



Wellness Center Use

The Wellness Center will offer many new classes and equipment to residents. The pool will be available for Aquatics classes, lap swimming and open swim. The Strength and Cardio Room will have new strength equipment and cardiovascular equipment. Spa rooms will be available for services such as massage therapy. With so many choices, what's a resident to do?

Try everything! You can break from your regular exercise schedule to try new classes or exercise independently using the new strength equipment. Remember that you are still exercising even though you are doing something different. Don't try to do too much at one time. Your body needs a rest so space your new exercise regimen as you did the old. Give yourself time to experiment. The transition into the Wellness Center will be slow and there is no need to hurry. The Wellness Staff will be available for questions and training, so please feel free to take advantage of our knowledge.

In the end, you will decide how the Wellness Center works for you. A mixture of Aquatics and Land classes may work for one person, whereas a complete transition to Aquatics classes is appropriate for another. You may continue with the Group Exercise Classes you currently participate in – they won't change in content. Find what you enjoy and you will stick to it!

Tips for Using the Pool



The pool will be a wonderful addition to the Wellness Program. Please keep the following tips in mind when using it.

- Wear a bathing suit that is easy to get on and take off. Remember that wet suits are more difficult to remove!
- Wear water shoes for your protection. Water shoes can be worn from locker room into the pool. They will protect your feet and give you extra traction. Look for sturdy shoes and don't wear flip-flops.
- Move slowly! Most accidents occur on the deck of the pool or getting in and out of the pool. Give yourself extra time to avoid falling on the deck or slipping on the ramp or stairs.
- Use the railings when entering the pool.
- Enter the pool slowly to allow your body to adjust to the change in hydrostatic pressure (pressure from the water).
- Choose a depth that you feel stable in. Buoyancy decreases the weight-bearing impact of exercise but reduces stability.
- Bring a buddy. Swimming alone is dangerous. Be safe and have a spouse or friend come along even if they don't get in the water.

SAVE THE DATE

Beach Theme Exercise Classes

Mon. and Tues., March 24th & 25th

Got the winter blahs?

Join us for a beach day while exercising!

We'll supply the sunglasses and leis,
you wear the appropriate attire!

All classes.

Nutrition Jeopardy

Friday, March 28th

2:30pm - Chapel

Test your nutrition knowledge.

Join Karen Minkler, R.D. for
fun and prizes.



AQUATIC ARTHRITIS AND YOU

The time has come. In a few short weeks, our much anticipated Wellness Center is scheduled to open. A large percentage of Elim Park residents are enrolled in the group exercise classes currently offered and have plans to include aquatic exercise in their exercise regimen. These people have made amazing improvements in their overall fitness and health.

With all of these successes, there are still many who have no interest in exercise at all because **the thought of moving “hurts”**. **YOU** are the population that we would really like to see take advantage of the new Aquatics classes that will be offered.

Physical activity is extremely important for all individuals, young or old, male or female. Aquatic Arthritis classes are for those people who are living with constant pain due to joint inflammation. Slow, gentle movements done in warm water has proven to dramatically lessen pain for those afflicted. The buoyancy of the water cushions and protects the joints during movement. The warm water raises the body temperature which in turn dilates the blood vessels and increases circulation. This type of activity could quite possibly improve your quality of life. Why not give it a try?

Our pool design allows for easy access in and out of the water. A gradual ramp runs the length of the pool so that the fear of stepping off stairs is eliminated. Our instructors will have completed The Aquatic Exercise Association and/or The Arthritis Foundation Aquatic Program certifications. Additionally, instructors will be trained in Basic Water Rescue and First Aid.

A few things to keep in mind.....

- You do not have to know how to swim. You will be working in waist to chest deep water and you can hold the sides of the pool if you wish.
- You will always have at least one foot on the ground.
- Come prepared; wear your bathing suit because you'll be getting wet! Water shoes are strongly suggested. Extra time may be needed to get in the pool
- Prerequisites for this class include the ability to get in and out of the pool unassisted, a current physician's medical clearance, and a Fitness Assessment administered by a member of the wellness department.

Questions are always welcome. If you are not sure if you are a candidate for this type of activity you can contact Barb Womer or Kim Hall at extension 371.

Wellness Center Requirements

The Wellness Center is an amazing new building that has much to offer to residents to improve well-being. However, the facility is different from anything that already exists at Elim Park. For that reason, residents will need to be educated and required to have paperwork on file. Prior to using the Wellness Center users will need to complete an Orientation, sign a Waiver of Liability, and obtain a signed Medical Clearance/Health History Form from their physician.

Orientation will be completed in groups initially to speed up the process. We will offer several time slots and a sign-up will be required. As soon as we have an official opening date, residents will be notified.

The Waiver of Liability will be signed during Orientation. Please read carefully before signing.

Medical Clearance/Health History Forms will be available soon for residents to get them to their physicians. We suggest calling or sending a note with the form that states you would like this returned as soon as possible.

On March 17th wear green to exercise class!

