

# Master the Art of Living



Fitness & Wellness Center

January 2020

## New Year, New Classes!

The Wellness Center at Elim Park is excited to announce a new class schedule for 2020. We've expanded our variety of class offerings to provide something for everyone's needs, interests, and goals at the appropriate level of challenge. We will continue to offer 3 levels of balance, strength, and proprioception (self-awareness of your body in motion) classes labeled Blue, Green, and Yellow both on land and in the pool.

And now, we're excited to offer some additional classes as well including **Meditation to Movement**



(our name for Tai Chi) both seated and standing, **Mind/Body Stretch** (our name for Chair Yoga), and **Zumba** both on land and in the water.

We would love to see each and every one of you taking part in one or more of our classes throughout the week.

**A variety of exercise is important for healthy aging.** As Wellness Director, Tyler McCauley, explains – it's important for us "to rotate the tires." Participating in a variety of exercise classes does four things:

1. Helps utilize all of our different energy systems.
2. Aids in stimulating different muscle groups when engaging in a wide range of movement patterns.
3. Limits the opportunity for injury, as we are not wearing down our joints with repetitive motion.
4. Keeps our minds sharp by constantly providing us with new and diverse challenges and

provides social interaction with our fellow participants.

If you haven't already, please stop by the Fitness & Wellness Center for a quick assessment with a member of the fitness staff. This assessment is critical as it allows our team to recommend the appropriate classes for each participant. *Start off the new year with a fitness class that's just right for you!* ~Tyler



## HARRIET FOTTER

"There are two reasons I really enjoy going to the Fitness & Wellness Center. One reason is the socialization. I love the classes and have made so many friends here. We laugh and have a really good time together. The second reason is that prior to coming to Elim Park, I wasn't really able to exercise because I was the primary caregiver for my husband. But now, because of these classes I'm stronger than I've ever been. My goal was to be able to pick up my grandchildren to hold them and visit them in their Victorian house and go up and down its many stairs. I can do all this now with no problem at all."

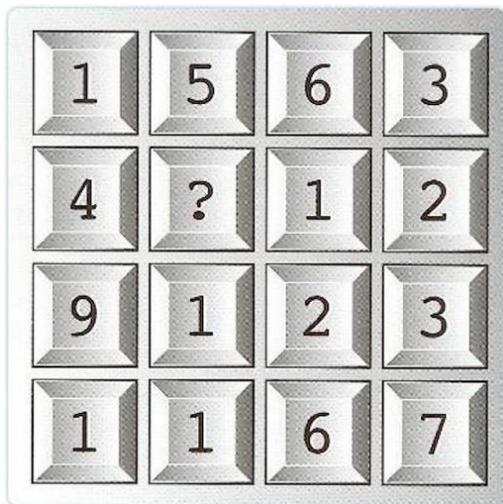


*Write it on your heart that every day is the best day of the year.*

~ Ralph Waldo Emerson

## Brain Teaser

**Question:** Replace the question mark with the correct number.



the function of the hormone serotonin, a chemical in the brain responsible for stimulating relaxation and sleep.

- Chamomile tea - this non-caffeinated herbal tea gives a calming effect.



**ELIZA MURRAY** has accepted the position of Wellness Coordinator. Eliza has been an instructor for us here at the Fitness & Wellness Center for many years and will now be assuming a more expanded role.



***Congratulations, Eliza!***

**PAMELA GRANT** has joined our team as our new Assistant Wellness Coordinator. Pam has much experience in the wellness industry, working as a fitness coordinator at multiple YMCAs in NY. Pam will have dual responsibilities teaching a variety of classes in the Fitness & Wellness Center and also assisting Deb Francois with all of the Life Enrichment activities throughout Elim Park.



***Welcome, Pam!***

## *Sleep Well, Be Well*

Improving sleep quality and duration in older adults could help lower the risk of age-related cognitive decline. Sleep helps to repair damaged cells and tissue.



### **Ways to improve your sleep:**

- Have a regular sleep and awake schedule.
- Watch caffeine intake.
- Exercise early in the day or no

later than 4 hours before bed.

- Relax before sleep time.
- Have a sleep environment that is dark, quite, safe and comfortable.

### **Calming foods to help you sleep:**

- Tart cherries and cherry juice - contain not only antioxidants but also melatonin.
- Bread and foods containing carbohydrates, such as bread, potatoes, pasta and brown rice - assist tryptophan and aid your sleep response.
- Turkey - contains tryptophan, which enhances