll want to pursue – because a healthy, fit body is the most appropriate home for a vibrant spirit.

Dr. Kenneth Cooper