



**Labor Day**

## **A Look Ahead.... Arthritis Aquatics Classes**

A recent study conducted by The Arthritis Foundation and the YMCA showed that individuals who attended aquatic classes for four months were found to have reduced their pain by 18% and increased joint function by 25%. Other studies have shown increases in overall strength, perceived quality of life, and well-being.

Arthritis control exercises were developed by physical therapists to address the pain, fatigue and decreased strength that often accompany this disease. The exercises are performed in water that is maintained at a soothing temperature; this combined with the natural buoyancy of water is an ideal environment for relieving arthritis pain and stiffness.

The water supports joints, lessens stress, allows free movement and provides mild resistance to help build muscle strength. Exercising in warm water raises the body's temperature, causing blood vessels to dilate which in turn improves circulation.

Joint pain may make you want to hold still and avoid activities that increase pain. Limiting use of the joints over time will cause the joints, ligaments and muscles to lose flexibility and weaken. This inactivity can cause even more pain, severely affecting quality of life.

Anyone who has been diagnosed with arthritis or who routinely experiences joint pain, stiffness or limited range of motion is a prime candidate for this class. Our classes will be led by Certified Aquatic Instructors. This is a standing class and participants can use the pool walls for support during the class. Class size will be monitored to insure proper safety. You do not need to know how to swim to participate in an Arthritis Aquatic Program.

## **Physical Activity and Public Health In Older Adults**

The American College of Sports Medicine and the American Heart Association recently teamed up to update recommendations from the Centers for Disease Control for physical activity in older adults. The objective was to recommend the types and amounts of physical activity needed to improve and maintain health in older adults aged 65+. The following recommendations were made. If you are participating in group exercise classes you are already accomplishing the starred recommendations!

\*Perform muscle strengthening activities for all major muscle groups at least twice per week using a weight that allows 10-15 repetitions.

\*Perform stretching exercises at least two days per week for 10 minutes to improve flexibility.

\*Perform balance exercises to reduce the risk of falling.

Perform moderate-intensity aerobic activity for a minimum of 30 minutes five days per week or vigorous-intensity activity 20 minutes three days per week.

Older adults who wish to further improve their personal fitness, reduce their risk for chronic diseases and disabilities, or prevent unhealthy weight gain will likely benefit from exceeding the minimum recommendations.

Feeling overwhelmed by these recommendations? If you are doing something, it's better than nothing! Research has shown that a little activity still has health benefits. The idea is to reduce sedentary behavior. Plan to gradually increase your activity level over time. Please feel free to contact the Wellness Department if you would like further information or if you have any questions.

## **RESEARCH NEWS**

It is a well known fact that aerobic exercise increases cognitive levels in older adults. A recent study found that resistance training is also beneficial for cognitive functioning. Keep picking up the dumbbells so you won't be a dumbbell!

## HEALTH FAIR

Thursday, October 4  
10:00am – 3:00pm  
Village Green Lounge  
Details to follow in your mailbox!

**NO EXERCISE CLASSES  
MONDAY, SEPTEMBER 3<sup>rd</sup>  
Due to the Labor Day Holiday**

## CHAPLAINS CORNER

Keeping Whole and Holy With Your Computer!  
Many of you have access to a computer. For your spiritual health and wellness check out the following websites:

[www.BibleGateway.com](http://www.BibleGateway.com)

[www.BibleKeeper.com](http://www.BibleKeeper.com)

[www.rbc.org](http://www.rbc.org). (Radio Bible Class)

<http://www.heartlight.org/cgi-shl/todaysverse.cgi?day=20070820&ver=kjv>  
(a daily scripture verse for email delivery).

If you don't have a computer, when we are back on TV 8 again, tune in to the morning devotions from the RCH Dining Room between 8:50am and 9:00am Monday through Saturday, and Sunday Worship at 10:30am each Sunday. Whether or not you have a computer, tune in to Christian Radio (24/7) at 104.9FM for spiritual encouragement and growth.

God's Best,  
Pastor Glenn, Chaplain

### JUMP START TO A HEALTHY ♥HEART CHALLENGE ♥

Build a healthier heart by participating in the Jump Start challenge!

Heart disease is America's number one killer of men and women. Better lifestyle habits can help strengthen your heart and reduce your risk of heart disease and heart attack.

The purpose of the challenge is to give you an awareness of how well you take care of your heart.

Take the challenge for fun or for wellness points!  
Tracking sheets will be available on Sept. 4 in the Exercise Room and by the in-house mailboxes with full details.



## September is National Cholesterol Education Month

The National Cholesterol Education Program (NCEP) identifies LDL cholesterol (the bad cholesterol) as the primary target for cholesterol-lowering therapy. If you have high cholesterol your doctor is probably more concerned about your LDL numbers than your total cholesterol numbers. This is due to the evidence indicating elevated LDL cholesterol is a powerful risk factor for coronary artery disease (CAD). Lowering LDL results in a marked reduction in CAD.

### NCEP recommendations for cholesterol are:

Total Cholesterol	
< 200	Desirable
200-239	Borderline high
≥ 240	High
LDL Cholesterol	
< 100	Optimal
100-129	Near Optimal
130-159	Borderline High
160-189	High
≥ 190	Very High
HDL Cholesterol	
< 40	Low
≥ 60	High

### Five things you should know about aspirin.

**Time it right.** If you take aspirin for your heart and ibuprofen for arthritis or another condition, take the aspirin first and wait at least 30 minutes before taking ibuprofen. Ibuprofen blocks aspirin's entry into part of the stomach.

**Aspirin's effects aren't universal.** Genes, other drugs, and whether aspirin is taken regularly can all influence its platelet-unsticking effect. Not everyone responds to aspirin the same way.

**Be alert for an aspirin allergy.** About 5% of people with asthma have an allergy to aspirin. It can cause a stuffy or runny nose, wheezing or other breathing problems, a flushed face, or swelling inside the nose.

**It isn't for kids.** Don't give aspirin to a child or teenager, especially one recovering from chicken pox or flu-like symptoms. In rare cases, aspirin can cause Reye's syndrome.

**It can interact with dietary supplements.** A variety of herbal medicines and dietary supplements affect platelets or influence the body's ability to absorb aspirin. Make sure your doctor knows all supplements that you are taking.

*-Harvard Heart Letter/August 2007*

The full article on Aspirin can be found in the Harvard Heart Letter binder on the top shelf in the exercise room.