

# January Newsletter



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## Rehabilitation

Are you experiencing aches and pains that are limiting your range of motion or impairing regular movements, and you're unsure of that next step?

Did you know that Elim Park offers Physical Therapy, Occupational Therapy, Speech and Aquatic Therapy?

Elim Park's Rehabilitation Center is right around the corner and fully equipped to help answer questions and provide the services that you need to move and feel better. Therapists can even meet you in your room or the Wellness Center!

Rehabilitation is payed for under Medicare and most other insurances. Call and schedule an appointment today. Ext. 4384



## 13 Weeks of Wellness

The Wellness Center will be introducing weekly wellness topics from January through March. Each week, you will notice a different theme being displayed with interesting and useful information, articles and challenges to bring awareness to each of these important aspects of all around wellness. We do hope you enjoy learning with us!

- January 2-7: Fruit and Vegetables
- January 8-14 Benefits of Strength Training
- January 15-21 Importance of Hydration
- January 22-28: Balance
- January 29-Feb 4: Sleep

## Class Cancelation + Additions

No Classes Monday, January 1

Let's Go Aerobic! Join Kim for 20 minute DEMO classes in January:

- Wednesday, January 3: 9am
- Tuesday, January 16: 9am
- Tuesday, January 30: 9am

## Interesting Reads: Lifestyle choices

All organisms including humans have an internal clock that determines our aging. The code for how we age is found in our body's software packets, which we call genes. These genes are imbedded in our chromosomes and are found in all of our cells. They code for who we are. Our lifestyle choices reprogram our genes as we age.

Things like poor diet, stress, smoking and sedentary behavior are termed epigenetic effects, and in fact, act to impair our genes' ability to protect us. Making good lifestyle choices (positive epigenetic effects) optimizes our genes' functions and can improve our quality and quantity of life.

The fact is, the chromosomes and genes that we get from our parents are just a starting point in life. The lifestyle choices we make throughout our life continually send messages to our genes to reprogram themselves. It is now thought that genes only account for 30% of who we are and our lifestyle choices account for 70%. We can all remember our parents or grandparents telling us to eat our greens, be nice to people, and go out and play. They were right, but now we can explain why they were right on a molecular and genetic basis.

None of us will get out of this life alive. Yet there is much we can elect to do by igniting ourselves early to pursue optimal health and wellness and reap the benefits of a long, happy, healthy and active life.

## Proprioception Training

**Proprioception** is the awareness of body position and ties all the senses together. Highly developed proprioception allows you to move skillfully without thinking or planning the movement. Low proprioception is just the opposite and may result in awkward and often dysfunctional movement. Proprioception is supported partly by the vestibular system, which coordinates movement through changes in the head position. Information about your position comes from the senses. Those with low proprioception are often under sensitized to changes in position. This may cause awkward movement and put one at a higher risk for injury. Skin is the largest sensory organ of the body, therefore movements that increase contact between the skin and the ground will likely improve proprioception. In the past, when I have mentioned doing some mat work on the floor during an exercise class, a look of fear comes across the face of most every participant. The comments I get are; “I can get down but getting back up is not going to be pretty”. Point taken, but consider adding some rolling exercises to your exercise routine to help improve proprioception. The stretching table located in the Fitness Center is a perfect place to practice the following rolling maneuvers. Rolling is one of the best movements to improve proprioception.

### **Rolling from your back onto your stomach from your upper body**

Lie flat on your back with your legs and arms fully extended. Imagine that you’re paralyzed from the waist down. To roll to one side, slowly reach across and down your body with your opposite arm almost as if you’re trying to reach something in your opposite pocket. For example, to roll to your right side, reach across with your left arm. To roll to your left, reach with your right arm. Continue to reach with your arm, head, and shoulders until you achieve lift and are able to flip yourself onto your stomach without any assistance from the lower body.

### **Rolling from your stomach onto your back from your upper body**

Lie flat on your stomach with your legs and arms fully extended. Imagine that you’re paralyzed from the waist down. To roll to your right side, turn your head to the left and reach your left arm up. To roll to your left, turn to the right and reach up with your right arm. Continue to lead with your head and reach back with your arm until you’re able to flip yourself onto your back without any assistance from your lower body. In this case, the body follows the head. If you get stuck when attempting to roll from your upper body, you may not be looking or leading enough with the head.

### **Rolling from your back onto your stomach from your lower body**

Lie flat on your back with your arms and legs fully extended. Imagine that you’re paralyzed from the waist up. To roll to one side, reach your knee up and across your body until your hips begin to lift and you’re able to flip yourself onto your stomach without any assistance from your upper body. Lie flat on your back with your arms and legs fully extended. Imagine that you’re paralyzed from the waist up. To roll to one side, reach your knee up and across your body until your hips begin to lift and you’re able to flip yourself onto your stomach without any assistance from your upper body.

### **Rolling from your stomach onto your back from your lower body**

Lie flat on your stomach with your arms and legs fully extended. Imagine that you’re paralyzed from the waist up. To roll to one side, reach your leg back and across your body until your hips begin to lift and you’re able to flip yourself onto your back without any assistance from your upper body. For example, to roll to your right side, reach your left leg back. To roll to your left, reach your right knee back. You shouldn’t have to use any momentum when rolling. Perform this movement in a slow-reaching manner, like how a baby would do it.