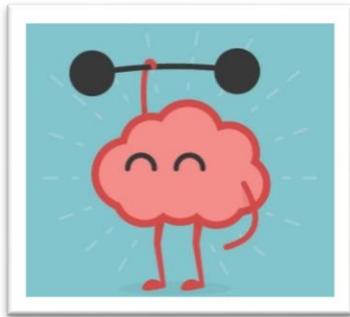


Exercise is good for your brain!

Research is suggesting more and more that exercise seems to benefit us as much cognitively as it does physically. Exercise leads to beneficial changes in our brains, including the birth of new neurons and increased connections among existing ones.

One of the ways in which physical activity seems to induce this neuroplasticity is by increasing production of a protein called Brain-Derived Neurotropic Factor (BDNF). This protein promotes neuron growth and survival. Recent research suggests that cognitively engaging the brain during physical activity enhances this process.



All of our classes here at the Fitness and Wellness Center at Elim Park incorporate a variety of mental challenges while performing physical exercise. Whether it be following along different steps in a Zumba Gold class; practicing different movements and postures in a Meditation to Movement Class; or being asked to perform movements that challenge our proprioception in our land and water classes, such as making different sized circles with your arms with your eyes closed, drawing the alphabet with one heel while standing on your opposite foot, or touching your thumb tips together over the top of your head in which you cannot see; including all of these cognitive challenges during exercise is the most effective strategy leading to beneficial changes in our brains.

If you haven't already, please stop down to the Fitness and Wellness Center to take a quick

assessment so that our fitness staff can suggest to you the appropriate classes to begin your journey to better physical and cognitive health. See you soon! Tyler



Siri and Eddie Lynn

Eddie and Siri Lynn have been enjoying the land and aqua classes on a daily basis since they moved into Elim Park Place this past September. And both have noticed the physical benefits of doing so. Siri feels the aqua classes have helped with balance and mobility in her legs, while easing the stiffness in her joints. Ed is also experiencing the benefits of pool exercise with greater range of motion in his arms and shoulders.



And these positive outcomes are felt not just during their time in the water but in their everyday lives, as well. Siri and Ed will both tell you, "These classes have helped us so much that we plan to keep going every day as long as we can!"

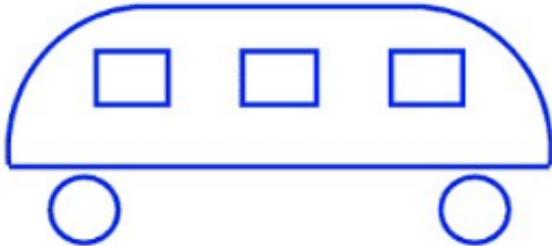


"I have always believed that exercise is not only a key to physical health but to peace of mind."

~ Nelson Mandela

Brain Teaser

Question: In which direction is the bus pictured below traveling – right or left?



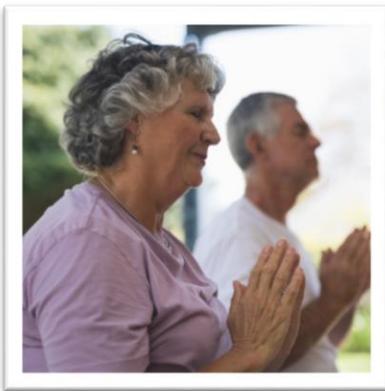
- **Mind/Body Stretch** on Tuesday and Thursday mornings at 9:30 am taught by Pam.
- **Meditation to Movement** (Tai Chi) on Tuesday afternoons at 2:15 pm performed seated and 2:45 pm performed standing taught by Diane.

Please stop by the Fitness and Wellness Center and ask the fitness staff if you are interested in receiving more information about these classes.

Mind over Matter

The benefits of mindful meditation are found in all aspects of our lives. Meditation provides a time to be still, quiet the mind, and just breathe. Deep breathing, which is the backbone of any meditation practice, eases muscle fatigue and tension because of increased oxygen to our muscles.

Meditation has been proven to lower high blood cholesterol due to its stress reducing benefits and, with the decrease in stress, our



immune system is subsequently strengthened. The mental benefits of meditation are long lasting. It seeks to bring harmful and counter-productive

thoughts to the surface of consciousness, quell them and help one gain the necessary perspective to deal with the challenges.

Here at the Elim Fitness and Wellness Center we offer two classes that include mindful meditation:



*Love is friendship,
Friendship is love.
If Love fails,
Friendship should remain.
For friendship is
The foundation of Love.*

Please join the Fitness & Wellness staff in the Oasis on **Friday, February 14 at noon** for our Valentine's Day carnation sale. **Flowers \$1.00**